

Speaker 1 ([00:00:12](#)):

You are listening to the Journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician, and author who helps empower horse people from all over the world with the skills, knowledge, and mindsets needed to create trusting partnerships with their horses. Warwick offers a free seven day trial to his comprehensive online video library that includes hundreds of full length training videos and several home study courses@videos.warwickschiller.com.

Warwick Schiller ([00:00:45](#)):

Good day, everyone. Welcome back to The Journey on podcast. I'm your host, Warwick Schiller, and my guest this week is Le Holberg Leaf is an internationally acclaimed author, consultant, licensed mental health professional educator, and avid laborer of nature and animals. Her professional career and life's work have centered around research in the human equine bond and studying the inclusion of horses in mental health and learning. Leaf is considered one of the foremost leading experts in the equine assisted mental health and equine assisted learning industry. She's been involved in industry since its inception in the early 1990s and has developed a reputation over the last 20 years for her broad reaching and objective study of the industry. It's been least goal to clarify, define and objectively described the complexity and diversity of the human equine relationship and the professional applications of this relationship. Leaf was a riding instructor and a horse trainer first, and so relies upon both the science and study of horses and her practical experience to put understanding horses and equine welfare at the top of her priorities when training professionals, consulting programs or offering services.

([00:01:57](#)):

That's the technical part of Leaf's profile. But after having a conversation with her, she really fits in with what we've been talking about here in the podcast recently about our roots as hunter gatherers, how we're supposed to live, how we're supposed to be connected to each other and the land. And having this conversation with Leaf that really came through. And I know that intro sounded like there's a lot of technical jargon, but Leaf's not really about the technical jargon, but she definitely is about connection with all things in nature. So I hope you guys enjoyed this episode of the podcast as much as I did recording it. Leave Halberg, welcome to the Journey on podcast.

Leif Hallberg ([00:02:43](#)):

Thank you so much. I'm really excited and grateful to be

Warwick Schiller ([00:02:46](#)):

Here. Hey, I'm excited to have you here. The whole equine assisted therapy thing these days it seems like it's getting bigger and bigger and bigger, and you are one of the original people who were interested in that sort of thing. Why don't you tell us real quick, briefly, even though I would've read out your bio in the intro, what is it you do these days?

Leif Hallberg ([00:03:14](#)):

What is it I do these days? Oh my goodness. Well, I do a lot of things. So probably the thing I do the most that takes the most of my time is I provide individual transformational coaching sessions to people via Zoom. So I use a somatic experiential approach. That's something I've learned from the horses that I've translated over into all my work with people, even when it doesn't include horses. So I do that. I see about 16 to 20 clients a week, and then I do, I'm writing another, I'm actually editing, which is the first

time I've done that before. I'm editing a book, bringing in a bunch of different contributors from around the industry and around the world. So I'm very excited about that. And then I teach workshops when that's appropriate. I offer a masterclass that's a pretty in-depth long-term course of study. So I run, collaborate on a Facebook group that does a bunch of interviews and things like that with people in the industry. So there's a lot of different things that come together into a whole,

Warwick Schiller ([00:04:43](#)):

Well, I got a lot of questions just from that little bit. Let's back up to the last thing you said, interviews with people in the industry, the industry being

Leif Hallberg ([00:04:51](#)):

Yes, the industry of including horses in mental health and learning.

Warwick Schiller ([00:04:56](#)):

Okay. Okay, perfect. So you just said you're editing another book. How many books have you written?

Leif Hallberg ([00:05:05](#)):

I have written three books to date, so this will be the fourth. So the first one I self-published in 2008, and that was called Walking the Way of the Horse. So that was just looking at the role of the horse in mental health and learning and all the different ways that could be kind of applied and different models and considerations for the inclusion of horses.

Warwick Schiller ([00:05:31](#)):

Is it more of an instructional book, like a textbook sort of thing, or is it more like an experiential read? Yes. No, it's more for people who are in the industry. Okay. Yes,

Leif Hallberg ([00:05:43](#)):

Absolutely. Yeah. Perfect. So that was the first one. Yeah. And then the second one was published by Rutledge, which is an academic press. So that was a different thing altogether, a big learning curve. So that was the clinical practice of equine assisted therapy, and that included a really comprehensive review of all the peer reviewed research that's been conducted studying the inclusion of horses in mental health and learning, and also occupational therapy, speech therapy, physical therapy. So pretty comprehensive in depth, look at how this work is working, is it working? Why might it be working, and how is it working? And then that one came with a companion workbook, which was just to help as a learning guide for professionals and also for colleges and universities that use the book. So those were the three that I've published thus far.

Warwick Schiller ([00:06:51](#)):

Okay. You just said that one was about why is it working and how is it working? Can you share with our listeners what you think horses do in that situation for people's mental health?

Leif Hallberg ([00:07:12](#)):

Yeah, that's a huge question.

Warwick Schiller ([00:07:14](#)):

No, sorry, I did it at the start of the podcast because you've got two hours to get this sorted out.

Leif Hallberg ([00:07:21](#)):

Excellent. Well, you think, I'm wondering if it might be, I'm wondering, there's a story about how I came into this and I'm wondering if it might be appropriate to share that story as a framing to start talking about that question. Do you think that would be helpful?

Warwick Schiller ([00:07:38](#)):

Sounds like the perfect segue.

Leif Hallberg ([00:07:41](#)):

Okay, awesome. So I was a horse. I grew up in a really kind of different way, which we can talk about if that seems appropriate later on. Let's

Warwick Schiller ([00:07:50](#)):

Talk about that. Well, actually, let's talk about that now. Let's just do it in chronological order. You grew up in a, let me guess, you were homeschooled?

Leif Hallberg ([00:07:59](#)):

Yes,

Warwick Schiller ([00:08:00](#)):

Yes. And were your parents hippies?

Leif Hallberg ([00:08:04](#)):

Well, that's an interesting question. They tried to be hippies. They were wishing to be hippies, but they sort of missed some of the marks of the good hippie. But they had maybe some of the deeper, more authentic qualities of the hippie movement. So they moved from San Francisco to Northern California in the sixties. But my dad came from the Coast Guard and was a massive athlete and actually played for the giants, played baseball, played football, so very different kind of origin. They weren't maybe originally hippies, but as they moved to northern California, they took up gardening and started the first organic nursery in Northern California. Where

Warwick Schiller ([00:08:52](#)):

Was it? In the

Leif Hallberg ([00:08:52](#)):

Sixties in Mendocino. Oh,

Warwick Schiller ([00:08:54](#)):

Wow. Okay.

Leif Hallberg ([00:09:00](#)):

So we lived off

Warwick Schiller ([00:09:01](#)):

The grid. Can I interrupt there for a second? Absolutely. Can I take a stab at what they were growing organically in Mendocino in the sixties?

Leif Hallberg ([00:09:14](#)):

You can, except for you might actually be wrong.

Warwick Schiller ([00:09:18](#)):

That might. I might.

Leif Hallberg ([00:09:23](#)):

So that was part of the problem is that they weren't fully hippies, so they didn't do any drugs and they didn't grow pot, and they grew like organic vegetables, and

Warwick Schiller ([00:09:36](#)):

That's pretty hippieish. I was going to ask you, how does one fail at being hippie? Getting a little bit there these days. I'm just wondering some of the roadblocks I might run into.

Leif Hallberg ([00:09:46](#)):

I would say that might in the past have been one of them. So yes, so they ran an organic nursery. We lived off the grid, so no running water, no electricity. Walked to our house, homeschooled primarily for two reasons. One, because of our location, so it made it certainly hard to access, but also too, because I was a pretty different learner, so I had significant dyslexia. And I mean, mom tells a story. I didn't even speak English until I was, I don't know, old four or something. I spoke some strange

([00:10:31](#)):

Gibberish language. I didn't exactly fit in, let's put it that way. So they needed manure for the garden. And so there was a local stable, and they would go, grandma and mom and dad would go, and they would not just go to the manure pile and load manure into the truck and take it home. No, they would go and clean the stalls at the stable for free and then remove the manure and take it back to their garden. So after doing this for quite some time, the owner of the stable finally approached them and said, well, hey, I would be with them. So finally the lady said, do you want your daughter to maybe have some riding lessons in exchange for cleaning our stalls? So they agreed, and I thought that was a great idea. And so I started riding and that was my first exposure to horses. And I was about, I think three or four years old at that time. So it was an immediate love affair, I would say. I mean, I think my nonverbal, which now I'm very verbose, as you will learn, so I'm just making up for lost time probably. But my nonverbal issues and maybe the way I thought differently really worked with horses. So I think we were sort of in a quick fit there.

Warwick Schiller ([00:11:59](#)):

I too, I mean, I didn't speak gibberish. I didn't speak until I was two, and then when I started talking, I never stopped. I, I'm wondering if that is a, you might know because of your education, but I wonder if there's a common denominator there to where is if you don't speak very early that you might end up speaking a lot. I don't

Leif Hallberg ([00:12:34](#)):

Know. I don't know. Seems like there's two of us, at least in that boat, so we could probably find some more and make a case of it. And I also think there might be a connection with horses around that, as I've learned so much more about dyslexia and learning differences and really learning about the way how differently we can think and how differently we experience the world. And someone like myself, I think the way horses experience the world and the way that horses function and operate was much more comfortable for me than humans. So it was a natural fit. And I wonder if that's the case for a lot of people that become really involved with horses and maybe involved with horses at young ages too,

Warwick Schiller ([00:13:26](#)):

Right? Yeah. Might have something to do with it. So you started riding at this stable, where did it go from there? Because remember, we're eventually going to get to the question of why does equine assisted therapy work, but that's like an hour and a half from now.

