

# TS-EAM

Trauma Sensitive Equine Assisted Mindfulness

A 10-step TS-EAM Program

Developed by Katarina Lundgren

Live the Change

MiMer - Equine-Human Education and Research Centre

# EAM – Equine Assisted Mindfulness

EAM is a combination of **Mindfulness** and **Experiential Learning *with horses***.

We prefer to offer EAM out in nature (**nature assisted**), since the benefits of being in nature supports the mindfulness as well as the experiential learning.

Being in nature also makes it easier to ensure horse welfare, an important component of EAM, not just for the horse, but for the outcome of the intervention.



# TS- why Trauma Sensitive?

**Trauma Sensitive** do not mean we focus on resolving trauma (being **Trauma Focused**), it means we are educated about about trauma, recognize the signs, can adapt our activities and interventions to possible trauma, to support people with trauma.

It means whether someone experiences e.g., PTS(d) from a traumatic event, TS-EAM will still be a suitable intervention. Even a beneficial one, as it assists in developing grounding/stabilizing strategies, as well as self-compassion.

Any traumatic event can create PTS(d). Any traumatic event can also trigger older trauma to resurface, this is NOT uncommon.





# Being Trauma Sensitive

- Always give options
- Always let everyone set their own pace
- Always let everyone do things in their own ways
- Always give space
- Always have consent for everything you do with the other (touching)
- Invite to pay attention to the external world (first), not the internal
- Hold back with breathing exercises, body scans etc.
- Be present and grounded
- Be accepting, non-judgmental, and open
- Be authentic, transparent, clear, and honest
- Do not pathologize.



# Mindfulness

**Definition:** “the **awareness** that arises from paying attention, on purpose, in the present moment and non-judgmentally”

Jon Kabat-Zinn

How do we become more aware? When we are stressed (or traumatized), defense mechanisms kick in (like dissociation=a disconnection from self, others, environment, experiences, reality, time etc).

To be – become more mindful, more present in our own lives – we benefit from **practicing** mindfulness.

