



Terri Keener, LCSW, LSCSW - EMDR Therapist



Terri has been working with those affected by trauma for over 25 years. She has worked in various public settings including community mental health, education, juvenile justice and child welfare.

Before transitioning to full time private practice, she was the Behavioral Health Coordinator for the Vegas Strong Resiliency Center, serving those affected by the Route 91 Harvest Festival shooting.

In private practice she works primarily with first responders, veterans/active duty military and victims of violent crime.

Terri completed EMDR training in September 2019 and EquiLateral training in March 2021. She utilizes EMDR, including Recent Event Protocol EMDR and Arena EMDR, as her primary modality for treatment.

Laura Higgins, Equine Specialist – Owner, Tranquility Ranch



Laura has been a Horse Trainer and Riding Instructor for more than 20 years. She became Certified for EAP in 2012, and no longer trains horses, but prefers to spend time engaged in the meaningful work of EAP. She facilitates programming specifically for first responders and veterans.

Laura completed EquiLateral training in March 2021 and has been practicing Arena EMDR for approximately 2 years.

“During my training to be an Equine Specialist, I learned something simple and super profound about myself in one 20 minute exercise. It was something that years of therapy had never demonstrated or illuminated. Made me a believer!”

EquiLateral is the Equine Assisted EMDR protocol developed and trained by Sarah Jenkins.*

Training must be completed as a team

Arena EMDR is a trauma informed *experiential treatment modality*.

Interactions and exercises with horses are woven into each of the 8 phases of EMDR.

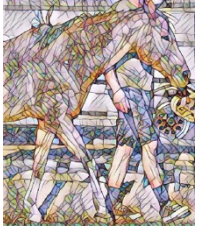
Clinical best practices are the basis for this trauma treatment.

Horses, therapist, equine specialist and client partnership.

Advantages of Arena EMDR

- Indirect, experiential approach bypasses verbal “filtering”
- Expanded, natural environment is rich in material
- Presence of horses supports re-balancing of the nervous system
- Increased focus and presence
- Trust, Connectedness and Confidence are enhanced through activity
- Movement oriented
- Reduces feeling overwhelmed
- Skills learned are easily transferrable to life and relationships
- Easily move in and out of intensity for a personalized pace





FAQ

- Is prior experience with horses required?
 - No. We will ask you about your experience and comfort level as a way to help guide use of the most beneficial exercises and application of EMDR.
- Is Arena EMDR different than office EMDR?
 - The EMDR practice is the same. However, it is applied in an active and experiential setting with horses, therapist and an equine specialist as partners in the process
- Will I be riding a horse?
 - Riding is not a part of Arena EMDR. Observation and a variety of ground exercises are used
- What makes Arena EMDR right for me?
 - If you have felt “stuck” in your progress or have had difficulty moving through difficult material
 - If you have a tendency to filter your verbal communication on difficult topics
 - If you enjoy being outdoors and in a natural environment
 - If you prefer experiential and active engagement
 - If you feel “alone” and would benefit from additional support during the process
- How is Arena EMDR facilitated?
 - There will always be an equine specialist and a licensed therapist present. There are several different horses that may be used individually or in groups. Exercises with the horses are incorporated into all phases of EMDR.

Client Feedback

"Arena EMDR with Terri and Laura has introduced me to a healthier state of living. Connecting with the horses allowed me to more fully access my strengths and gave me support at the exact moments needed. It has helped me to heal more than I could have imagined."
- Veteran

"Arena MDR with Laura Higgins and Terri Keener at Tranquility Ranch Equine Assisted Therapy, LLC has helped to separate the here and now from painful memories from the past and fear of the future "
- Max, Former Client

"I was fortunate to do Arena EMDR with Terri & Laura. It has been very beneficial for me and I highly recommend it for any first responder."
-First Responder

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