



EQUUSOMA

EQUINE-ASSISTED TRAUMA RECOVERY

EQUUSOMA™ Basics: 7-Day Training Intensive 2019 Application Package

In dreams, mythical stories, and lore one universal symbol for the human body and its instinctual nature is the horse. –Peter Levine

This training intensive offers a comprehensive overview of principles and practices drawn from Somatic Experiencing®, polyvagal theory, attachment theory, ethology, and trauma-informed care, that equine-assisted practitioners can incorporate into their work regardless of their existing approach to benefit both animals and humans alike. The training will also interest Somatic Experiencing® students and practitioners (and professionals trained in approaches related to SE™).

Supported by a team of experienced training assistants from around the world, students in the intensive will have the opportunity to not only learn about the latest neuroscience and take away concrete frameworks and skills to augment their programs, but also receive personal sessions of either Somatic Experiencing® or equine-assisted psychotherapy and/or learning (EAPL) before the training as part of the program requirements. A list of approved consultants is also available to support student learning and integration of the material post-training.

A combination of science and heart, this embodiment-focused program is inspired by the work of Dr. Peter Levine, Dr. Stephen Porges, Kathy Kain, Dr. Stephen Terrell, Lucy Rees, Rachael Draismaa, and other pioneers in the field of inter-species neurobiology and animal welfare. This continuing education program is being offered with permission and license from the Somatic Experiencing® Trauma Institute.

Program Content

NEUROBIOLOGY

- How mammals in the wild routinely experience threats but are rarely traumatized
- Why domestication and captivity conditions increase the likelihood for chronic stress and trauma in humans and horses
- The psychophysiology of trauma and attachment injuries
- The impacts of early adversity on behaviour, relationships, health, and overall functioning
- The window of tolerance and activation (or threat response) cycle
- Recognizing signs of fight, flight, freeze, faint, fold and fawn
- Dissociation, submission, addictions, compulsions, stable vices, and other management strategies as adaptations to adversity and dysregulation
- Polyvagal theory: the 3 branches of the nervous system, neuroception of threat, and the importance of feeling safe
- Secure and insecure attachment patterns
- Parallels between the activation cycle of mammals (Somatic Experiencing®, polyvagal theory) and calming signals, displacement behaviours and stress signals (Draismaa)

TRAUMA-INFORMED CARE

- Why healing from trauma cannot occur when the needs of one are being met at the expense of another
- Choice and consent in renegotiating trauma for both humans and horses
- When animals say “no”: Recognizing signs of assent and dissent in equine-assisted practice
- Transference, counter-transference and re-enactments in equine-assisted programs
- Incorporating the principles of trauma-informed care through all aspects of equine-assisted programs
- Understanding scopes of practice in working with trauma-affected clients
- Trauma-Informed Equine-Assisted Program Checklist

PRINCIPLES IN PRACTICE

- Staged models of trauma recovery work and adapting existing practices
- Selected skills drawn from Somatic Experiencing® to support attunement, co-regulation, resilience, trauma renegotiation, and the repair of relational / boundary ruptures
- Tracking coherence, the window of tolerance, and the activation cycle map in EAPL work
- The importance of titration and progressing through thresholds of intensity

The material that will be addressed in each intensive will depend on the students’ interests and learning goals. Whatever is not covered in the live training will be included in the training manual and can be debriefed further during consultations with approved providers. Teaching is structured but flexible and adapted based on the needs of the humans and the animals in each group.

Student Experience

The number of students in each training varies depending on the host facility; the average range will be 12 – 25 participants, with a team of training assistants to support containment, regulation and learning. The assisting team will meet daily to debrief and address student needs and concerns. Certain training assistants are also approved session and consultation providers and will be offering support during the training. Payment for sessions and consultations is not included in the tuition for the training and arranged with each provider.

Trainings will be held in English; Sarah Schlote is also fluent in French and can interpret portions of the content as necessary. Depending on the training location, assistants may also have other spoken languages available.

All equine activities in this training are held on the ground. No riding experience necessary.

For a complete list of pre-requisites, session requirements, and recommended readings to complete prior to the training, please visit www.equusoma.com

EQUUSOMA™ Basics Training Intensive

2019 Registration Form

Ottawa, Canada: July 8-14, 2019 South of France: September 22-28, 2019

Name: _____	Age: _____
Address: _____	
City: _____	Province/State: _____
Postal / Zip Code: _____	Country: _____
Email: _____	Phone: _____

You are a: Mental health professional Experiential learning facilitator Equine professional
 Cross-trained OR a: Somatic Experiencing® student or practitioner (or related professional)

Emergency contact: _____ Number: _____

Relationship of this person to you: _____

Do you have any health conditions or physical limitations that we should be aware of? _____