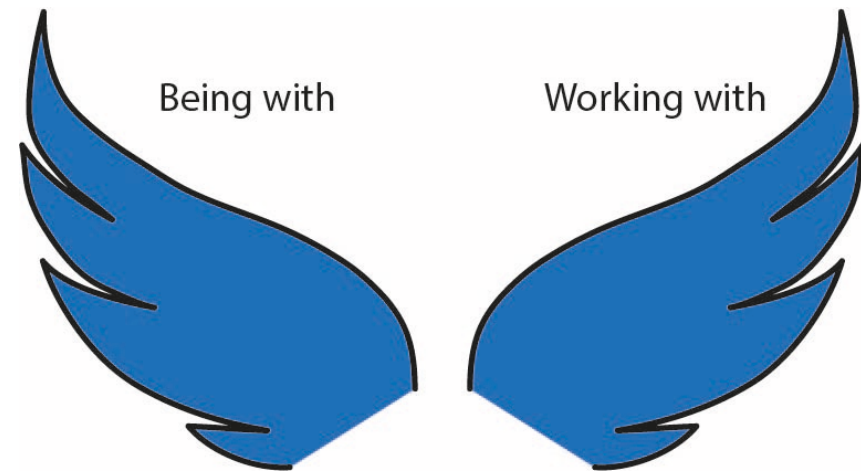


# Mindfulness – is Dual

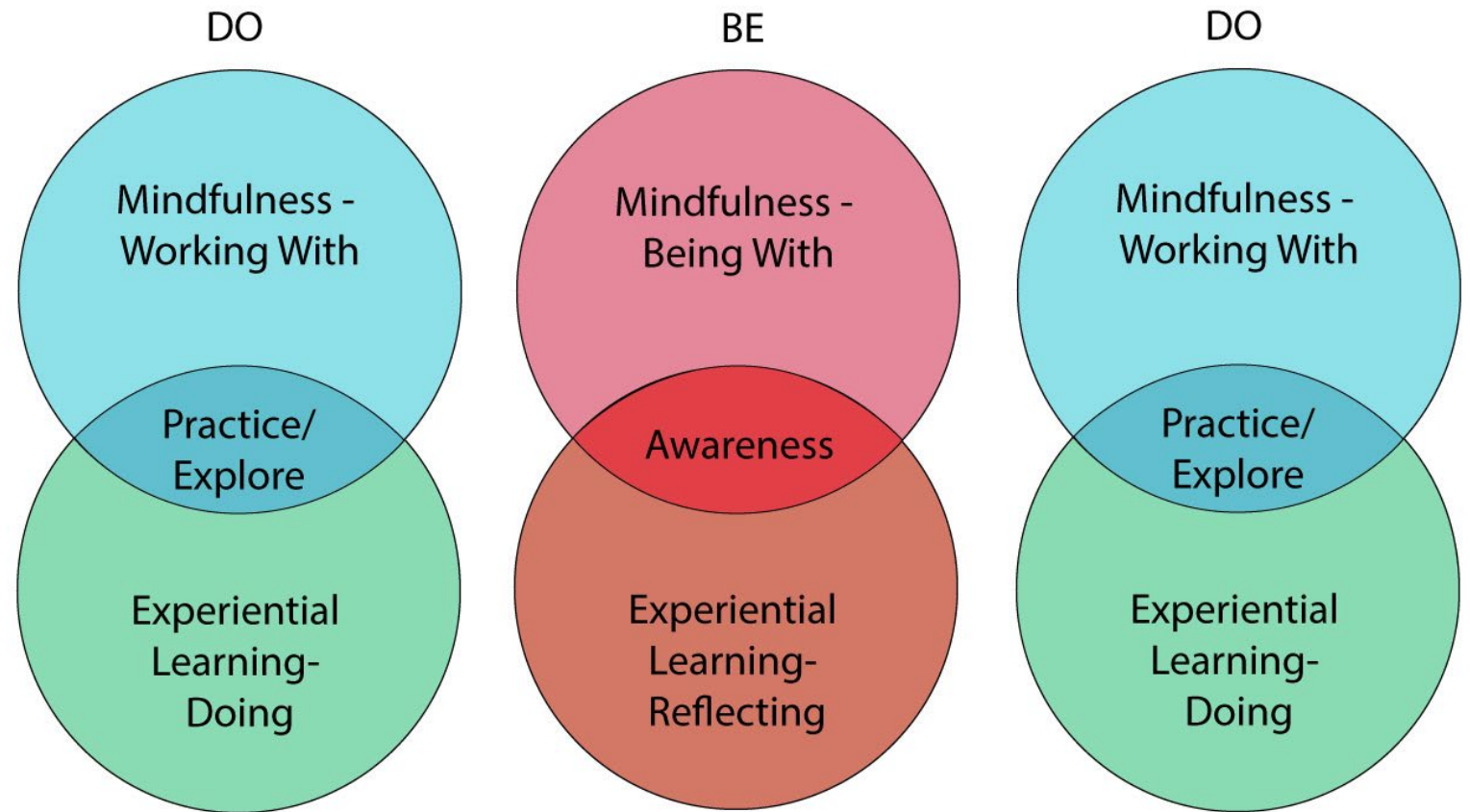
In mindfulness you can practice your mindful awareness, your ability to “be with” – the **“Being With”**.

Or you can focus on **“Working With”** – that means working on expanding your ability to be present. This helps you to be the regulator of how present you want to be.

Working with **“working with”** means you will increase your ability to **“be with”**.



# The Duality of Mindfulness – Supported by Experiential Learning



The Practice of Action with Reflection = **Praxis**



# TS-EAM – Movement – Rhythm - Cognition

1. Movement
2. Rhythm
3. Direction
4. Speed
5. Patterns
6. Duration
7. Synchrony (relational)
8. Regulation (relational)
9. Entrainment (relational)



Picture: Dancing Mindfulness with Horses



# TS-EAM – The Steps

1. Introduction/Contextualization
2. Mindful Gauges
3. Safety
4. Resilience
5. Inner Awareness
6. Self-Compassion
7. Belonging
8. Presence
9. Mindful Attunement/Attachment
10. Integration

Our TS-EAM steps are based on and expanded from foremost David Treleaven's work with Trauma Sensitive Mindfulness (TSM), but also other Trauma informed/sensitive practitioner's work.



