



Belle Shook, MC, NBCC, LPC, SEP, NARM, BCC

● **Therapist** ● **Teacher** ● **Author** ● **Healer**

● **Stories That Stick: Healing and Teaching**

My intensive with Belle was an amazing, eye-opening experience. Very rich with learning about myself, horses and the fabric of life itself. From our first phone conversation, sight unseen, I felt held, honored for who I am, and incredibly safe. I am trained in a different healing discipline, and expected a "culture clash," but found none of that. Rather, I was gently and expertly guided by Belle and by the work to go deeper into who I authentically am! Belle is the epitome of a Therapist's Therapist! ~ Laila

Speaker Media Press Kit

EquineGuidance.com

About Belle Shook, MC, NBCC, LPC, SEP, NARM

A pioneer in her field, Belle Shook has worked professionally in Equine Therapy for two decades. Belle holds a master's degree in counseling and is a Licensed Professional Counselor in Arizona. Belle's resume of extensive educational experience, certifications, accolades, and observed successes has established Equine Guidance® as one of the most sought-after experiential learning and healing programs globally.

The emotional resonance between the horse and the client activates the unconscious mind, bringing awareness to our thinking, feeling, and behavior patterns that can either prevent or create successful relationships. Gaining insights into these parts of ourselves allows us to process the internal blueprints within any relationship. It quite literally, on a neurobiological level, frees us from what was into what can now be.

Belle is a genius... I felt I slowed down to feel what my body was telling me. Belle genuinely made a connection with each individual.

~ Jean

This was a life-changing experience. I feel as though I have tools that are powerful and easy to use daily in my life.

~ Oscar, Nike Retreat Participant

This was the best, most genuine experience we did in Sedona!

~ Participant from the Television Documentary, 5 Seekers

A special experience. An amazing opportunity to explore oneself and expand awareness and intuition in a very safe environment.

~ Cindy, Caretaker

As a clinical therapist, Belle provides Equine Guidance® to help clients become aware of unconscious self-defeating, or stuck behaviors, thoughts, and emotional patterns, in a gentle hands-on approach that enhances genuine change, self-esteem, resiliency, and authentic relationships with themselves and others.

Ultimately, Equine Guidance® is a profoundly spiritual experience designed to heal, synchronize the neurobiology and emotional system, heighten heart-centered living and intuitive intelligence, restore and strengthen emotional resilience, instill a state of flow, fulfillment, and heightened awareness, confidence, safety, and peace.

"I invite you to join the four of us for a journey to your greatest self and well-being!"

~ Belle Shook, MC, NBCC, LPC, SEP, NARM



This workshop gave me the opportunity to reflect about myself and how new thinking incorporates into coaching for executives!

~ Teri, Nike Retreat Participant

This workshop totally met my expectations and mirrored all the feelings and emotions I have in my life... I learned so much about why things are the way they are, and what to do to change them. The horses show you how and who you really are without judging, just reflecting.

~ Susi

Thank you for insights and experiences that will stay with me forever!

~ Nike retreat participant

EQUINE GUIDANCE®



BELLE SHOOK, MC, NBCC, LPC, SEP, NARM

SEDONA

★ SINCE 2004

Suggested Interview Questions for Belle Shook

- ☒ Belle, in addition to your Masters Degree in Counseling, you have at least ten additional certifications, that you've immersed yourself in over the years. 5200 additional hours is a lot! What are your qualifications as a licensed professional therapist and executive coach?
- ☒ You have been a therapist for nearly two decades, and you've worked with hundreds of people, primarily focused on resolving trauma. Why trauma?
- ☒ We're living in unsettling, complex, rapidly change times, can our times constitute trauma for us? I've heard it called anticipatory grief. What can you share with us about our changing landscape and how people can best heal and engage in self care?
- ☒ Do emotions literally get trapped in the body? How so?
- ☒ What are some myths about mental health and personal growth that we should pay attention to?
- ☒ Three part question: Can you tell us how trauma, blocks, and creates blindspots to our success as it hangs in our Nervous System? What do we do about it and how do we know?
- ☒ Is there a correlation between trauma and chronic illness or dis-ease?
- ☒ You established Equine Guidance® in 2004, but have been involved with horses for longer than that. Why horses?
- ☒ You not only work in trauma informed care, you and the horses also provide sessions for people seeking personal growth and executives seeking to hone their skills and to expand their intuition, creativity, and leadership skills. In fact, you facilitated a group from Nike Corporation for this purpose. Tell us more!
- ☒ What can someone expect from working with you and the horses?
- ☒ What sets Equine Guidance® apart from other equine assisted learning therapy?
- ☒ People should know that you're located just outside of magical Sedona, so visiting Equine Guidance® can be combined with other bucket list experiences! Tell us what's nearby!
- ☒ How can people work with you Belle?

