



# Energy Medicine Partnerships With Horses

See next page for schedule. No horse experience is necessary. Programs are conducted on the ground.

Saturday, Sunday  
**April 4-5**

9:00 am – 5:00 pm

**Sebastopol, CA**

(San Francisco area)

Host and Horse Sage:

**Lisa Walters**



EquuSatori Center  
707.322.4955  
[lisa@equusatori.com](mailto:lisa@equusatori.com)  
for directions and  
accommodations  
please contact  
Lisa directly.

Co Facilitated – Free Flowing Leadership  
Dr. Kaye-Gehrke & Dr. Bulbrook

## EMPH SCHEDULE

Co Facilitated – Free Flowing Leadership  
Dr. Kaye-Gehrke & Dr. Bulbrook

### DAY 1 MORNING

#### Introduction to the program – Overview of the two days

- Mission
- Goal
- Objectives
  - Ellen's work
  - MJB's work
  - Host (whose place we are at and the logistics)
  - The Horse Sage
  - Participants

#### Initial Intention of Participants for Attending

#### Energy Medicine Process (Identifies participants current body, emotion, mind and spirit health / illness)

- Group Sharing
- Meditation
- Focus for participating
- Cards
- Drawing

#### Experiencing Human's Energy on Self and Another (Energy Field & Energy Centers)

- Background on the human energy system
- Hand exercise on self
- Hand exercise on partner
- Demonstrate basic energetic assessment on self and others
  - Pendulum
  - Sensing with the hands
  - Higher sense perception experience
- Documenting the assessment
- Sharing experience
- Experiencing another's energy
- Experience human to human energetic relationship

### DAY 1 AFTERNOON

#### Experiencing Horse's Energy

- Background on the horse energy system
- Assessing horse energy system (Energy Field & Energy Centers)
  - Pendulum
  - Sensing with the hands
  - Higher sense perception experience
- Documenting the assessment
- Energetic exercise with the horse
- Hand exercise on different horse
- Sharing experience
- Experiencing horses energy with the group

#### Experience human to horse energetic relationship

### DAY 2 MORNING

- Review, sharing, feedback and answer questions
- Energy Medicine Process & Intention based on the 7 Energy Centers with an experience with the horses
- Pre Assessment of participant and horse
- Intervention Heart Attunement
- Post Assessment of participant and horse
- Exercise in learning communicating with the horse

### DAY 2 AFTERNOON

- Group process Energy Sculpting with total horse population
- Setting the sculpture – entering into the relationship – impact of the relationship on you, the horse and the group
- Sharing
- Evaluation and feedback of the program and your experience



**Dr. Ellen Kaye Gehrke, PhD**  
Professor of Community Health, School of Health & Human Services, National University, San Diego, Licensed Provider for the 1:1 HeartMath Strategies, Graduate with merit from Adventures in Awareness Program in equine facilitated learning.

Ellen offers leadership, team building and personal development programs in partnership with horses to individuals and organizations. Her work with people and human systems spans the private and public sector, universities and international organizations in the USA and several European countries. At her ranch in Ramona, CA, she has adopted, gentled and trained several wild mustangs from the Bureau of Land Management. She is also a co-instructor at UCSD Medical School for a course in Skills for Relationship Centered Care involving partnerships with horses.

#### Dr. Mary Jo Bulbrook, EdD

President & Founder, Energy Medicine Partnerships, TYLEM® – Transform Your Life through Energy Medicine, Director of Graduate Program in Complementary and Alternative Medicine, Akamai University.



Dr. Bulbrook is spiritual/medical intuitive, certified energy medicine practitioner and specialist for humans and animals. She has active programs throughout the USA, Canada, Australia, Peru, Chile, South Africa.

Her expertise as a psychotherapist includes the Satir process, transactional analysis, client centered therapy and Gestalt therapy. She has taught all levels of education and is an international presenter on many topics. Mary Jo is dedicated to humanitarian service and has served as chairperson of the Association of Comprehensive Energy Psychology. She served in leadership roles with Healing Touch for 15 years.



Energy Medicine Partnerships  
3211 Gibson Road  
Durham, NC 27703  
919-381-4198



Contact **Dan Trollinger**  
Phone 919-381-4198

eMail: [contact@energymedicinpartnerships.com](mailto:contact@energymedicinpartnerships.com)

Facilitators: **Dr. Ellen Kaye Gehrke** and **Dr. Mary Jo Bulbrook**

Cost for each two day course \$395 includes lunch and \$50 non-refundable deposit.  
Checks payable to: **Energy Medicine Partnerships** 3211 Gibson Rd. Durham, NC 27703

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EquuSatori Center  
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[lisa@equusatori.com](mailto:lisa@equusatori.com) for  
directions and accommodations  
please contact Lisa directly.

Saturday, Sunday  
**May 2-3**

9:00 am – 5:00 pm

**Afton, VA**

(Charlottesville area)  
Host and Horse Sage:  
**Gail Todter**

Horse as Teacher Programs  
**434.244.2663**  
[gail@leadingforth.com](mailto:gail@leadingforth.com) for  
directions and accommodations  
please contact Gail directly.

Saturday, Sunday  
**June 13-14**

9:00 am – 5:00 pm

**Ramona, CA**

(San Diego area)  
Host and Horse Sage:  
**Ellen Kaye Gehrke &  
Shelly Martin**

Rolling Horse Ranch  
**760.788.8388**  
[ellen@rollinghorse.com](mailto:ellen@rollinghorse.com) for  
directions and accommodations  
please contact Ellen directly.

No horse experience is necessary. Programs are conducted on the ground.

### Class Modules

#### ENERGY CONNECTION

1. Grounding	Building trust with another	The foundation of all relationships
2. Moving	Healing emotional pain	Clearing out blocked pain to enable the non-judgmental experience of the other
3. Directing	Lessons from wild horses	Discovering the power of the soul
4. Loving	Healing hearts	Opening to the connection between self and others
5. Expressing	Communicating with horses	Expressions of authenticity in all relationships
6. Seeing the Way	Gaining Insights	Relying on intuition and awareness as a process for growth and learning
7. Realization	Developing Spiritually	Experiencing the deep universal connections to all nature and all beings

**Mission:** Energy Medicine Partnerships with Horses (EMPH) builds natural healing relationships between humans and horses.

**Objective:** EMPH clears and opens the horse and human energy systems to experience authentic relationship and promote a sense of well being.

**Program:** The class modules are designed to align with the seven energy centers of the body that addresses a particular level of animal and human consciousness. The workshop includes equine partnered experiences designed to free up blocked energy between the horse and the human. This creates a natural healing relationship. EMPH unblocks and balances energy flows. Horses respond authentically as partners in this journey.

**Background:** The program incorporates material from Dr. Bulbrook's program Transform Your Life through Energy Medicine (TYLEM®) that has been taught worldwide. It includes hands-on healing interventions that can be used with humans and horses to free blocked energy and enhance body, emotion, mental and spiritual healing.

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