Picture: Practicing building one's own Window of Tolerance - WoT

# Relational Aspects of the Horse

Having Horses present supports the **relational aspects** of TS-EAM. Not only with relations to others, but to self (body, mind, soul), time, environment...).

Horses help by just **being present** to “what is” in the moment (which is what many of us struggle with, especially when we have had something stressful or traumatic happen to us).



# Conclusion: Why TS-EAM?

TS-EAM helps us:

- Find our own, tailor-made mindfulness tools.
- Gauge what we need in any situation.
- Support ourselves (handling feelings of powerlessness, overwhelm etc.).
- Develop resilience, self-compassion, a better sense of safety, and belonging.
- Relate better. To self, others, nature (any environment)
- To know ourselves better – our potentials and limitations, strengths and weaknesses.





# TS-EAM Workshops 2022

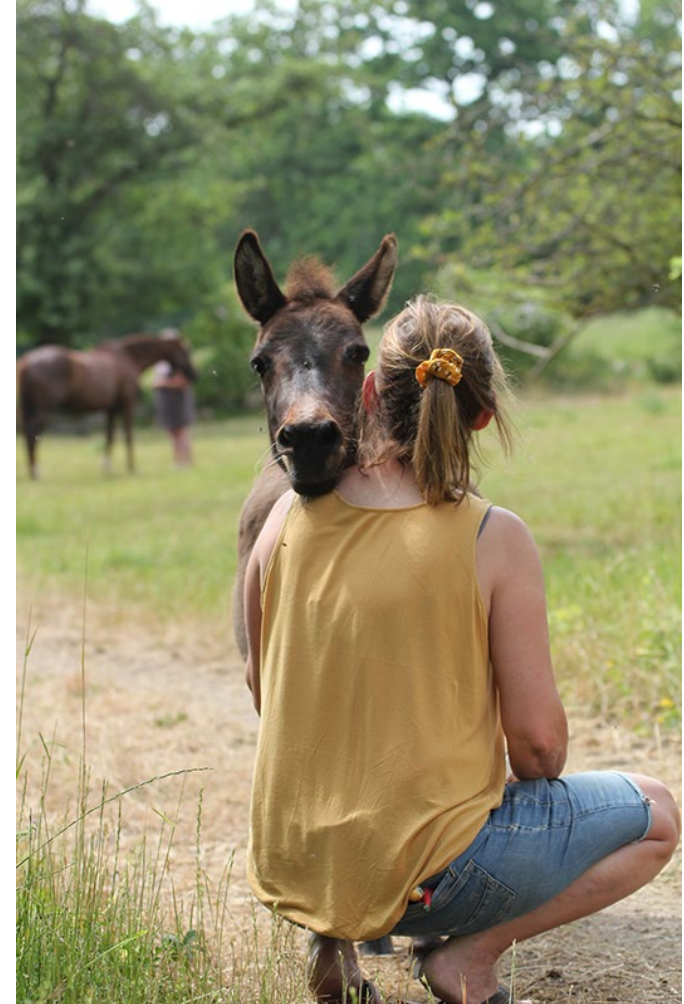
Poland – May 16-18

Italy – June 3-5

Sweden – June 10-12

Scotland – June 23-25

UK – September 9-11



# Contact me!

If you are interested in TS-EAM workshops, retreats, training programs and train the trainer programs, contact Katarina Lundgren, Live the Change

[Katarina@livethechange.se](mailto:Katarina@livethechange.se)

+46 768 959868

You find our TS-EAM Workshops and other services and offers at:

[www.livethechange.se](http://www.livethechange.se)

