Eponaquest Level 1

Index of materials

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2. Body Scan
   a. Handout for Client
   b. Drawing Human figure
   c. Drawing Human figure and Horse
   d. Horse Play Form

3. Illustrations Heart Field and Energy Fields

4. Personal Boundaries
   a. Three Types of Boundaries
   b. Vulnerability Thresholds

5. False Self / Authentic Self
   a. Definitions and exercises
   b. Karpman Drama & Winner's Triangle explanation.
   c. The Enemies of, and Keys to, Learning incl. exercise

6. Emotional "Fitness"
   a. Four Step Process
   b. Emotional Message Chart (EMC).

7. Other Tools:
   a. JoHari Window
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Part 2 ~ Descriptions and scripts for activities with horses

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17. Authentic relationships
    a. Authentic relationships guidelines with explanations
    b. Productive conversation model

18. Projection and transference
    a. Background and explanation
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    c. The Dark side of the Light Chasers – ebook by Debby Ford (Online Library)

19. Reflective vs. Skill-building exercises
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    a. Merlin's Story
    b. The Heart as an Organ of Perception – S. Buhner
    c. Foundations Heartmath and Energy Fields – C. Morgan
    d. Signs of Unhealthy Boundaries

21. False Self/Authentic Self
    a. Explaining False Self vs Authentic Self to Clients
    b. Foundations FSAS in The Way of the Horse

22. Emotional Intelligence
    a. Foundations Emotional Message Chart
    b. Long version of the EMC

23. Leadership: Sentient Communication

24. Level 3 documents

Part 4 - Best practice guidelines for professionals

25. a. Horse Handling Essentials for EFL
    b. Horse Handling Skills – Graduation Requirements

26. a. Eponaquest Instructor Code of Ethics
    b. The Art of Facilitation

27. Insurance and client information
    a. Insurance background
    b. Privacy and GDPR
    c. Sample intake form (Online Library)
    d. Sample Terms and Conditions (Online Library)

Part 5 - Graduation assignments

28. Documents for Coach Assignment L1
    Writing Assignment on Projection & Transference L1

Extra background documents in the Online Library on the following subjects:

Sentient Communication

- Heart Rhythm and Heartmath
- Emotional Intelligence

Psychology

- False (Survival) Self/Authentic Self
- Shadow Work

Mindfulness

Shamanism

Horse Behaviour

Leadership Development

Marketing

Example terms and forms for practitioners