Leif Hallberg ([00:13:41](#)):

That's right. Alright. So from there, time goes on, and my parents, there was this amazing summer camp in northern California in this place called Compsci. And so I got to go to summer camp there one time, and somehow my parents got involved with the owners and they needed help. And so we moved, mom, dad and I moved onto the camp property, which was a 600 acre ranch in northern California, also all off the grid. And they raised Appaloosas. And so the man Joe who ran the camp was very, he sort of, he did everything alone, or it was like him, his wife, primarily just he and his wife that did most all of the work around the ranch. So we became, I think, a really valuable asset for them. So dad helped with a bunch of the building work and mom helped to, they had a son that had Down syndrome, so mom would help take care of Jared sometimes.

([00:14:46](#)):

And then I just was sort of Joe's right hand person, and I was, gosh, I think started there at 10 or 11, and I was again homeschooled. And so I started riding with Joe all spring. So basically we had about 40 head of horses that needed different things. So he had an amazing philosophy, which I know you would greatly appreciate. One of the things that he believed in was to let the horses be horses all the way up until they were four years old. We would do some halter training with them when they were really babies and do the basics just so that if we needed to, any routine vetting or care that we needed, we could do that. But then they were not touched until they were four. So every spring we would have new four year olds, we'd have the four year olds coming up that we would need to work with, and then we'd have the 5, 6, 7 year olds that we needed to tune up.

([00:15:44](#)):

And then we'd have the older camp horses just to get them sort of back into the swing of things. So Joe and I predominantly, sometimes Claudia, Joe and I did that all for months of the spring. And so I was out there from about 6:00 AM to probably dark or just before dark. And so I would have some touch of probably 20 something horses a day, sometimes even six days a week. So an enormous amount of learning occurred there. And it was learning about also ethology and about how horses, because they were allowed to be loose over 600 acres. And so they lived in their family groups and they functioned very similarly to non domesticated horses. So I got a incredible experience of understanding horses in a different kind of way. And some of the things that were so remarkable was accidents. We just had no accidents. We would start a horse, and I mean, just, there were no fireworks. I mean, nothing happened. We put the saddle on and get to it. And so it was just the most beautiful experience of seeing horses as

non-aggressive, non-resource guarding beings that are actually pretty safe and very independent and very self thinking.

(00:17:15):

I keep going. Where was that place? It was in northern California in CompSci, a little tiny town called Kashi. What's

Warwick Schiller (00:17:23):

Kashi near?

Leif Hallberg (00:17:25):

It is near nothing. Lemme think. It's like four hours from San Francisco. So it's by Mendocino. So it's an hour from Mendocino. It's an hour from a place called Ukiah. It's an hour from Booneville.

Warwick Schiller (00:17:50):

Nothing. Okay, now I know where it is. Yep. Very cool. So it's on that coastal range there?

Leif Hallberg (00:17:56):

Exactly. Yes. It's inland, right inland from the coast. Yeah.

Warwick Schiller (00:17:59):

Okay, perfect. And so you ended up becoming a horse trainer for a while.

Leif Hallberg (00:18:06):

So yeah, from there, I just sort of lived and breathed horses. And I got my first horse training job, which is another very funny story perhaps for another conversation. But I got my first horse training job with Shelly Kreitzman. So Billy Kreitzman, the drummer for the Grateful Dead, his wife, they lived in our local community. They lived in Kashi.

Warwick Schiller (00:18:34):

Really. So it's such a, this is not the Grateful Dead podcast or anything, but Dr. Rebecca Bailey, I don't know if you know her, but what did she do? She traveled with the Grateful Dead on the bus for quite a while, and I forget why she was, yes, I forget why she was traveling with the Grateful Dead, but she had

Leif Hallberg (00:18:54):

A lot. I just interviewed her the other day. I got to circle back around and hear

Warwick Schiller (00:18:59):

She had a lot to do with the Grateful Dead, and I cannot really remember why. She's pretty sure she did tell me on the podcast, but I can't remember now. Anyway, so yeah, so seven Degrees of Kevin Bacon or Seven Degrees of The Grateful Dead, one or the other.

Leif Hallberg (00:19:15):

So that happened, kind of got my start, and then just moved on to just, that was what I was going to do with my life is I was going to train horses. And so I had a brief encounter with high school, managed to get in and out of there in about a year with all my homeschooling business that I'd done. So graduated high school early and headed down to your neck of the woods and by San Luis Obispo and started a small horse training business and just thought that was going to be my life. I was going to be a horse trainer.

[\(00:19:54\)](#):

And then I had an experience, which is what's going to kind of, I think, take us into this question about how horses maybe can be helpful to humans. So I had a riding lesson client, kind of a middle-aged woman who was working in corporate America kind of job. And she came every week and we worked all the way through the walk and the trot and learning all about body position and aids. And she had her two point down beautifully, and everything was going. And I'm really, I don't let people move fast. I keep them, I really slow things down and make sure they're really understanding what they're doing and that their body is strong enough to be able to move to the next stage so that they're not affecting the horses negatively. So finally, it's time for her to be able to canter, and she's now a competent, strong horse woman.

[\(00:20:51\)](#):

So there should be nothing really problematic with moving into the canter. And she's riding a beautiful, soft, sweet little horse, and everything's good. Should be good, right? So, alright, the day's upon us, and alright, off she goes, she goes into the breaks, into the canter. No problem. She's up her two point, everything looks great, and she's going around. And I said, okay, that's great. Go ahead and break down to the trot and then to the walk. And absolutely nothing happens. Nothing. Her hands don't change, her thighs don't change, she doesn't sit down, nothing happens. And I am asking her again, okay, go ahead. And maybe she didn't hear me, nothing happens. And so finally, I mean, they're going around and around, and finally I just used some body and voice commands and brought the horse down to the trot and the walk myself, and went over to her and said, what happened?

[\(00:21:45\)](#):

And she couldn't speak, she just couldn't articulate anything that had happened, and she just looked sort of distant and I just couldn't tell what was going on. And so we walked around for a minute and then she got off and had her sit down and drink some water, and then checked in with her, she was okay, and she went home. So the next week rolls around and the exact same thing happens exact, and I have to stop the horse for her. She looks kind of funny. She gets off, sits down, drinks some water, check in with her, she goes home. Well, I don't remember how long this went on, it seemed like forever. And then one day doing it again, I'm getting ready again. The whole repeat, it's going to happen again. And all of a sudden she just yells, stop screams it. And the horse comes to a sliding stop.

[\(00:22:41\)](#):

I run over there thinking, oh my gosh, what just happened? What's wrong? And I get up to her and the woman's in tears and I'm asking, what's happened? And then she says, Leif, can I tell you something? And I said, sure. And she said, well, and she's crying and shaking. And she says, well, I've been at this company for 10 plus years with the way this is in the nineties. She's like, I'm really trying to work my way up into corporate leadership. And she said, my boss, who's really high up in the company, he's been raping me and he's been doing it for years. And I haven't wanted to say no or stop, because I was so afraid that if I did, I would lose my place in this kind of corporate hierarchy and that I wouldn't be advanced and that I would even maybe lose my job. And she said, after what we've been doing with the

horse, I decided it was time to say no. And she said, I went in and I told the board what he'd been doing, and they fired him.

[\(00:23:58\)](#):

And now I'm safe and I have my job and I can continue moving up the way that I had planned to and wanted to, and he's gone and he can't hurt me anymore. And that happened because of this horse and what we were doing. And that was the moment I realized that something was going on. Nothing involved me, not one thing had to do with me that was about her and the meaning she made of that experience and the meaning she made of what she was doing with that horse. And it changed her life. And so from that moment on, I thought, there's something happening here that I am not understanding and I'd like to know, and I'd like to understand what that is. And so that's how my journey in this particular part of the story begins.

Warwick Schiller [\(00:24:58\)](#):

Wow. Where do I go from there? Okay. That was the start of the horse thing, but you at some point in time got a degree in psychology. Yes. Was that next m No, it was the horse thing next.

Leif Hallberg [\(00:25:23\)](#):

Yes.

Warwick Schiller [\(00:25:24\)](#):

Okay. Tell us about

Leif Hallberg [\(00:25:26\)](#):

That. Yeah. So from there I thought, well, clearly there's something going on. I want to understand it. And so I thought I had better go to college. I think that's where you understand stuff like that. And I didn't ever plan to go to college, never thought I could even get into a college, never thought I could. That just didn't seem within my capability or reach. And so my mom found this article about this college in Arizona where they took a horse trek across Spain following dome coyote's footsteps to learn about the great works, the books. And she thought, well, that seems like a good college for Leaf. And it was Prescott College in Prescott, Arizona, and it's an experiential school, so there's no tests and there's those kinds of things. So all based on experiential learning model. And so we went there for an interview and I got accepted.

[\(00:26:40\)](#):

And so I went, and then the most amazing thing happened, which was that in my, so that moment of, I want to understand this, there's another part to it that started to unfold, which was that I really cared about horses and I really cared about nature and animals, and I didn't really care that much about humans. They didn't entrust me too much, but what I was concerned by was the way humans treated animals and treated nature. And that really concerned me. And so I started thinking about it and I thought, well, okay, so I don't want to be a lawyer, so how could I affect change? So the first thing I landed on was journalism, because by that time I had learned to talk and read and write.

[\(00:27:36\)](#):

So I thought journalism, so I could go to Prescott College and I could study environmental journalism, and somehow that would make a difference. But I was still a horse trainer and I still had this experience now, and I'm still really curious. So those two things didn't connect yet. But my first year at Prescott

College, there was a class offered, and it was called Equine Therapy, and it was offered by this woman named Barbara Rector. And so I needed to be a TA for something at some point in my college, my undergraduate college time. And so being the kind of person I am, I trotted myself up to Barbara and said, Hey, I think maybe you need a TA and I think I could be your ta. And she was like, oh, really? How come? And I knew nothing about equine therapy. I knew nothing about this whole thing with people and horses and wellbeing and health.

