



## Program Info

### The Fundamentals of Natural Lifemanship

The *Fundamentals of Natural Lifemanship* is an 8-week training in Natural Lifemanship's Trauma-Focused Equine-Assisted Psychotherapy and Trauma-Informed Equine-Assisted Learning.

*The training is offered in two formats:*

1. **Home study** - a structured and semi self-paced online course consisting of videos, reading assignments, and quizzes. Some participation levels also require that students complete and receive feedback on assignments. All participation levels include an online community, access to office hours with instructors, and shared learning opportunities.
2. **Live online instruction** - participants receive instruction via live instructor-led classes delivered over Zoom in addition to completing weekly reading assignments with quizzes. Students additionally complete and receive feedback on assignments, participate in an online community, and have access to office hours with instructors, and shared learning opportunities.

### **How to earn NBCC CE Credits for participation in the Fundamentals of Natural Lifemanship**

**Home study** participants must complete all of the lessons in the online course. Videos must be viewed in their entirety in order to advance within the course. In addition, successful completion of quizzes (with a minimum of 75% accuracy) is required. The home study formats offer 35.5 CE hours. This is based on video viewing time plus the time it takes to complete mandatory reading assignments.

**Live instruction** participants must attend 16 two-hour live Zoom sessions and complete weekly reading assignments with quizzes and additional homework assignments. The live format offers 40.5 CE hours, which is based on live instructional time plus the time it takes to complete the mandatory reading assignments.

All participants must successfully complete the required lessons, assignments and quizzes demonstrating that they have met the learning objectives, and they must complete a post training evaluation. Live participants must additionally attend each of the live class sessions. Any missed sessions (no more than two missed sessions are

allowed) must be made up by viewing the recording of the class session in its entirety and successfully completing a quiz. Once all requirements have been satisfactorily completed, a certificate of completion will be issued reflecting the CE credits that have been earned according to the participation level completed.

## **LEARNING OBJECTIVES**

Learning objectives for all formats fall under two broad categories: The relational sciences upon which Natural Lifemanship is based, and the principles, practices and applications of Natural Lifemanship. The objectives below represent a range of the learning objectives presented in this course. There are content specific objectives provided for each section within the 8-week online training course.

### **The Relational Sciences - Neurodevelopment, attachment theory, somatic work and trauma processing – and how these are incorporated within equine-assisted services**

1. Describe how early attachment experiences and trauma influence brain development with lasting effects on regulation and relationship patterns.
2. Explain the attachment cycle and how attachment styles are developed.
3. Recognize the ways in which neural pathways in the mammalian brain develop and become organized.
4. Describe the qualities of experiences that may promote reorganization within the brain.
5. Describe the significance of rhythm in relationships.
6. Distinguish between top-down, bottom-up and co-regulation and describe ways
7. to promote regulation in equine-assisted sessions.
8. Identify the ways in which Describe the differences between sensations, emotions, and thoughts, and why these distinctions are important in the Natural Lifemanship approach to working with clients and horses.

### **The Principles, Practices and Applications of Natural Lifemanship's TF-EAP and TI-EAL**

1. Understand the history of Natural Lifemanship (NL) and what distinguishes it from other approaches to equine-assisted therapy.
2. Explain why Natural Lifemanship is based on principles rather than techniques and why this matters in doing effective trauma-informed equine-assisted work with clients.
3. Describe/demonstrate ways ground and mounted interactions with horses may facilitate regulation and reorganization of the brain and help to repattern attachment styles.
4. Describe how the NL principle of attachment and detachment with connection relates to key developmental experiences described by Attachment Theory.
5. Explain the importance of making requests in relationships and why it is difficult for many.

6. Distinguish between consent and compliance as a response to a request in relationships with humans and with horses.
7. Describe the NL principle of pressure and the principle choice, and how these are applied in equine-assisted sessions and in daily life to build healthy relationships with self and others.
8. Describe the ethical considerations that are critical to the equine-assisted services field.
9. Explain the importance of language when communicating concepts used in equine-assisted services.
10. Recognize observable behaviors and physical responses horses may exhibit when they are experiencing different emotional states and stress.
11. Explain how tools may be effectively used and how they are not used in Natural Lifemanship.
12. Explain the ways in which objectifying horses is far too common in the field and why it is important for both the client and the horse to not objectify horses.
13. Describe ways that a NL trained facilitator may support clients in sessions in ways that facilitate insight and growth.
14. Articulate the important role an equine professional plays in the therapy team and why it is critical that they are able to request and maintain connection with the horse, especially during trauma processing.
15. Describe how and when it is appropriate to do mounted work.

### **Principal course presenters**

- Bettina Shultz-Jobe, LPC (Category 1)
  - Natural Lifemanship co-founder and CEO
  - Extensive training and experience in a variety of therapeutic modalities
  - Over 20 years experience incorporating horses into psychotherapy to bring about healing, transformation, and growth
- Kate Naylor, LMFT (Category 1)
  - Training in a variety of relational and experiential therapeutic modalities and over 11 years of experience with Natural Lifemanship
- Tim Jobe (Category 3)
  - Natural Lifemanship co-founder
  - Horse professional with over 50 years of professional experience building relationships with horses and 35 years partnering horses with humans to promote healing and healthy relationships
- Tanner Jobe (Category 3)
  - Horse professional and expert Natural Lifemanship instructor and mentor
  - Has a lifetime of experience working with horses under the guidance of his father, Tim Jobe

## **NBCC credit hours awarded**

- 35.5 Credit hours for successful completion of Foundations, Core, or Jumpstart home study options of the Fundamentals of Natural Lifemanship training
- 40.5 Credit hours for successful completion of the Jumpstart + LIVE training option of the Fundamentals of Natural Lifemanship training

## **Provider contact info**

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Natural Lifemanship has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6807. Programs that do not qualify for NBCC credit are clearly identified. Natural Lifemanship is solely responsible for all aspects of the programs.