

## **Dr. Beverley Kane**

### **Stanford University Professor of "Medicine & Horsemanship" and "Somatic Horsemanship" and Founder of Horsensei**

#### **In this episode:**

- Dr. Beverley talks in detail about her impactful classes at Stanford University such as equine learning, stress reduction, medical Tai-chi and many more.
- Dr. Beverley shares her professional growth and how being abruptly laid off became a turning point in her career. (*Who would've thought that she'd be inspired by a simple parable involving two mice?*)
- Sharing of past experiences during her medical residency and how horses paved the way in her research and publishing of her first book, "medicine and horsemanship."
- Moving past horses in researches to horses in impacting lives and how it affected Dr. Beverley's soul
- Establishing the central idea of "back to grazing" principle and Dr. Beverley Kane illustrates how horses help people alleviate stress

Dr. Beverley Kane has worked at Stanford University in research, patient care, and medical informatics off and on since 1987. Currently, she is Program Director for the Stanford "Medicine & Horsemanship" and Stanford "Somatic Horsemanship--Stress Reduction in the Presence of Horses."

She is the founder and lead mare of Horse Sensai and is currently taking steps to create the Somatic Horsemanship Association International. Dr. Kane has conducted workshops in human potentials, stress management, dream work, and equine experiential learning at Esalen, Apple, Lockheed, the San Damiano Franciscan retreat, EquuSatori Center, and other venues.

With Horsensei, she now integrates her lifelong interest in animal welfare and animal communication, expertise in depth psychology and complementary therapies, and her practice in equine experiential learning and equine-facilitated mental health. In addition to publishing numerous articles in both technology and metaphysics, she was the editor-in-chief for and authored much of *Silver Threads: 25 Years of Parapsychology Research*, the 25th anniversary anthology of the San Francisco Parapsychology Research Group. Her book *The Manual of Medicine and Horsemanship – Transforming Doctor-Patient Relationship with Equine-Assisted Learning*, is a favorite on my bookshelf, and I've pulled many an exercise out of it when I've done equine guided corporate leadership training for some of my own corporate clients.

#### **Quotes from this episode:**

"I realized that all this structured, goal-oriented, psychological type of equine-assisted learning did not give me the kind of joy that this somatic experience gave me." – Dr. Beverley Kane

“After a horse is spooked out of his/her mind, what do they do? They go back to grazing. They completely let go of whatever it was. They just deal with what is.” – Dr. Beverley Kane

“So much of the physiological damage of stress is because we hang onto it.” – Dr. Beverley Kane

### **3 Pearls of Wisdoms:**

“Let your body reduce your stress. Stress usually comes from thinking too much and runaway emotions. The body and the intuition is the way to reduce stress.”

“If you have grown up with any amount of body-shaming, you need to get rid of that and let that go. Because it’s hard to use your body to reduce stress when you have shame around any part of it.”

“Go back to grazing. Don’t hold on to stress and trauma any longer than you have to.”

### **Resources:**

**Dr. Beverley Kane - Stanford University Professor of "Medicine & Horsemanship" and "Somatic Horsemanship" and Founder of Horse Sensai**

Website: <http://www.horsensei.com/>

Book site: <http://equine-imity.com/>

LinkedIn: <https://www.linkedin.com/in/beverley-kane-md-7098171/>

Facebook: <https://web.facebook.com/beverley.kane.3>

Link to show: <https://www.kamiguilddner.com/ewr-dr-beverley-kane-205/>

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### **Timestamp:**

37:55 – 39:10 – Dr. Beverley Kane explains what not only horses can teach us but what horses teach us in this trying times of pandemic.