

Medicine Horse Way Level 3 program, The Netherlands, 2021

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Background

This is the third and final module of the Dutch MHW apprenticeship. The first edition of the Dutch apprenticeship was organized by MHW Founder Carol Roush in 2016. This program was an abbreviated version of the longer MHW Apprenticeship, focusing on students who had already some experience as therapist, trainer, coach or horse trainer and who wanted to predominantly focus on individual coaching.

Since it was obvious there was significant interest in a more modular approach that would eventually encompass the entire MHW curriculum, we started introducing the modular teaching of Carol's short track program as 2 levels in 2017, where graduates of the first Level get a certificate as MHW EFL Coach with a rounded set of tools from the MHW approach, and graduates of the second level become MHW Instructors with focus on individual coaching mastering the full MHW toolkit.

This modular approach has been popular for enabling people to take the tuition and investment at their own pace. The demand from graduates of the first 2 levels for a third course to complete the full apprenticeship curriculum and experience has been growing. This is why we are now able to add a Level 3 module for students who want to teach the MHW tools in group workshops or group trainings.

Admission criteria

In the MHW Level 3 module we will only accept students who have successfully completed Level 1 and 2. This means they know how to facilitate and present all core MHW tools and exercises in individual sessions.

Focus

In Level 3 students get tuition and supervised experiential learning practice on dealing with participant group dynamics, navigating team dynamic as a member of a team.

Students will be divided in small groups of max. 4 students with the task to organize and execute a structured 2-day exam workshop. Each separate team will be supervised by a Master Instructor who takes on the role of Small Group Leader (SGL) in the process, but who will have a role in executing the workshop.

We will limit the first edition of the Level 3 to two small groups of max. 4 Level 2 graduates, so to 8 students in total. Future editions may incorporate a larger number of students. Level 2 graduates already have extensively practiced with the EFL exercises, tools and principles that make up the MHW method, and how to facilitate them, the focus of the tuition needs to be on:

- 1) How to set up a good group 1 or 2 day training/workshop with the MHW tools. The second part of the Level 3 training consists of students practically planning and executing an official 2-day Medicine Horse Way Introduction Workshop.
- 2) How to understand, manage and facilitate group dynamics and your own emotional process within it with the help of the tools and best practice.
- 3) How to successfully co-facilitate as a team. Both Eponaquest and Medicine Horse Way guidelines state that groups larger than 4 participants should never be facilitated by only one instructor. There are several reasons for this, which will be elaborated on in the MHW Level 3 training. Co-facilitators need tools in place to work out issues that come up between colleagues so that clients are not affected.

Time Commitment

The full MHW Apprenticeship consists of three 9-day blocks, which always include a day of integration in the middle, and therefore consist of 8 tuition days each, in total 24 tuition days. In addition, students need to set aside at least 60 hours of study time (approx. 8 working days of 7.5 hours) to practice with the tools and to organize their workshop. The Dutch levels are usually taught in two 4-day blocks spread over two (consecutive) weekends including the Thu and Fri. In Level 1 students practice with individual clients for which they need to reserve approximately 40 hours.

In order to put the Dutch apprenticeship on a par in tuition time with the Eponaquest and MHW Apprenticeships as taught in the US and elsewhere, the Level 3 also needs to provide 8 tuition days to complete the full curriculum and supervised practice and students need to count on some 20 hours of study time outside the tuition days. This timing is indicative but realistic assuming it doesn't incorporate having to find a venue (which is provided by the organizers) and resolving any unforeseeable factors.

NOTE: This does not take into account any time spent on recruiting friends and family to join the exam workshops (see below).

Recruiting participants for the Exam Workshops

All students are asked to recruit at least 1, ideally 2, workshop clients from their personal circles.

These participants will be able to join the exam workshops against a strongly reduced expenses-only fee of €100,- per person, payable to Rayamedicine Training & Coaching, the company legally responsible for the workshops.

Since one of the basic MHW best practice principles is that we do not coach our family members and friends, participants brought by one student will be joining the workshop put on by one of the small groups they are not a member of. So it is important to not raise the expectation that you yourself will be teaching your family and friends in the exam workshops!