[\(00:28:35\)](#):

I didn't know any of it, but I knew horses. And so I thought maybe I'd be helpful. And so Barbara being her beautiful Barbara Self was like, you got it. Leaf, you're going to be my ta. And so Barbara is who is many times considered the grandmother or the real kind of originator of this idea of including horses and mental health and learning. And so that was in the nineties when it was just barely in its infancy. She was just starting to teach about it and talk about it and guide people through some trainings. And so that's when I met her was right then in the very sort of beginning of all of this and my very first year at an undergraduate college. So that's what then sort of kicked off the beginning of that shift instead of going, so I tried the journalism thing and it just wasn't feel like the right fit for me.

[\(00:29:31\)](#):

But Barbara kept offering these opportunities, and so she offered me an opportunity to, she got me connected with an entity that was called the Animal Therapy Association of Arizona back then, and she got me funding to be able to travel from the west coast to the east Coast and back again studying the emergence of equine facilitated psychotherapy in therapeutic riding programs all across the country. So I was able to go and travel and interview all the people that were the original pioneers of the work and really understand what they were doing and what they saw happening with people and horses and what was working and what wasn't. So it really got me on that track, definitely right from the beginning.

Warwick Schiller [\(00:30:18\)](#):

And was it at Prescott College that you ended up getting a psychology degree?

Leif Hallberg [\(00:30:25\)](#):

So yeah. Then what I ended up doing was changing my undergraduate to counseling psychology. And then Barbara again got me a job before I had even graduated at Arizona State University heading up something they called the Alternative Intervention Research Clinic. So I didn't get my master's in counseling until a number of years later.

Warwick Schiller [\(00:30:56\)](#):

Okay. So when you finally did get your master's in counseling, thinking back to your client in San Luis Obispo who would freeze at the cantor, you ever, I mean, I've got some thoughts just from what you told me, but did you ever unravel what exactly happened between her and the horse?

Leif Hallberg [\(00:31:23\)](#):

Yes, yes, yes. I started really understanding the effects of trauma on the body and how trauma is stored in the body, and how the movement of the horse can elicit these sorts of freeze responses in somebody that has been sexually abused and other types of abuse too, but certainly sexual abuse and really looking at how the movement of the horse can start to, can both be way too evocative, right way too much for somebody, or can be used as a very intentionally administered therapeutic tool. So if you are

ready, if your client and you are ready, then that movement can open up memories and open up trapped, energetic and emotional content.

Warwick Schiller ([00:32:23](#)):

To me, it was, as soon as you're telling me this story, I'm thinking she just completely dissociated.

Leif Hallberg ([00:32:29](#)):

Yes, a hundred percent.

Warwick Schiller ([00:32:30](#)):

Quite positively she would do when the actual abuse was occurring.

Leif Hallberg ([00:32:35](#)):

Exactly, exactly.

Warwick Schiller ([00:32:38](#)):

And do you think it was the, I imagine it would be the motion of the cantor that brought it up?

Leif Hallberg ([00:32:44](#)):

Yeah, I think so. Yes. And I think the cantor for some reason was just, well, think about it. It's like, I mean, it could have happened anywhere. It could have happened at the walk, but for some reason it was the movement and the fact that the gate elicited something. But it was also the idea of maybe of something feeling out of control and then having to say stop or slowed or no, in that way too, perhaps for her, the walk in the trop felt safer.

Warwick Schiller ([00:33:17](#)):

Yeah. A few years ago, a good friend of ours who's actually been on the podcast a couple of times, Jane Pike, she's from New Zealand, she was talking to me about how sometimes people, they're not scared to canter, they're afraid of the power.

Leif Hallberg ([00:33:35](#)):

Yes, absolutely.

Warwick Schiller ([00:33:39](#)):

And sometimes they're afraid of power itself. Sometimes they're afraid of their own power, but power because not having an education that I'd never considered the thought, I just thought it was about the speed. Like, oh, they don't want to go faster. When I rationalized it, well, on a well-trained horse, he's not really caning any faster than you are trodden if you had a pretty forward sort of a trot. Exactly. So for me, it would be like, I don't know, I don't want canida. But yeah, it's a totally different, there is a power that comes from behind in that Canda stride that's not there in the trot dried.

Leif Hallberg ([00:34:22](#)):

Exactly, yep. That sort of impulsion and that kind of, and even just the forward, those sort of forward movement that, and it also moves, of course, moves our bodies differently. Right.

Warwick Schiller ([00:34:35](#)):

Did you ever keep in contact with that client?

Leif Hallberg ([00:34:38](#)):

I never did. I know I wished I did for maybe a year or six months, maybe afterwards, but that was it. And it was before internet and cell phones and all those things that we have now.

Warwick Schiller ([00:34:53](#)):

Yeah, just thinking about it now, and no one I know about trauma and stuff like that, it's like she thought, oh, he's gone. I'm safe. It's like you've got all this stuck,

Leif Hallberg ([00:35:04](#)):

Oh, I know.

Warwick Schiller ([00:35:05](#)):

Trauma stuck in your body. Okay, you're now safe from that, but now you've got the rest of the stuff to sort through.

Leif Hallberg ([00:35:13](#)):

Absolutely, absolutely. And I think that was too, part of what caught my attention was just this idea of I am. So, at that moment, I had no skills, no training, no ability to know how to even go, what to do with that information. Luckily, it wasn't my nature to kind of hold space and be comfortable with that. But beyond that, what is somebody supposed to do when that kind of information comes out? And also how much I started realizing how much I was seeing of people's, and this is no surprise to any of us now, but every time I'd watch people in their horses, I would start to see their stuff showing up. Every single interaction, the way they walked, the way they went to catch their horse, the way they spoke to their horse, the way every single second of that interaction showed me something about them. And I didn't know really what exactly to do with that at the time.

Warwick Schiller ([00:36:30](#)):

So most, I've had quite a few therapists on the podcast, but most therapists, when I question them about what got them into it, for the most part, the most common answer I get is that they had some issues. They saw a therapist, and they were so excited about the change in how they felt and how they lived that they wanted to share that with other people. Was there a part of that in your journey too?

Leif Hallberg ([00:37:00](#)):

Well, I think, I don't know how to say this quite right, but unfortunately I came at it from this other perspective of I wanted to help the animals and I wanted to help nature. And so what I finally came to after I ruled out journalism and being a lawyer is, okay, who's doing the hurting? It's the people. The people are hurting, the animals, the people are hurting nature. And so then I thought, well, what could I do that would help people to see the beauty in animals and nature and understand them because of my own communication differences? And the way I grew up, I spent the vast majority of my time alone with horses. So I learned communication by being with them. I learned about relationship by being with them. I didn't really learn that so much about by being with humans. So I took what I learned from horses, and I applied it to humans versus the other way around. And so I was think I got to thinking, well,

maybe if we could teach people interspecies communication, if we could teach people how to see that they're a part of this whole, that we're not separate from it or better than it, that maybe that would stop them from hurting the beings that I personally cared so much about. So I sort of went into it with that perspective and sort of more of almost like a curiosity about humans, because they were so foreign to me, really.

[\(00:38:40\)](#):

So I was much more comfortable with horses and animals and nature than I was with people. So I think I came into it almost like with a little bit of a scientific mind around, well, what are these things? How do they work?

Warwick Schiller [\(00:38:57\)](#):

Okay, let's go on with the rest of your story then. So what did you do after Prescott College?

Leif Hallberg [\(00:39:07\)](#):

Well, so after undergraduate I started, I did that job for a while at Arizona State, and then I started a nonprofit called the Esperanza Center. And so we worked in the prison system on Indian reservation and worked with a population that people don't necessarily think of this, but in Arizona, one of the gang violence on this particular reservation. It's one of the smallest reservations in the country, but the gang violence is equal to Compton. I mean, it's just insane. And so we worked with the horses to help create some safe space for the people to come and be, we wished to do gang integration, but that was a joke. We were able to create some inroads and some sense of safety that was able to be translated and had some really cool outcomes. So we did that. And then that work started to get kind of well-known around the Phoenix area, and we became the recipients of vast majority of the child protective agencies, reintegration, family reintegration funding.

[\(00:40:35\)](#):

So it was right at a time when they were starting to look at the difference between separating children, taking children away from parents, versus actually figuring out ways to heal the family system and actually reintegrate the kids back into that system after things had been dealt with. And so nobody was doing reintegration work. It wasn't like nobody was trained to do it. It was just like this whole brand new wild west sort of experience. And so a woman came out from one of the agencies and watch what we did and was like, this is where it's at. This is amazing. And so we got the contract there. Then we got a contract from another agency, and we just started doing that work. And so we would work with families ranging from 70 down to five doing reintegration with the horses. And all of that was done was still very much on the learning side of things.

[\(00:41:32\)](#):

It wasn't therapy. We weren't doing family therapy, but we were really looking at ways to create new patterns, new communication skills, new ways of viewing one another. And so most all of the members had their own therapists who would either come and participate in the sessions, or we would communicate with them and translate information so that we were all on the same page around what we were doing. But for the most part, those clients were separated because of things like child pornography and prostitution and just horrible, really bad sorts of situations. So it was intense and powerful work. So we did that as well. So we worked in the prison system and we did the family reunification, and then we also worked with prisoners who were released from life sentences and had been in prison for years and years and years and years and years usually for some sort of pretty

significant offense. And so we worked with them on reintegrating it into society and community too. So that's what we did for a

Warwick Schiller ([00:42:45](#)):

While. What year would that have been roughly?

