



While the Canadian Armed Forces use teambuilding, communications training and leadership development to prepare soldiers for war, Can Praxis uses them **to help soldiers and their families to recover from it.**

Conflict Reducing Conversations

Unresolved conflict destroys relationships, and is especially common in overly stressed families. Can Praxis trains participants to manage their conflict effectively. The theoretical foundation for this is *Managing Differences* by Dan Dana PhD. Richard F. Celeste, former Governor of Ohio, described the book as "A practical guide for dealing with conflict. Dr. Dana moves from scholarly content to common sense with uncommon ease."

Benefits of Training

Increases effective communication, trust, respect, confidence, motivation, quality of life, cognitive restructuring, sense of safety, effective family relationships

Reduces conflict, anxiety, emotional arousal,



hyper-vigilance, reaction to triggers

Why use horses?: Equine Assisted Learning

Can Praxis uses walk-along exercises with horses as a training aid. As a 'flight' animal they react to human body language. Horses react to what they see; it is *their* body language that speaks volumes about humans in their proximity. As EAL facilitators, we offer a translation the horses' behaviour to participants in order to increase their own self awareness. EAL is the



first nationally recognized certified Equine-Assisted Learning Building Block™ Program

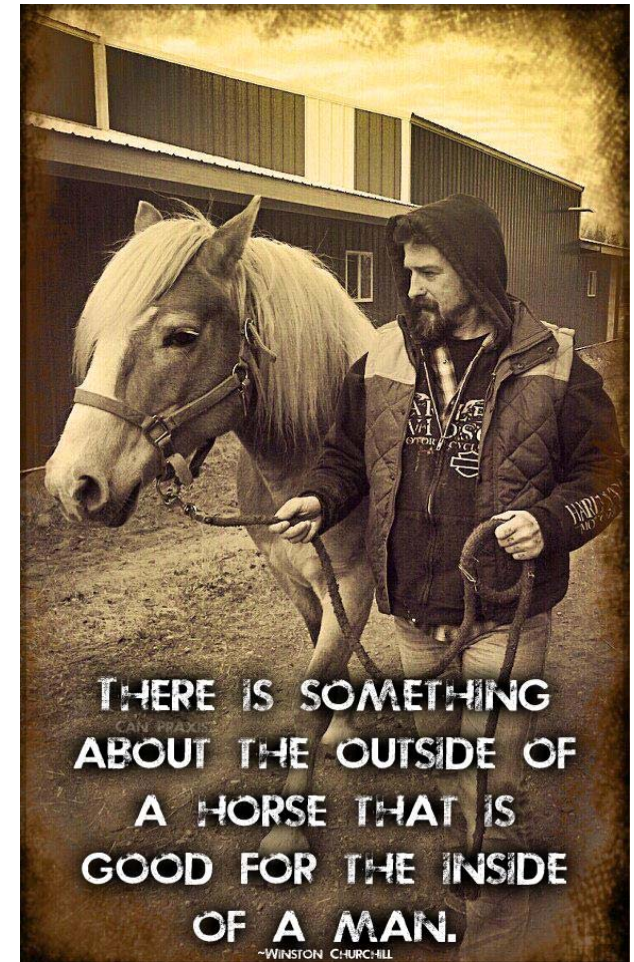
Series®.

There is enduring value in training, especially interpersonal communications training, and we propose that it helps to rebuild family relationships. The innovative part of Can Praxis is combining the use of



horses with communication training.

Thus, in the spirit of the continuing natural evolution of training methods, we offer an established training modality (communications theory and role play) and a conservative innovation (Equine Assisted Learning) that is supported by growing amounts of data, some of which comes from a current university research project.



Donations

Donations may be made through:

www.WoundedWarriors.ca

(select the "Can Praxis" tab for the fund)

The Can Praxis Team



Steve Critchley is a former serving member of the Canadian Armed Forces having deployed to Cyprus, Egypt, and the Former Yugoslavia. He is now an international consulting mediator and trainer. He provides services in conflict

situations such as harassment, landowner/community and energy company disputes and workplace grievances.

In 1994, during the Bosnian war, Steve witnessed human conflict at its worst. His experiences included negotiating with armed belligerents and establishing small local areas of trust and co-operation. Steve developed a belief that people can work together to achieve realistic and positive results.

As a result, Steve sought out formal education in Alternate Dispute Resolution. Between 1998 to 2000, Steve completed multiple meditation programs, from the Certificate Program in Conflict Management offered at the University of Calgary by the Alberta Arbitration and Mediation Society, including completing the third phase of the Mediator Qualification Program.

Since then, Steve has acted as a Harassment Investigator, a Harassment Advisor, and was an Assisting Officer during harassment complaints and investigations. Steve has provided services for the Canadian and U.S. federal governments as well as providing training in South Africa, Ghana, Milan, London, and Dubai.



Jim Marland began helping the ten largest UK companies with their communication and leadership training over 35 years ago.

Those early years also included many adventures in remote parts of the world: mountaineering in Norway, Nepal, New Zealand & Kenya; sailing on the North Sea and Atlantic Ocean; cycling from the UK to Afghanistan, overland through Africa, Europe, the Middle East and the Far East. Independent travel among people of numerous cultures in 40 countries was experiential learning.

In 1980, his career shifted to the Correctional Service of Canada where he served as an officer, a chaplain and a Registered Psychologist. Working with offenders and staff in the correctional settings has given Marland a deep understanding of human nature, human needs and human behaviour.

More recently he has combined his professional career with his 40 years experience with horses. "For thousands of years, people have experienced the practical and profound contribution horses make to our lives" said Marland. He uses horses' instinctive responses to human body language to help teach participants communication, teambuilding and leadership skills. This takes place in his new horse arena at Spruce Valley Ranch near Rocky Mountain House, Alberta.



Whats in a Name?

Can; Canada, Can do attitude
Praxis; the process by which a theory, or skill, is practised and realized

Contact Us:

Phone: (403) 852-0907

Fax: (403) 631-2489

Email: Admin@CanPraxis.com

www.facebook.com/CanPraxis