The workshop dates are either Tuesday and Wednesday, or Thursday and Friday in WEEK 25/2021 (end of June). Specific dates your family and friends will join their workshop will be confirmed after the start of the apprenticeship, in the first weeks of May.

Language

Aside from Dutch participants, editions of the Dutch Level 1 and 2 apprenticeships have been attracting students from the UK, Germany and Switzerland as well as Belgium.

Adequate supervision of exam workshops in people's native language and country will be complicated. The baseline Level 3 setup counts on students to put on English language exam workshops in The Netherlands, and to bring workshop participants for whom this is not a barrier.

There have been a few Dutch students whose English is too basic to be able to complete a full learning and teaching experience. When this is the case the intention is to put them in one small group, and allow them to put on their workshop in Dutch, supervised by a Dutch MI (Josselien or Judith).

Covid and travel

The theory part of the Level 3 tuition can be taught digitally (via Zoom). The current outline plans for optimizing digital teaching, which enables us to move forward with planning the apprenticeship sooner rather than later.

Group practice and the actual exam workshops will have to be planned at a time when international travel and gathering is possible without quarantine. At the time of writing this, it looks like the earliest this will be possible, will be around June 2021.

Should Covid travel restrictions still be in place in June, in consultation with students we will opt for either postponing the exam workshops until after the summer break, or to put them on locally: depending on student nationality we will look into the possibility of facilitating exam workshops in England, Germany and Belgium.

However, if international travel is possible by the time the exam workshops are planned, it is by far preferable to have all exam workshops in the same place, since this will allow students to assist in each other's workshops, which provides both in-depth training in the logistic flow of group trainings, as well as an extra learning stimulus from observation.

Investment and general terms

The Level 3 module tuition fee is €3.000 EUR (this is exclusive of v.a.t. for v.a.t. liable business owners, inclusive of v.a.t. for all others.)

Similar general terms apply as to the Level 1 and 2. (General payment may be periodically updated, and may vary depending on whether students are based in or outside The Netherlands to take into account international financial transaction practicalities). Applicable general terms will be provided to prospect students, along with intake forms, prior to formal admission.

See next page for date planning and program structure!

MHW Level 3 Planning:

DAY 1 (Part A DIGITAL/ZOOM) – Thu 29 April

Online sessions will take place at the following times:

14:00 – 15:00 Start
15:30 – 16:30
19:00 – 21:30

DAY 1 (Part B DIGITAL/ZOOM) - Fri 30 april

Online sessions will take place at the following times:

10:00 – 11:00
11:30 – 12:30
14:00 – 15:30
16:00 – 16:30 Round up for students
[17:00 – 18:00 Small Group Leaders to convene for check in with Josselien]

In between day 1 and day 2 groups meet digitally at their own planning to continue preparing the content and marketing of their workshop. Marketing materials have to be ready by half May. For this workshop every group member brings at least 1 participant. They can start recruiting these already in advance. Therefore no “real” marketing needed.

DAY 2 Monday 31 May IN PERSON AT PRACTICE VENUE

- Meet the Herd @ practice venue
- Scout venue in Small Groups
- Groups practice with the horses
- Teambuilding exercise with horses with small groups

DAY 3 – Sat 19 & Sun 20 June (DIGITAL/ZOOM)

Sat 19 June

Online sessions will take place at the following times:

10:00–10:30
11:30-12:30
14:00-15:00
15:30-16:30

Sun 20 June

Online sessions will take place at the following times:

10:00–10:30

11:00-12:00

13:00-14:00

14:30-15:30

16:00-17:00

NOTE: Below dates are all tentative! Still TBC with venue and depending on Covid travel possibility.

Day 4 – June 22

Group 1 workshop day 1

Day 5 – June 23

Group 1 workshop day 2

Day 6 – June 24

Group 2 workshop day 1

Day 7 – June 25

Group 2 workshop day 2

Day 8

We have reserved Saturday 26 June should all workshops happen in Holland, so that students who travel from abroad can count to be there in person. However, depending on various practical factors, it is possible we may need to resort to a digital version of the roundup.

- 2 hours per small group - Students discuss their own evaluation of their small groups' workshop with their Small Group Facilitator and Josselien along the skill-building questions as a group. Students need to prepare this individually in advance.
- Josselien to carry out individual evaluation talks, approx. half hour per student