Leif Hallberg ([00:42:48](#)):

We started in 1999 in Phoenix.

Warwick Schiller ([00:42:54](#)):

I was just thinking about someone who's been in prison for a long time, getting out, not just the challenges of reintegrating in the world, but reintegrating into a world that's completely different than the one that was around when they went in.

Leif Hallberg ([00:43:07](#)):

Huge challenges. I mean, just technology just to begin with. I mean, just clothing, what you wear. Yeah, everything, words, different words,

Warwick Schiller ([00:43:20](#)):

Right?

Leif Hallberg ([00:43:21](#)):

Yeah, it was amazing.

Warwick Schiller ([00:43:24](#)):

So with the family integration stuff, were you working with the child that was removed and the family at the same time or separately? Yes,

Leif Hallberg ([00:43:34](#)):

All, so we had different protocols. So we almost always, we would start based on the recommendation of the therapist. We might start with one member of the family, two members of the family, a triad, three. So we'd find the right pairings of who we needed to work with because we'd be looking for where's the greatest riff, where's the tension point? And so we might build safety in between certain members in order to create, we'd build safety between maybe the siblings before we'd bring in the dad, or we'd build safety between the mom and the dad before we'd bring in the kids. You know what? So we just had these very kind of thoughtful, intentional ways that we would pair, and then eventually we would be working with the whole unit. Yeah.

Warwick Schiller ([00:44:29](#)):

What's really interesting, if I'm going to put a group of horses together, like Sam, we've got 11 horses, and let's say I want to try to get five of them all live in the same pasture or whatever. It's kind of how I go about the same thing. You pair the, yeah, what I do is I do all the groups of two, all the different collaborations of two, and then I do all the different collaborations of three and then all the different versions of having four together. And then by the time you put five of them together, it's not a problem.

Leif Hallberg ([00:45:07](#)):

And I think seriously, Warwick, I think that's where I learned it, because I didn't have any training in doing this. I had no idea what I was doing. And I think that's exactly because I'd spent so much of my life, that's what I did was horses. So that's where I learned that exact practice.

Warwick Schiller ([00:45:24](#)):

It's really interesting what we can learn from horses. And you were talking before about who's hurting the animals, who's hurting nature, and you also said you noticed the way people were around their horses. And I've been doing clinics for quite a long time now. And for a while there, I would come home from a clinic and I'd say to Robin, now there's one person there, and they don't need a horse. They need a cat, preferably an outside cat sort of thing. They just can't get along with horses. Every once in a while they'll meet someone like that. But over the years I came to realize that it's not a horse problem they're having. They're not good with themselves. And so I've been more, not necessarily upfront, but I've been more aware of that and taught more along those lines. Not that I'm a therapist, but I can make people aware of the problem you're having here is not the problem. This communication here is not the problem.

([00:46:33](#)):

It's amazing what you can learn from horses. And what I think my big skill, I think a skill is something or a talent that, let's quantify the difference between skill and talent. Talent is kind of innate. Skill is something you build on and you can build on your talent too. But for me, I think a talent I have is being able to explain things to people in a way they understand. I create analogies, I do clinics. People go, oh, you explain that thing. Well, and I don't sit around all day trying to think of, it just kind of comes out of me in the moment. But the thing I do a lot is I figure out what people already know in other parts of their life, and then I relate that, use an analogy for that to relate it to horses. But you can also do it backwards from, you can start out with the, I think what you guys probably do is use the horse thing and then relate it back to something a different way.

([00:47:44](#)):

They can show up in their life. For me, a lot of times, like I said, I have this little story that I call milk and eggs. And I'll say to people, okay, you ever write a shopping list? And they say, yes. And I say, you ever buy milk and eggs? And they say, yes. And I say, okay, what grocery store do you shop at? And let's say it's, it's Safeway. I said, so there's a possibility you would've a piece of paper. And the top of it, it says Safeway, and then it says milk, and it says eggs. And they say, yep. And I go, okay. So if you went out to your car, went to get in your car to go to Safeway to get these milk and eggs, and you noticed you had a flat front tire, would you go, maybe I should pump that up.

([00:48:25](#)):

Let me look at my list today. Do I have any tire pumping on my list? No, I've got Safeway, milk and eggs. And then would you just jump in that car and drive it to the store? And they go, well, no. And I go, but that's what's going on here with your horse. You have this thing in your head that I'm going to do this today. You're not reading the signs that are coming up that saying, Hey, your horse has a flat tire. You should put some air in it before you drive to the store. And yeah, just things, like I said, I try to use life lessons that people already understand. You don't ignore the flat tire just because you've got milk and eggs and Safeway on your shopping list, you would put your shopping list aside that go aside and go there. So anyway, I'm rambling here, but I'm thinking with you guys, the things that you teach them with the horses they can take back to the rest of their life.

Leif Hallberg ([00:49:22](#)):

But I think what you're saying is so critically important, and I think it's part of what goes so awry in these horse human interactions and can go awry in the world of the therapy and learning folks as well, is that there can be this fixation on the list. So that's the activity, right? We're going to do this with this person. So even if it's not with the horse, I mean it involves the horse, but the list is like the person's going to go and meet the horse, and this thing's going to happen. And there's sort of this desired outcome that the professional can kind of hold onto, or the idea that they're going to do this activity or they're going to have this kind of engagement. And a lot of times what happens is that the provider misses the flat tire. They miss the signs that the horse is communicating or that the human is communicating in the pursuit of the outcome.

([00:50:19](#)):

So I think whether it's working with humans or horses or humans and horses, the same is true. I feel like it's so critical always to practice that art of just slowing down, taking 10 steps back and saying, what is, for instance, I don't let people go in a horse gate ever without doing a whole grounding and centering routine. And I'm watching them that entire time to read their body, to read what's going on with them. I'm watching the horse, I'm reading what's happening with the horse. And only until I can sense that they're regulated and they're prepared, are they ever allowed to actually go into or near a horse? Because as soon as that happens, as soon as they go through that gate, it's like this, right? Everything goes. So their nervous system is going to change significantly. As they move into that space, the horse is going to change, their expectations are going to change, everything's going to happen. And so getting somebody to understand how they are before they go in that gate and understanding what that baseline is, and then as they go in, being able to notice when that's changing and then step back again, give space. So slow down, step back, see what's happening, watch. So no matter what the list is, you just throw it out the window until it's the time.

Warwick Schiller ([00:51:59](#)):

So what sort of grounding exercise do you have people do before they go with a horse?

Leif Hallberg ([00:52:07](#)):

So this is actually something that feels really important to me, and I bet it might be similar for you and your work and horse people in general, but certainly in my industry, one of the things that happens is that people use horses as a downregulation tool. So they are dysregulated, they are not in a grounded, centered space, and they go in and do something with the horses in the hopes of actually regulating themselves. Maybe they know that, maybe they don't, right? But that's sort of the purpose. And I've come to really just feel like, I don't want to do that to horses. I don't actually feel like that's their job. I feel like that's our job. I feel like that's human work that we're putting onto the horses. So I teach people about their nervous system and about regulation way before we ever even get to the moment of the gate. So the gate is even more down the process. So all my sessions start out with some sort of guided meditation, a breathing practice, perhaps a body scan, perhaps a senses a sense, bringing awareness to your senses, anything like that.

Warwick Schiller ([00:53:37](#)):

Five things you can see, smell he touch, that's

Leif Hallberg ([00:53:40](#)):

Exactly okay. And then some somatic kind of work around what's happening in their bodies, what's emerging. So it just depends on where the person is at from a just who's showing up. And then I adapt any of those practices to sort be more appropriate or fitted for whoever the human is that's in front of me. And

Warwick Schiller ([00:54:04](#)):

So then we would do that. That's the art right there. That is the art, is to have a whole list of things that you can do and then be able to, it's the same thing with the horses trying to help people get along with their horses and everywhere would like to dot all the i's and cross all the check all the boxes. And sometimes you don't check all the boxes, but sometimes you do. And sometimes you only check half the boxes, but it's not the half the boxes you checked last time. And the, I think that is the, that's where the art,

Leif Hallberg ([00:54:36](#)):

Yeah, the nuance. Yeah, the nuances. And also you said, you were talking about it earlier around just that you know how it's hard to teach people feel. It's kind of the same concept of you just naturally can make those connections or make those sort of metaphors in the moment. It just comes to you. That's a hard thing to teach. So one of the things I think about a lot when I'm teaching, because I do a lot of professional development for therapists and educators and coaches and things like that, wanting to get into this work is really, again, how do we slow even that down so that we start to get more in tune with ourselves and our sense of intuition, because the inner knowing is where that information's going to lie. So if we can trust ourselves, then we'll be able to more accurately respond with something that we have available to us.

Warwick Schiller ([00:55:41](#)):

Now, you're getting down to the real stuff here, the inner knowing, the intuition, the, how would I put this? The connection to the knowledge of the divine sort of thing.

Leif Hallberg ([00:56:04](#)):

Yes, absolutely. And where that is the idea of embodiment, right? The idea that our bodies are our conduit, our bodies are our way towards that greater knowing, towards that deeper knowing towards that connection to the vine, to the divine. We have to be first and foremost in our bodies before we can tap into, because it's just what horses teach us constantly, is that if we are in our bodies, then we can rely upon our senses at a much more acute level. So even though we don't have a ulmer nasal organ the size of a horses or dog, we still have one. So we can perceive information at a really amazing level when we tap into those senses of ours. But if we're cut off from our bodies and we're stuck in our heads, we're not going to have any of that information. And then that connection to our senses leads us then to connection to the environment and to nature and to all the information. I mean, think about how trees communicate with each other. Think about how a tree and a bug communicate, all of that's available. It's just that we have to first get in here and learn about our own bodies and senses to then go out. And then I think that's where probably the connection to the divine happens most powerfully.

