

# *FeatherHeart Ranch*

*Presents*

## **EQUINE-INTERACTION GRIEF & LOSS WORKSHOP**

***How Horses Help Move Us Along the Journey***



*As sensitive, non-judgmental, social animals, horses provide a safe space for us to show up as our authentic selves, feeling and expressing our emotions in honest ways.*

***This experiential workshop is designed to honor...***

- *the similarities and uniqueness of those on the grieving journey*
- *those who have been grieving any major loss*
- *those in positions of support*

### CO-FACILITATORS

**Sherry Simon-Heldt, M.S.**  
Licensed Addiction Therapist  
Certified Equine-Interaction  
Professional  
Certified Grief Counselor  
Certified Holistic Life Coach  
[www.equineexplorations.com](http://www.equineexplorations.com)

**Beth Strauss, M.A.**  
Licensed Professional Counselor  
Hospice Social Worker

**DATE/TIME:** June 10, 2018  
9:00 am - 3:30 pm (Lunch provided)

**LOCATION:** Garet Bedrosian's  
FeatherHeart Ranch, Ramona, CA  
619.3000.8002

**COST:** \$225.00 \ Due by May 19  
**Mail** payment, name, email, phone & dietary  
needs to: Sherry Simon-Heldt, 4510 N. Tierra  
Alta Drive, Tucson, AZ 85749  
OR

**PayPal** on Events Page at  
[www.equineexplorations.com](http://www.equineexplorations.com)  
(Please designate payment as  
"personal," rather than "service")

## ***MORE ABOUT THE FACILITATORS***

### ***SHERRY SIMON-HELDT***

Sherry has worked in the counseling field for 25 years in community college, agency, and university settings. Prior to opening her own practice in 2002, she was employed by the University of Arizona, College of Public Health, as a trainer-of-trainers for a statewide addiction cessation program. Sherry works with individuals, couples, and groups in process of addiction recovery, healing childhood sexual trauma, and grief. As an equine-interaction therapist for the past 13 years, Sherry has developed and presented various equine-related workshops and intensives for professionals and clients. She has been a mentor for students interested in the field of equine therapy, served as an equine therapist for a women's residential treatment facility, developed an equine therapy program at an addiction treatment program in Central America, taught a class on Equine-Interaction Psychotherapy for Pima Community College's H.E.R.D. Program, and facilitates equine therapy workshops for the Homicide Survivors organization in Tucson. She also spends time in Mexico, where she volunteers teaching English conversation classes and in any other ways she can be of service.

Sherry lives with her husband, Tim (who has been a major contributor to all the equine work over the years), their four horses and two dogs.

### ***BETH STRAUSS***

Beth began her career as a special education teacher in North Carolina and soon realized after working with children with low self-esteem and doing her own personal work, that her passion was in helping others through counseling. Beth then obtained her master's degree from the University of Arizona in 1994 and has 20+ years' post-masters experience working with diverse populations in the Tucson community in both inpatient and outpatient settings serving individuals who have co-occurring disorders, depression, anxiety, PTSD, addiction issues, grief and loss and other significant life challenges. In 2005, after being a main care giver for her beloved sister, Laura, who died from brain cancer that same year, Beth began working at Tucson Medical Center Hospice as a social worker for almost 10 years. She is a trained facilitator for externalization work based on Elisabeth Kubler-Ross's workshop model assisting those experiencing past, present and/or impending loss and has helped staff weekend-long intensive workshops in Tucson, California, and New Jersey. This process is based on the transformative power of having a safe place to tell the story, express repressed emotions, while being heard and understood with compassion. Beth currently has a private practice in Tucson working with adults and works part time as the Jewish Community

**REGISTRATION FOR EQUINE-INTERACTION GRIEF & LOSS WORKSHOP**

Please print and mail this form with your payment of \$225 to:  
Sherry Simon-Heldt, 4510 N. Tierra Alta Drive, Tucson, AZ 85749  
OR

Submit payment through PayPal on Events Page at [www.equineexplorations.com](http://www.equineexplorations.com)  
(Please designate it is a “personal,” as opposed to “service,” payment)

Name:

---

Email:

---

Phone:

---

Dietary Needs:

---

When registration is completed, Sherry will email everyone pre-workshop  
Information and questions.