Healing with Belle and the Horses

Praise

A progressive fortune 500 company, Nike Corporation, requested an Equine Guidance® team building event. The objectives were to provide an authentic experience that would help team members develop their emotional intelligence skills on a feeling level, not just intellectually. They also wanted to learn to recognize and work through inconsistencies within the team, and individually, and heighten their awareness of non-verbal communication and its impact on team success. During their Equine Guidance® experience, this group of ten deepened their knowledge of the perceptions that hinder genuine connection, fears of authentic relationships, and the thinking patterns that reinforced both. Belle and Equine Guidance® exceeded their expectations, and the group went on to utilize their new skills with excellent results back in their work environment.

Belle Delivers Two Decades of Experience + 5200+ Hrs of Education

- Somatic Experiencing Practitioner
- Eye of the Needle 1 & 2 Near Death Experiences
- Advanced NARM: Developmental Trauma
- Brene Brown Certified Daring Way Facilitator
- Brene Brown Certified Rising Strong Facilitator
- CEU's in grief and loss, love and sex addiction, bpd, attachment, adoption, emotional regulation and the neurobiology of mental health
- Matrix Model Certified
- Board Certified Leadership coach
- CEU's in depression, anxiety, laughter therapy, arbinger and complex family systems
- PIT: Pia Melody inner child and codependency
- EMDR I & II ptsd and trauma
- Easala I & II
- Epona Equestrian Services I & II
- Trauma specific Equine Therapy with two decades of experience pioneering the field
- Positive Discipline Certified

Why Horses?

Horses sense vibrational information 500 times more than a human and 300 times more than a dog. Therefore, horses have extraordinary skill at balancing core issues within the unconscious/emotional mind while creating positive, sustainable results in a relationship with humans.

- Achieve harmony within yourself and experience expanding periods of enlightenment
- Experience the beauty of your true potential through the guidance of the horse
- Increase your potential, relationships, expand upon your soul's purpose
- Recognize and release automatic responses while increasing your conscious connection to your intuition and life resiliency

Attention to skills like intuitive intelligence, authenticity, and resiliency are invaluable to life and business. The emotional messages phenomena exist in the unconscious brain's limbic system and influence perception by 93%. Horses build upon our strengths as we dissolve what does not serve us, like emotional trauma and blindspots, while maximizing our potential, purpose, and innate gifts.

- Activate authentic leadership and respectfully release old ways of being
- Expand on existing talents and valuable life skills
- Gain a higher level of personal power and self-esteem
- Create solutions, self-awareness, and resiliency in areas of challenge or resistance
- Adventure into self-discovery to maximize awareness, self-love, clarity, and relationship to the world

Belle Shook, Equine Guidance® Is Social



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EQUINE GUIDANCE®



BELLE SHOOK, MC, NBCC, LPC, SEP, NARM SEDONA ✦ SINCE 2004

Meet the Herd

Meet the horses. They have been working together providing Equine Guidance® with Belle since 2004.

The herd comprises three American Bashkir Curly Horses. They are distinctive for their curly coats and they are hypoallergenic for most people.

Mimi is a stunning and sturdy black mare with a heart of gold. She has the curiosity of a cat with the steadiness ready to face a hurricane of any grief. Mimi is solid in stature and character; all the while prepared for shenanigans; Mimi will be the first to lead the herd out of an unattended paddock. She has the stamina to face any heartache with incredible courage.

Penny: A beautiful copper brown with a perfect curly mane. She is highly sensitive and the leader of the herd. Her breath sometimes sounds like a calming purr as she empowers others to be present with their intuition and more profound knowing. Penny is like riding a Ferrari as she turns left before you even thought of it! She is terrific at helping people connect with their center and find peace in their energy.

Salsa: A wise gelding with a bright red coat and black mane and tail. He is gentle and has a keen awareness far beyond conventional horse sense, which makes him incredibly impatient with traditional means of horsemanship. He is a gifted healer who can send energy through the nervous system to shift and release blocks and communicate through the felt sense. Salsa has a shamanic quality to him where he can see through the worlds, helping the conscious mind experience the compelling depth and create meaningful insight.

At Equine Guidance® no words or horse experience are necessary!

All client experiences are conducted on the ground so there is no riding, which is in the highest regard of mutual respect and safety for horses and humans.