Warwick Schiller ([00:57:48](#)):

Yeah. Recently on the podcast, I've had a number of guests and we've been talking quite a bit about hunter gatherers and how we basically have not evolved since then, but we don't live that life anymore. And so we don't use a lot of the senses that we could use. And what's interesting is I've had a number of

say, animal communicators on things like that. And what's interesting is a lot of times the childhood is such to where that was normalized. And so they didn't lose those senses because it wasn't like, oh, don't be silly. You're talking to your imaginary friend that they had someone in their life who totally understood the value of that. And I don't even know if they encouraged it, but they didn't shame them for having it, or, you know what I mean? I don't think you've even got to encourage somebody, a child to do that as long as you don't discourage them, because it's not like you've, you're trying to teach 'em something they don't already know. You know what I mean? Oh,

Leif Hallberg ([00:59:17](#)):

Totally. You

Warwick Schiller ([00:59:23](#)):

Are a therapist and we talk about trauma and talk about things that happened to you. And there are things that happened to people, but this is not, the thing I'm talking about here is not something that happened to somebody. This is something that happened to everybody. This is our culture basically training out of us some of the things that are completely natural to us, and these things are the way we're supposed to live and operate. So I think there's a couple of pieces. One, we all have trauma and get things stuck in our bodies, and they're from different things happening to different people. But then there's the umbrella of culture and society that makes us being in our, I mean, if you think back to Decart, when was that, the 1600 to something or other, I think therefore I am. It's like it's all above the eyebrows.

Leif Hallberg ([01:00:29](#)):

Absolutely. Absolutely.

Warwick Schiller ([01:00:32](#)):

Yeah. And I'm unraveling, I'm unraveling a lifetime of being quite shut down and in my head. So yeah, it's really interesting. I've just recently written a book, and the first line of that book in the introduction is I've always been in my head,

Leif Hallberg ([01:00:57](#)):

There you

Warwick Schiller ([01:00:57](#)):

Go. The book is the principles of training. And so it's about principles. And I could kind of recognize things and categorize 'em and lump 'em together and go, oh, those kind of things fall under the same umbrella, whatever. And the introductions on about how I've always been in my head, and it hasn't served me well in a lot of places, but this book is one place it did, because I've got that very left brain analyzing, comparing, quantifying, that sort of thing.

Leif Hallberg ([01:01:33](#)):

Yeah, yeah. Well, it was, if you think about back, I mean, historically we have been taught that connection to nature was dangerous, was the work of witchcraft, was, I mean, the stories go on and on and on. I you think about what happened with colonization and just you have to make somebody wrong if you're going to violently abuse them and take over their land and eradicate their practices and ways of

being. And sometimes I think about that with horses too, around how we apply the same concepts. It's not like a fault issue. It's not like that we're doing any of this consciously, but it's so embedded in how we were taught to see the world, the systems that are enacted and in place. So it's kind of the same thing. It's like we approach horses in this similar way that we can think through things or that we don't let them be themselves. We do all this stuff to control them and determine, yeah,

Warwick Schiller ([01:02:50](#)):

There's

Leif Hallberg ([01:02:51](#)):

Very similar, there's a very

Warwick Schiller ([01:02:52](#)):

Old book a lot of people may have read, and in that it says something about men having domination over the beasts.

Leif Hallberg ([01:03:00](#)):

Yes. Yeah.

Warwick Schiller ([01:03:01](#)):

You know what I mean, that

Leif Hallberg ([01:03:02](#)):

One. Yeah, I do.

Warwick Schiller ([01:03:04](#)):

I do. So there's culture, there's culture, there's society, there's governments, there's organized religion. All these things have are so predominant, and it's almost like unraveling all of that stuff to get back to who we're supposed to be. And I think that's one of the cool things about horses is horses, they're a natural thing. They act. Act naturally. They bring you back to nature. It's interesting, the more unraveling of trauma I do, and the more learning about nervous system states and things like that is in the last probably eight years, I guess, my practices with horses have completely changed. And the outcome is similar, not quite the same, but similar. And the outcome is very good. But it just comes with changing your perception about why they're doing the things they're doing. And I'm a big fan of Wayne Dyer. When you change the way you look at things, the things you look at change.

([01:04:28](#)):

And for me, the big thing was completely understanding nervous system states, and we've got three horses here that are out of our marere. So one's four year old, one's a two year old, one's a yearling. And I did something different with them based on what I've learned about how trauma gets stuck in the body from reading, waking the Tiger by Peter Levine and in an unspoken voice. And the body keeps the score. Plus my experience is unraveling my shutdown state. But a lot of times with a fall, you'll grab a hold of 'em when they're first born, you've got to draw blood or given an anima or treat their umbilical cord. And I used to make a point of not letting them go while I was struggling. So they struggle and you hang onto 'em, and then the vet does what they're going to do, and then you let 'em go.

[\(01:05:20\)](#):

And after reading about how trauma gets stuck in the body and that whole, they've got to go, I think it was in *Waking the Tiger*, they talked, the medics in Vietnam used to say as they go in, so they come out. So if they go under anesthesia screaming, they come out screaming. Anyway. So what I did with these folds was, in my first born, you got to hold them and treat their umbilical cord, give 'em enema, draw blood, whatever. What I would do is when you hold 'em, they struggle and you keep ahold of 'em, they stop struggling. So they've gone into a slight bit of a freeze response. But you think about in the wild, and this is where I think domestic horses could be completely different. In the wild, let's say it's a gazelle in Africa or something or other, the lion chases it grabs hold of the gazelle, sorry, the lion chases it, and the gazelle runs.

[\(01:06:19\)](#):

So it's in fight or flight, the lion catches it. There's no use being in fight mode when the lion's got his teeth sunk in you because it'll rip yourself to shred. So you just go, limp lion takes you back to wherever their cubs are, and one of two things happens. They either eat you, you're dead, or they might actually put you down for a minute in that flop state, and they might do something with their cubs, and you've got a chance to jump up and run away. But in the wild, you do not stay stuck in freeze mode. You either run away and you go back through fight or flight back to homeostasis, or you die. But there is no, the lion doesn't put a chain around your neck and tie you to a tree and keep you as a pet. And so I thought with these folds, I think just holding onto them for that umbilical cord treatment stuff is the start of a little bit of shutdown because they struggle, but then they can't get away and they go in the freeze mode.

[\(01:07:15\)](#):

So what I'd do with them is I'd hold them after we'd done the business, whatever we had to do, and just grip them loosely under the tail and under the chest and just wait for 'em to try walk off. And when they tried to walk off, I wouldn't hold them until they really struggled. But when they tried to walk off, I'd hold 'em until they just started to pull against me a little bit, and then I'd let go. Those three have been the easiest horses to do anything with. I haven't to, I never had to teach 'em to get in the trailer. They've just got in the trailer, and they're all three different types. The oldest one, the Oldman chance, he's quite sensitive, could be a bit weird, I dunno if you're into swirls on horses, but he's got the weirdest swirls all over him.

[\(01:07:59\)](#):

The second one has got kind sunk it in piggy eyes, and he's the sort of horse that if you tried to make him do stuff, he could get very resentful. And then the youngest one is the most skittish one you've ever seen sort of thing. But we started working on having a consent based approach with these folds. So once we grabbed a hold on that first day and got what we got done, we didn't touch 'em after that. And we'd just go in there in the morning with my cup of tea and I'd sit down and you just wait for 'em to come start investigating you. And the first one, it took a while. Second one, it took a while and a while might be weeks whereas the third one, he took months before he'd come up and say hi. But they're the quietest horses now.

[\(01:08:47\)](#):

But it's just understanding that, and I'm not saying holding onto them while they struggle and you draw blood's a bad thing, but it is a slight bit of freeze response. And I think every time that happens, if you get more and more of that freeze response, then you're starting to deal with an animal that is living in freeze response quite a bit of the time. And you think that's normal. We think that's how horses are. And it's either one or the other. They're either you have quite a bit of freeze response or you have a

quite bit of flight response and depending on how you've handled the horses. But I think there's a place in the middle of where it's neither of those, they can actually be in homeostasis around us and quite relaxed around us without, say you're from the English world, you train hunter jumpers and stuff.

[\(01:09:41\)](#):

And in the English world, I tend to see a lot of horses that are problematic are usually quite anxious. They're bucking and they're rearing and their bodying, whatever. Whereas in the western world or in say, I hate this term, but that natural horsemanship world, I think there's a lot of use without knowing it, but a lot of use of that, if you're in the polyvagal theory, that dorsal, dorsal vagal tone to where you think about, and a lot of natural horsemanship thing like, oh, if the horse won, turn, steal movie feet. Movie feet here, movies sit there, move their feet, and after a while they won't want to move their feet. And that's just exhausting that flight response until it turns into a freeze response. And it works very, very well. I, and I always relate it to how I grew up. I grew up, everybody's parents had the same parenting style.

[\(01:10:35\)](#):

It wasn't like it was my mom and dad and everybody else was doing differently, but the parenting style when I grew up was stop crying, I'll give you something to cry about. And we're all trying to be very quite obedient kids, and it ends up conditioning a large group of people to be a certain way. And I think horses are kind of the same. Do you know who Tai Murray is? I had Tai Murray on the podcast. Tai Murray was the greatest rodeo cowboy ever lived. Okay. They call him King of the Cowboys, and now he's really into the horsemanship thing and he's down the rabbit hole pretty deep. He sent me a meme, texted me a meme a while ago, and it was, for me, reading this from Ty Murray was interesting and new people at home who know who Tamar is, you'll find this ingenuity. He sent me this, he texted me this meme, it said, parents repeat after me. It is not my goal to raise children who obey my every request. It is my goal to raise children who trust me to see them clearly hear them fully and delight in them. Daily trust is more powerful and fear connection lasts longer than control.

