



Scope of Practice

Chantal Russell, E-RYT, RHN, ACC

I am a certification candidate with the Professional Association of Equine Facilitated Wellness (Pro-EFW) in the Learning Professional stream.

My Personal Scope of Practice in the Human Services Field

As a wellness educator with twenty years of experience in the field of holistic health, my passion lies in helping people deepen their physical, emotional, mental and spiritual well being.

My current professional roles include being an Associate Certified Life Coach (Rhodes Wellness College), Yoga Teacher Trainor and Director of Yoga teacher Training at the Vancouver School of Healing Arts, and Director of Professional Integrative Nutrition at Rhodes Wellness College. As a trauma informed facilitator, my hope is to create a supportive space to deepen self awareness and promote emotional intelligence and healing.

My Personal Scope of Practice in Working with Equines

As a current horse owner, I oversee the daily care of three horses, including feeding, mucking stalls, handling, hand walking, riding, scheduling vet and farrier appointments, trailer loading and transportation to off property facilities.

I started riding when I was 8 years old and moved into the world of competitive show jumping at age 12. Since then, I've ridden, handled and leased multiple horses, and am currently enjoying rehabilitating and re-starting my OTTB, and taking care of our two senior horses, offering them the most natural environment with access to freedom, friends and forage (*living in a herd, 24 hour turnout with track system & access to shelter, free choice feed*) where their wellbeing is centered.



My Personal Scope of Practice in Equine Facilitated Wellness (EFW)

EFW is for anyone of any age looking to slow down, heal, recover, ease anxiety, eliminate burnout, be inspired, seek clarity and reconnect to the wisdom of their body, emotions and soul.

The Equine Facilitated Wellness services that I am authorized to offer include:

Working alone with individuals or small groups (2 people), and one or two horses, or in a field of safe horses.

As an Equine Facilitated Learning Professional, I develop and offer programs that weave together aspects of life coaching, holistic wellness, and personal empowerment, providing an opportunity for adults and youth (ages 12+) to deepen their connection to nature, to themselves and to the horses.

My approach is influenced by the principles of integrative and somatic therapies, neuroscience, mindfulness, yoga, emotional horsemanship and nature based practice.

Some of the benefits experienced from this work include greater self-awareness, improved communication skills, reduction in stress and anxiety, and enhanced overall well-being.

I engage in mentoring or supervision on a monthly basis. Currently my mentors are Deborah Marshall, Kate Burns and Jodine Buydens.



Areas in which I am NOT Qualified to Provide Services

It is outside my personal Scope of Practice as a Human Services Professional to work with clients in a counseling capacity. Although I'm trauma informed in all the work that I do, it is not within my scope of practice to delve into someone's past to help them heal childhood or traumas. Rather, my focus will be to meet them where they are, help them to ground, learn to honor and regulate their nervous system and focus on the present and their desired future.

It is outside my personal Scope of Practice as an Equine Professional to work with more than 2 equines or more than 2 people. I would seek supervision if my client has needs in the following areas: working through issues that involve trauma and mental health management. I would refer clients to a qualified professional if their desire was to "unpack" and process events from the past which resulted in trauma or mental health issues.

Informed Consent

My clients are given information about my scope of practice on my Release of Liability Form. I discuss my Scope of Practice – including my limitations – with all clients. My Scope of Practice is available on my website and I direct clients to read it.

Insurance

My Commercial Equine Enterprise Liability Insurance Policy # CEL-00109821-001
Policy Term of April 1, 2024 12:01am to April 1, 2025
is provided by Acera Insurance, I hold \$2000000 of liability coverage.