

# GILLIAN CLISSOLD, LPC

Ms. Clissold is a Licensed Professional Counselor and is Certified by the Equine Assisted Growth and Learning Association (EAGALA) as both a Mental Health Professional and an Equine Specialist Professional.

Ms. Clissold also has two years of training in psychotherapy with the "Dramatic Transformations" psychodrama training group in Laurel, MD.



## CONTACT US

(703) 675-5361

Gillian.Clissold@verizon.net

[www.QuarternoteCounseling.com](http://www.QuarternoteCounseling.com)

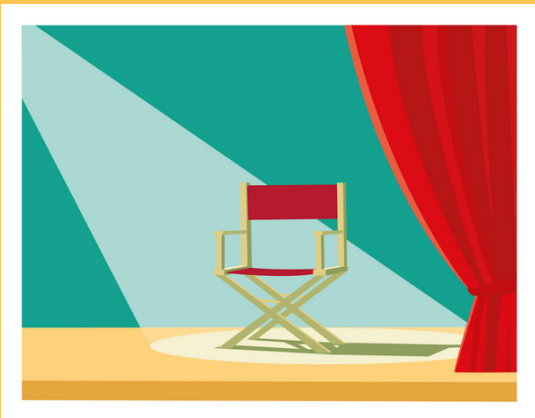
## Women's Experiential Group

**COMBINING ROLE  
PLAY  
(PSYCHODRAMA)  
AND  
EQUINE-ASSISTED  
PSYCHOTHERAPY**

## About Role Play (Psychodrama)

In role play, also called Psychodrama, clients use movement, gesture, sound, and action to connect with memories and experiences that might not be accessible otherwise, investigating and gaining insight into their lives. Props are available to facilitate the learning process.

A core principal of role play/psychodrama is the engagement of spontaneity. By addressing a problem in a creative way, reacting in response to impulse in the moment, clients can discover new solutions to problems, and learn new roles they can play in their own lives. Clients have the opportunity to reenact real life past situations, or inner mental processes. They can then reflect and more deeply understand how the past incident/inner process impacts their lives.



Quarternote Counseling, LLC is pleased to offer a four-session Women's Experiential Group for women 18 years of age and above. The group is designed for women experiencing depression, anxiety and trauma-related symptoms. It will combine the modalities of equine-assisted psychotherapy in accordance with the EAGALA Model and role play (also called Psychodrama).

Sessions one and three of the four-session program will be held in the office in Manassas, utilizing the role-play modality. Sessions two and four will be held at a farm in Nokesville interacting with horses (no mounted activities).

The group will facilitate the establishment of appropriate boundaries, detachment from emotional pain, development of coping skills for triggers and accessing of self-compassion.

### Group Dates, Times and Pricing:

All sessions will be held from 6:30pm-7:30pm

WEDNESDAY 9/20/17 - Manassas

Thursday 9/28/17 - Nokesville

Thursday 10/5/17 - Manassas

Thursday 10/12/17 - Nokesville

Please contact Quarternote Counseling to explore if your insurance will cover these group activities (it is our understanding that most insurances will). For those paying out of pocket, the cost is \$50 per session (sliding scale is available, please contact us for details). To maximize the mutual benefit of this group for members, please register only if you anticipate being able to attend all, or almost all, sessions.

## About the EAGALA Model:

As outlined on the EAGALA website ([home.EAGALA.org/about/model](http://home.EAGALA.org/about/model)):

"The EAGALA Model is a distinctive experiential framework designed to allow clients the latitude to discover, learn, and grow from the horse-human relationship...."

"The EAGALA Model involves no riding or horsemanship, making it both safe and effective. Clients work directly with the horses face-to-face on the same footing. This ground level work enables clients to better perceive the horses' actions and reactions as they work to process and solve their life challenges...."

"(H)orses offer clients honest feedback and usable information that helps them understand how their process and actions affect others and impacts their lives...."