Leif Hallberg [\(01:11:56\)](#):

Yes.

Warwick Schiller [\(01:12:01\)](#):

Yeah. And so for me with these horses in mind, it's just been a fascinating experiment. I've never heard of anybody holding onto 'em until they struggle. But I have not really heard too many people talking about, well, I suppose you do. Those nervous system states, well, probably the ones I hear talking about are the equine assisted therapists, but not necessarily the horse trainers.

Leif Hallberg [\(01:12:30\)](#):

Well, it's one of my absolute passionate topics to teach around is this whole idea about the confusion between having some sort of bond or connection and appeasing behavior and how these different training techniques manifest appeasing behavior. And that gets confused with, oh, the horse likes me. Oh, he's connecting. And just the incredible importance in my mind of teaching people about pressure and the use of pressure and what pressure actually is. And we think about horses in the wild, in their natural state is a horse will apply pressure to another horse for seconds and then they'll release that pressure as soon as the appropriate space has been attained. And I mean, we hold horses under pressure for such a long period of time until they go into that shutdown response. And then there's no way out just what you're saying, there's no way for them to get out. So what they do is they've learned

how to be appeasing. So they're like, because fighting isn't, they can try fighting somewhat, but it's probably not going to work too well for them. And so the best option much of the time is that ahe that comes with that shutdown that comes in that shutdown place. So I am passionate about this topic for sure.

Warwick Schiller ([01:14:04](#)):

Which brings us back to, did we ever get to the answer of, okay, equine assisted therapy, why is it working?

Leif Hallberg ([01:14:14](#)):

Oh my gosh. Well, so many reasons I think which direction to go with that. I think that horses being, being a human that can effectively be with horses takes a whole lot of stuff. It takes an attitude, it takes skills like you've been sharing today. It takes, I mean, both of those things you've spoken into today, right? Beautifully around both attitude and skill. And then it also takes practice a deep level of practice. And so for me, learning how to be around horses teaches us how to be better humans. So that's for me, first and foremost, is the act of learning how to be a good horse. I don't know how you call it. It's not like you're necessarily teaching them horsemanship or horse skills, but there's something about being the kind of human that a horse wouldn't mind hanging out with for a little while, right?

Warwick Schiller ([01:15:31](#)):

Yeah, it's interesting. So I told you we've moved to this place in Paso Robles three months ago. So we bought it because we wanted to be more in the kind of transformational space, not just the horse train space. And so we've been having retreats down here and the first lot of the retreats were called being with horses and yourself.

Leif Hallberg ([01:15:55](#)):

Love

Warwick Schiller ([01:15:56](#)):

That. And it was, people don't bring their own horses. They might do a little bit of stuff with our horses, but it was more about, it was less about the training of the horse, but how to be the person around your horse, like you just said, that might be someone you want to hang out with. And it's so different than teaching people to train horses because it's not necessarily what you're physically doing on the outside. That is the thing. It's how you are inside, how congruent you are, how much expectation you have or don't have, what your emotions are. Is it gratitude or fear coming out of it? All those sorts of, all those sorts of things. Yeah,

Leif Hallberg ([01:16:45](#)):

Absolutely. It's huge. So that's number one for me is that, and then beyond that, probably number two is the environment that horses exist in. So when you work with somebody with horses, you're working in and you're working with the elements and you're working with all the other beings that are out in that space. So it offers an opportunity to really lean into or explore this concept of we aren't alone. And interspecies communication and biophilia our natural connection to nature and really getting more in touch or in tune with we are a part, right? So because there's such a loneliness epidemic, I mean, people feel so isolated so much of the time and they're not always going to be able to be around horses. And so

helping people to make connection to the natural world through sort of the lens almost of the horse milieu, so to speak. So the horses can be the draw, they can be sexy, they can kind of get you in the door, but then there's so many ways that you can work with people and show them that right now sitting in your living room on a zoom call, you can look outside and see a tree and have that sense of connection and feel not so alone in the world. So I think that would be number two for me.

Warwick Schiller ([01:18:19](#)):

I am looking out the window right now, and I have this little thing I do whenever a tree is part of it's moving. I just imagine it's waving to me and I kind of give it a little, Hey dude, how's it going? Exactly,

Leif Hallberg ([01:18:37](#)):

Exactly. Exactly. And we know from research that just looking out the window at nature can do amazing things for us. And so I think the interaction with horses is a door that helps people to make those connections that might be too weird for them or to seemingly out there in other contexts.

Warwick Schiller ([01:19:04](#)):

Can we back up just a second? Yeah. You said that it's scientifically proven that just looking out at nature, what did you say? Can

Leif Hallberg ([01:19:15](#)):

Have profound health benefits. So

Warwick Schiller ([01:19:18](#)):

I would say though, I would say though, it's similar to horses though. If I'm looking out there going that bloody tree's in the way, and I'm going to cut it down, versus I'm looking out there, Hey dude, how's it going? I'm sure if you're looking out at the weeds and you're thinking, there's bloody weeds, I'm going to pull 'em out. I probably doesn't have the same health benefit. So what I'm talking about here is your perception of the thing you were looking at. Absolutely. It's the same thing with people and their horses. A lot of people look at their horse problem as a problem. I usually encourage people to be curious about wonder why they're doing that. Where does it come from? You've got to get people out of that mindset of my horse is trying to be bad or a bratt or whatever. And I don't think you can do much change until you get out of that mindset actually creating that reality when you have that look at it. So yeah, that's a big part of what I'm trying to do these days with people is have 'em look at things differently.

Leif Hallberg ([01:20:25](#)):

Well, and I think part of that comes back to this idea of negativity bias and how when we are in a dysregulated state fight or flight or freeze, we're just going to see the world negatively. It's just part of the way it works. And so when I start seeing, for instance, if somebody has nature trauma or just not even trauma, but they're farmers and they have a totally different experience of grass than I do or whatever, there's this way in which we can also get, again curious about what happens to their nervous systems in those moments. So there's the person with their horse, and the horse is having an issue or a problem. Well, I would bet that somewhere along that trajectory that they got scared that something happened with the horse that scared them and that they are now, they kind of moved into that fight or flight zone where they're needing to control, they're needing to, and they're having those negative thoughts.

[\(01:21:22\)](#):

So all this holds, the cycle begins. And so to me, it's like we go back and we find that point and we start looking at new ways to experience our own bodies in relation to our horse partners. So when does it start happening for you? Is it when you're starting to drive to the barn, do we start noticing a change in our nervous system? Do we start noticing a change in our thought patterning? Do we start noticing a change in our bodies? Is it when we get out of the car at the barn? Is it when we go into the tack room and get the halter? Is it when we walk out into the pasture to catch the horse? Is it, where does it begin? And that's the pause moment, right?

Warwick Schiller [\(01:22:07\)](#):

You're talking about self-awareness right there, aren't you?

Leif Hallberg [\(01:22:10\)](#):

Just a little, yeah, I just might be mentioning that.

Warwick Schiller [\(01:22:15\)](#):

Yes. You know what I mean? That's the thing, isn't it? Being, you've got to get out of your head and into your body. One of the things though, early on in our chat here, I asked you what you do when you said you're a transformational coach, then you do somatic stuff, and then you said the book and then the math class. But this is really somatic stuff you're talking here, isn't it?

Leif Hallberg [\(01:22:37\)](#):

Absolutely.

Warwick Schiller [\(01:22:38\)](#):

It's a bottom up approach.

Leif Hallberg [\(01:22:40\)](#):

Yeah. And that idea of it doesn't matter. Doesn't matter whether we're, it doesn't matter who we are, we all need this. Do you know what I mean? And so whether it will help you, whether you're working with a horse or a kid or a coworker or anything, this sort of understanding of how our bodies respond to changes in our nervous system to changes in what's happening around us, the environment, all those kinds of things.

Warwick Schiller [\(01:23:10\)](#):

Tell us about what sort of somatic work do you do? Because it wasn't that many years ago that I didn't even know what the word somatic meant, and now I've done quite a bit of somatic stuff, but what somatic work do you do?

Leif Hallberg [\(01:23:28\)](#):

And I just want to say, it's so funny how these buzzwords, right? So this is the era of attachment theory, somatics nervous system, and I always get a giggle of how these things have always been. Except for that they then kind of have an emergence, which is super cool because people can really get a hold of these concepts in real life instead of being sort of in books and stuff like that. But of course, they all, I

just want to say they all go back to indigenous practices, all the stuff we're talking about. So just putting up a placeholder on that. Anyways, so stuff that I do, all the grounding and centering that we already talked about. So just the five senses stuff, the body scans, the kind of experiencing the felt sensation of your environment, so your feet on the ground, what does that feel like? So lots of practices around movement. If I'm working with somebody in a horse, again, before they ever go anywhere near the horse, I'm even working with them on how they are walking. And I'll do that with people on Zoom. I just did it with a client the other day of literally how you are walking has so much information and it can change how you're thinking, how we carry our bodies and where we're holding tension.

Warwick Schiller ([01:24:56](#)):

Do you know what pronating is? When your ankles pronate is when you're Oh

Leif Hallberg ([01:25:02](#)):

Yeah, of course. Yeah, yeah. Right? Yes. Okay.

Warwick Schiller ([01:25:05](#)):

So I was a terrible pronator for a long time for probably till I was in my thirties, I think. And so you think, so pronating is when you're walking and your ankles kind of collapse in and you end up walking on the side of your shoe, not necessarily on the heel of it sort of thing. I was a terrible pronator until I started doing yoga. And looking back now, I realize the pronating was just being in the collapse state. Absolutely. You know what I mean? I had no internal energy and I was just like a melted candle.

Leif Hallberg ([01:25:48](#)):

Yes. That's a perfect example of the connection of if we work either which way, whether we're working from the outside in or the inside out, that those two systems are so directly connected. So just like with a horse, when I'm assessing a human, I can tell all sorts of things about them just by the way that they hold their bodies, the way they move across the floor, start to see where things are stuck, and then we can, so then we can do some work around that. So we can sort of go into those spaces with the permission of the body and the spirit and the mind. We can go into those spaces where we're holding those things and do some guided imagery to see what's in there. And the most amazing things show up when people are willing to ask their bodies. So the question that I have clients ask is, okay, high shoulder, what have you got for me today? What do I need to know to know?

Warwick Schiller ([01:26:54](#)):

Are you doing internal family systems on body parts?

Leif Hallberg ([01:26:58](#)):

Well, the I F S work is profoundly intermixed. It's amazing how different parts of us actually show up in different body parts. So we find, oh, here's, and maybe I think of I F Ss a little bit differently, but here's this six year old that's trapped in this chest region. And so the person can tell you what it looks like in there, what's going on in there, what's the experience of that part in your body? Where is it stuck? What's happening to it? And then we can look at ways to actually work within that. So is there something we'd maybe bring into that space that would be healing or useful? Does that little person want a wonderful, fuzzy warm blanket or a cozy couch or sunlight or a tree or a favorite animal friend or whatever? What makes that space feel less scary and dark or less tense and tight? So sometimes it can

be that sort of stuff, like parts work, sometimes it's not. Sometimes it's literally just memories held somewhere. Sometimes it's almost beyond words, right? It's just something, a sensation where something has gotten stuck or kind of cobbled up that we can find ways to help move. So lots of physical movement practices.

Warwick Schiller ([01:28:34](#)):

Yeah, it's funny. Therapists used to say to me, so how does that feel? I'm like, I don't know. My body doesn't talk to me. I don't know how that feels.

Leif Hallberg ([01:28:47](#)):

Yes,

Warwick Schiller ([01:28:47](#)):

I can tell you I can what I think about it.

Leif Hallberg ([01:28:50](#)):

Oh yes, oh yes. And did

Warwick Schiller ([01:28:51](#)):

What I think about it.

Leif Hallberg ([01:28:55](#)):

You can imagine how much of my time is spent helping people in exactly that moment of learning when our heads are taking over and our thinking processes are happening and how that blocks our ability to actually connect to and feel what goes on in our bodies. So that becomes the first step, is even just having that conversation and me starting to call them out when that's occurring and then bringing them back into that awareness place. And can we do that? Is that even safe?

Warwick Schiller ([01:29:25](#)):

Right? You said earlier on that you are a transformational coach. Do you have a typical client or are you in the C-suite or

Leif Hallberg ([01:29:46](#)):

I would say that, okay, this's a great question. So part of my journey has been to kind of move away from traditional psychotherapy. So that's how I practiced. I practiced as a licensed mental health professional for many years and then for various reasons, really sort of seeing a need and a desire to shift away from that. First and foremost, for my own actually personal reasons of recognizing that Ian and I, we travel a lot, we move a lot. And recognizing that being there in the way that a psychotherapist needs to be for our client, it was just not actually within my capability. So that sort of starred me on this journey of, well, what else could I do? Here's stuff I'm really good at, here's things that I have to offer. How could I do these things within the legal framework that exists within the ethical framework that exists?

([01:30:46](#)):

And that's how I landed on this particular sort of approach that I have. And so now things like my clients do matter greatly. So I work with people who can self-regulate. So sure, I teach them skills and increase their ability to do so. But they're the kinds of people that at the end of a session can feel pretty triggered or pretty uncomfortable and then can really get themselves where they need to be and move on with whatever it is they're doing and that they're seeking advanced experiences or an advancement of that knowledge and that we can touch on or be with trauma and hold it in our space and really acknowledge what it's done to our bodies and our function. But that's not working on that trauma, so to speak. We're working on the way that that trauma has now kind manifested into these other behaviors and perceptions and maybe that there's some skills we need to be learning. So the therapeutic work, if I am working with somebody where that trauma is really primary, that's not going to be the right, I'm going to refer that person to a psychotherapist, right? A trauma, highly skilled, trauma trained person. So those are some aren't maybe great examples, but those are maybe some,

Warwick Schiller ([01:32:18](#)):

Yeah. Okay. So before I do these podcasts, I always send my guests some questions to choose from. And in your responses, you said, oh, I keep it ad-lib sort of thing. I listened to some of the podcasts, we didn't ask questions, so I don't have the list of questions here, but there's some of them I actually want to ask you, so I'm just going to freestyle some questions actually.

Leif Hallberg ([01:32:44](#)):

Okay. Go for it.

Warwick Schiller ([01:32:46](#)):

Do you have a favorite book that you recommend, not your favorite book to read, but one that you tell people about more than any other book you should read this book.

Leif Hallberg ([01:32:59](#)):

I was thinking about that when I was reading the list and I couldn't put my finger on one specific book. I feel like I gravitate. It's like depending upon what somebody's experiencing or what's coming up for them, then I think about the body keeps the score, right? I mean, you've talked about a ton of them that are just critical books. Then I think about things like Man's Search for Meaning, or I think about, gosh, some of the Carlos Castaneda books, but I wouldn't refer those to just anybody or I don't know. So I don't really have one book. And over the years it's been really interesting to notice how I'm also recognizing that for a lot of people, they need little chunks of information. So I've been curious about that too, around finding that recommending books hasn't worked as well as it used

Warwick Schiller ([01:34:01](#)):

To.

Leif Hallberg ([01:34:02](#)):

So I find myself almost more sometimes searching for and collecting little pieces of podcasts or a little YouTube video or a little blog somebody wrote. That's what I'm noticing is that it's maybe the packaging is even different than it used to be for what people are, the way they ingest information too. So I don't really have an exact book that stands out to me. Lots of books.

Warwick Schiller ([01:34:33](#)):

It's funny you mentioned Man's Search for Meaning because those questions, a lot of them came from Tim Ferriss's book, *Troub of Mentors*. And so what Tim Ferriss did was he had 300 people on his podcast or something or other, and during the Pandemic, he sent out a list of questions, and it's very similar to that list. And then he said, reply to answer any question you want to answer, all of 'em, answer only one of 'em, whatever you want to do. And then he compiled all the results of that into this book. And Man's Search for Meaning out of all the people that answered what book you recommend, man's Search for Meaning was the top one, I think. Wow,

Leif Hallberg ([01:35:23](#)):

That's amazing.

Warwick Schiller ([01:35:24](#)):

And think about the sort of people that do, I have Tribe of mentors here, but the list of people in this book, amazing. Everywhere from Rick Rubin to Uve, Noah Harra, you ever read *Sapiens*? Did

Leif Hallberg ([01:35:43](#)):

You ever read SAPs? I've seen it in the bookstore. I literally almost bought it. I don't know, not that long ago. I had my hands on it. It looked amazing.

Warwick Schiller ([01:35:54](#)):

Gab or mate, Tony Hawke, Jimmy Fallon, Esther Perel, Arianna Huffington, all these Ashton Kucher. Just a broad array of people and just got all their answers. But yeah, Nan said meeting was one of the, I think it was the top book. Do you have any, I forget how the question is posed. Do you have, I think it is, what's an odd or an unusual habit or hobby? Do you have any unusual habits or hobbies you'd care to share?

Leif Hallberg ([01:36:41](#)):

I'm sure I do. Let me think. Unusual

Warwick Schiller ([01:36:46](#)):

Now you're probably thinking, boy, I wish I had had him ask the questions that I wanted.

Leif Hallberg ([01:36:51](#)):

No, no. It was funny. I read the list and I was like, gosh, I don't know. I am not sure about that one. I'm not sure about that one. So I just figured I would answer it however I came to answer it at the moment I answered it. But an odd or unusual hobby. I mean, I

Warwick Schiller ([01:37:10](#)):

Feel like, oh, pastime. Oh,

Leif Hallberg ([01:37:14](#)):

I don't feel like, I don't know. Odd. I mean,

Warwick Schiller ([01:37:17](#)):

You don't have to have an odd one. I just thought it'd be interesting if you did. Okay. What about this one? If you could spread a message to the world, one that people would listen to, what would that message be?

Leif Hallberg ([01:37:31](#)):

Yeah, I read that one as well. And just really, I think that probably one of the really important things for me is what we've been talking about really so much of today, which is this idea about learning about animals and nature from a different seeing, getting curious about animals in nature from just a very different view than we've had for so long. So really challenging the ways that we have been and perceiving animals in nature. And I feel like with everything that's happening, the idea of developing a greater sense of respect and connection is vital for our survival as a species, right? Because if we continue to see ourselves as separate from the choices that we make, we'll inevitably probably affect us as well. So yeah, just really wishing for and wanting something to shift there or continue shifting.

Warwick Schiller ([01:38:44](#)):

Yeah, I think there is a big shift underway, and I think part of it is that part of, well, part of it is I think the internet. I mean, there's no reason to have a uneducated view on anything these days. You know what I mean? If you think about people's political views or religious views or whatever, it's what you're exposed to growing up. And if you like me and grew up in a small country town in Australia, you only get so many views.

([01:39:16](#)):

You're not exposed to a lot of different viewpoints of things. But now with the internet, there is no reason to have a small sequestered kind of a view about anything. But the other part I think is what's so fascinating, and you're in the mental health field, is the science is now backing up indigenous practices and ways of being, especially to do with mental health, to where they used to be able to classify that as, oh, that's an indigenous thing, whatever. But now the scientists can actually, with functional fMRIs and things like that, now we can actually prove that those things are not only work, but they're very, very beneficial.

Leif Hallberg ([01:40:09](#)):

Yeah, yeah. I know. It's incredible. It's such a gift to begin to unite all those pieces of information.

Warwick Schiller ([01:40:23](#)):

Someone that I really like listening to and reading things that he posts or books of his is Gab Matte, have you heard much had much to do with gata?

Leif Hallberg ([01:40:33](#)):

Yes. Pretty remarkable human, I think. I mean, I've never gotten to meet him, but just his writing and his videos and the things that he speaks into, he's a very, very influential, very powerful human, I think right now.

Warwick Schiller ([01:40:50](#)):

Yeah, he's booked the myth of normal. Have you ever read the myth normal? Oh my goodness. To me it was like, oh, you know what? When I first started really looking into trauma and stuff like Waking the Tiger, did Peter Levine Wright in an unspoken voice? Was that him as well?

Leif Hallberg ([01:41:12](#)):

I can't remember. I thought he only wrote, I don't think, let me see. I don't think so. I'll

Warwick Schiller ([01:41:18](#)):

Look it up. So Bessel VanDerKolk wrote The Body Keeps the Score. So I think it was The Body Keeps the Score. That was one that kind of tied a lot of different ideas together for me. Yes. But Gal is the myth of normal. It's kind of like the last five or six years of stuff I've been into.

Leif Hallberg ([01:41:38](#)):

Sorry, it is him in an unspoken voice is Peter Levine.

Warwick Schiller ([01:41:43](#)):

Okay. So he wrote those two, but then when I read Des Vander Cos the Body Keeps the Score, I'm pretty sure that was the one that kind of, oh, all this stuff that I've been looking at was pulled together. But mate is the myth of normal. When I read that one, it was like, oh, this is a lot of it. It wasn't, oh, that's something I didn't know. It's like, oh yes, that links that together. It's a lot of stuff that I'd been looking into for a number of years. And so if anybody hasn't read Gal Mao's, the Myth of Normal, highly recommend it.

Leif Hallberg ([01:42:21](#)):

Agreed. I second that.

Warwick Schiller ([01:42:24](#)):

And the other thing I was going to ask you about was your masterclass. What do you do with your masterclass?

Leif Hallberg ([01:42:30](#)):

Yeah, so usually it's supposed to be eight months, but it goes longer a lot of times just given the content that we cover. So it is a very intensive experience of understanding equine assisted mental health and equine assisted learning.

Warwick Schiller ([01:42:55](#)):

But

Leif Hallberg ([01:42:56](#)):

The primary focus, or not the primary, a huge focus, let's just put it that way. A huge focus is understanding courses, understanding equines, because one of the things I've come to learn in my part of this whole industry of horses and humans and wellbeing and all of that is that people just don't understand horses very much or at a very sort of, there's not a lot of education and training in that. So this masterclass covers a pretty deep, robust piece around getting to really deal with these topics we've

been talking about, delve into these topics we've been talking about, and really looking at how we interact with horses and how we can do that differently. And then there's another big piece that's very much about our personal, we've been talking about around self-awareness and really understanding our own systems, our bodies, our nervous systems, how we show up in the world, and the notion of self as therapeutic tool.

[\(01:44:01\)](#):

So every time that we sit with somebody, think about Carl Rogers. I mean, that was one of the hugest gifts that he brought to this work is the idea that our presence, how we are matters. So I have a sort of a saying around how we do one thing is how we do all things. So this class is a way of not only integrating practical skills, knowledge, information, but also really taking a hard look at how we show up and how we show up in all these different places in our lives, and that how we show up really matters when we're working with any kind of client or horse. So that's a really big focus of the class. So I have people come that are going to want to be providers that actually want to go out and do the work. I have people come that are horse people that will never have no interest in going and doing equine assisted mental health or equine assisted learning, but they just want to understand horses better and they want to understand themselves better, and they want to know about this just so they know because it's a part of the larger horse industry.

Warwick Schiller [\(01:45:19\)](#):

You know what I realized a while ago is that horse trainers should become therapists, and I'm talking about horse trainers especially, maybe not especially, but horse trainers who are training people, training horses and the people for competition. Yes. A lot of times, yeah, looking back now, I did that for many years and looking back now, it's like, oh, it was all about the mindset and yeah.

Leif Hallberg [\(01:45:52\)](#):

Oh, it's huge. It's huge. And I mean, I know we've talked about this today, but it is completely night and day. When you change your mindset, when you're able to do the kinds of things that we're talking about, when you're able to show up, aware, regulated, when you know how to regulate yourself, when you know what self and what's other, when you have these skills, the horses, the horse part of it, it's so easy. The horses aren't the ones that need the training. Most of the time it's us. It's the humans that are the ones that need that. So if we can do that, and so imagining in those competition settings, you have everything going on. I mean, all this hyper stress, performance, anxiety, I mean the horses, everybody's all completely dysregulated and it's a mess. And so it's a opportunity for horse trainers to also know these sorts of skills to help, and then the horse will just go in there and do

Warwick Schiller [\(01:46:57\)](#):

What they're trying to do, what

Leif Hallberg [\(01:46:59\)](#):

They're trying to do without us getting their way.

Warwick Schiller [\(01:47:01\)](#):

Yeah. I got a friend who trains dressage horses and jumping horses, and she does the hunter jumper thing as well, the hunters. Anyway, she told me, she was recently at a show. She said, I know I'm getting somewhere now. She said, I was at a show and my client was ready to go. The horse before her was in

the ring, and she was at the back gate, and she said, something's not right. She said, hold my horse. And the lady jumped off her horse, pulled off her boots and socks and went and walked on the rocks. She said, I need to ground myself. Perfect. Walked up and down for a minute, pulled the socks on, put her boots back on, jumped back in horse, and went straight back in. I was like, that's cool, knowing that's beautiful, knowing in that situation that this is the best thing I could do right now. Jump off a horse, pull of boots and socks off and go and walk on the rocks or the grass, one or the other. Forget what it was, but it was a somatic grounding type Absolutely. Type thing. And she went in there and did great.

Leif Hallberg ([01:48:08](#)):

Yeah, well, I mean, it is, I absolutely know that if horse trainers and horse people got these skills, really understood these skills and got them on board, that the rest of it is generally easy. And that's when we go back to understanding horses in the wild, and from an ecological standpoint, these sorts of behaviors that we see acting out, these are things that we create, and so if we're the ones that learn how to change ourselves in the way that we're showing up, the horses generally just don't do those things, which is what we were talking about with your babies. It's just different. So I completely agree that anyone that is out there listening, that's a horse person, the more information about all these kinds of things that you're sharing Warwick and that are out there now to grab onto the better, because it's only going to make the horses happier and healthier and then us happier and healthier and safer. We won't

Warwick Schiller ([01:49:21](#)):

Have those conflictual relationships. I think it's a big circle as far as I have. A lot of people say, you know what? Since I started doing your stuff with the horses, I'm getting so much better with my husband and my kids and my boss and my coworker.

Leif Hallberg ([01:49:34](#)):

Absolutely.

Warwick Schiller ([01:49:35](#)):

Sometimes the things I do in other lives help 'em with their horses, but sometimes the horses help 'em with other parts of their life, and I think it just becomes a big energetic circle.

Leif Hallberg ([01:49:46](#)):

Yeah. Well, it's because we're the constant, right? So how we show up with the horse is going to be the same as how we show up with our husband. And so wherever we learn it sort of doesn't matter. We can learn it either with another human or we can learn it with a horse, but it's how's us, it's how we are and how we change and how we can show up that's going to make the difference in all those circumstances.

Warwick Schiller ([01:50:12](#)):

I couldn't agree more. So Leaf, how do people find more about you?

Leif Hallberg ([01:50:19](#)):

Probably easiest thing is just my website, which is just leaf hallberg.com.

Warwick Schiller ([01:50:29](#)):

What about social media? You got anything going there?

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Leif Hallberg ([01:50:31](#)):

I just have my Facebook page, which is sort of a amalgamation of, it's kind of an opportunity for me to share with people that I work with and people that are interested in what I do, share a little bit about me and who I am so that they get to know me that way. So that's fine. I am not always that great at accepting friend requests, but I try.

Warwick Schiller ([01:50:56](#)):

Oh, you don't have a professional page? I don't

Leif Hallberg ([01:50:58](#)):

Have. Oh,

Warwick Schiller ([01:50:59](#)):

Okay. Okay. Yeah. Perfect. Well, we'll go

Leif Hallberg ([01:51:02](#)):

There. And that's okay for now. I mean, don't, that's so pretty much just my website is the way people find me.

Warwick Schiller ([01:51:09](#)):

Okay, well, that's how they can find you. Thank you so much for joining me. I've had a blast chatting with you. I love what you're doing in the world.

Leif Hallberg ([01:51:17](#)):

Thank you. It's been really fun. I'm so glad we got to do this, and I got to meet you finally. I've heard so many great things from my students that are your students, so that's been a really cool interchange of ideas and thoughts without you even knowing it probably.

Warwick Schiller ([01:51:33](#)):

That's very cool. So thanks again you guys at home. Thanks so much for joining us, and we'll catch you on the next episode of The Journey on podcast.

Leif Hallberg ([01:51:42](#)):

Thank you.

Speaker 1 ([01:51:45](#)):

Thanks for being a part of the Journey on podcast with Warwick Schiller. Warwick has over 850 full length training videos on his online video library@videos.warwickschiller.com. Be sure to follow Warwick on YouTube, Facebook, and Instagram to see his latest training advice and insights.