Do you have any allergies or dietary needs? _____

What are you hoping to learn from the training? _____

For Equine-Assisted Professionals – what is your background? (check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Adventures in Awareness (Barbara Rector) | <input type="checkbox"/> Eponaquest (Linda Kohanov) |
| <input type="checkbox"/> Animal-Assisted Wellness (Dreamcatcher/Eileen Bona) | <input type="checkbox"/> FEEL (Horse Spirit Connections) |
| <input type="checkbox"/> Equine-Assisted EMDR (Sarah Jenkins) | <input type="checkbox"/> Gestalt Equine Psychotherapy (GEIR) |
| <input type="checkbox"/> EAGALA | <input type="checkbox"/> HEAL (Leigh Shambo) |
| <input type="checkbox"/> Equine-Assisted Learning (Cartier/Dreamwinds) | <input type="checkbox"/> Natural Lifemanship (Tim Jobe & Bettina Shultz-Jobe) |
| <input type="checkbox"/> Equine-Assisted Learning (Equine Connection) | <input type="checkbox"/> OK Corral Series (Greg Kersten) |
| <input type="checkbox"/> Equine-Assisted Personal Development (Chris Irwin) | <input type="checkbox"/> PATH International |
| <input type="checkbox"/> Equine Experiential Education Association (E3A) | <input type="checkbox"/> Psychodynamic Equine-Assisted Traumatherapy (Ilka Parent) |
| <input type="checkbox"/> Equine-Facilitated Wellness (EFW Canada - various) | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Equine-Guided Education (Ariana Strozzi) | |
| <input type="checkbox"/> Equine Psychotherapy Institute (Meg Kirby) | |

For Somatic Experiencing® Professionals – what is your background? (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> SE™ Student (beginning or intermediate level) | <input type="checkbox"/> Somatic Experiencing® Practitioner (SEP) |
| <input type="checkbox"/> SE™ Student (advanced level) | <input type="checkbox"/> Training in an SE™-related approach (describe below) |

How did you find out about the training? _____

Are you interested in joining our mailing list for future trainings? YES ___ NO___

Is there anything else we should know about you in order to support your learning as effectively as possible?

If registering as a co-facilitation team, who is your co-facilitator: _____

Payment Options

The 7-day intensive training is \$2,275 CAD + HST (or \$2,047.50 + HST if registering with a co-facilitator). Tax for the Ottawa training is 13%. For trainings held outside of Canada, no tax applies. For credit card and PayPal payments, a 3% handling fee (listed as “shipping fee” on PayPal) will be added.

- Canadian online banking: eTransfer to sarah@healingrefuge.com
- Credit card # _____ Expiry: _____
CVC Code: _____ Postal Code / Zip Code for card: _____
- PayPal (please use the PayPal buttons on the registration page at www.equusoma.com)

Payment and Cancellation Policy

Payment is required to hold your spot in the training. It is possible to pay in two instalments of 50% each, provided that the entire registration fee is received in full by the first day of the training. If you intended to register with a co-facilitator who ends up not registering, you will be required to pay the 10% that was discounted off your tuition.

You are eligible for a 100% refund if cancelling more than 90 days from the first day of the training, and a 50% refund if cancelling between 60-89 days from the first day of the training (a \$100 administrative fee is applied to process refunds). Regretfully, no refunds are possible for cancellations that occur within 60 days of the first day of the training. If you are unable to attend, these options are available on compassionate grounds:

- **Transfer credits:** You may transfer your spot to someone else to take the training you registered for. You would be responsible for finding your replacement and obtaining full reimbursement from this person. Alternately, if you would like us to fill your spot on your behalf, we will refund you 80% of your registration fee (minus the \$100 admin fee) if we are successful.
- **Banking credits:** We can “bank” your registration fee and apply it toward the cost of a future training occurring within 1 year from the training you paid to attend. There is no guarantee that a training will be available within a particular geographic area within the following calendar year.

If for whatever reason the trainer or the host facility needs to cancel the training, you will receive a full refund of your registration fee or deposit (or a pro-rated refund if the program has started and must be cancelled due to extenuating circumstances). The trainer and host facility are not liable or responsible for any cancellation fees associated with travel or accommodations bookings you may have made. Your signature indicates you have read, understand and agree to abide by this policy.

Signature: _____ Date: _____

EQUUSOMA™ Basics Training Intensive

2019 Consent and Waiver Form

Sarah Schlote, the assisting team and the facility owner have done everything possible to assure that students have a physically and emotionally safe experience. However, we wish to inform you that attending trainings that have trauma and equines as a focus are not risk free. The same elements that contribute to the unique character and enhance the learning potential of such experiences can also lead to possible challenges and we want you to be fully informed. **Please initial next to each item.**

- Trainings that focus on trauma or other challenging life experiences may trigger feelings or body sensations that may be uncomfortable. This can occur as a result of the process of learning the material, from hearing about other peoples' experiences (even if sharing is contained), or from
_____ your participation in exercises.
- Trainings that focus on the safe and effective use of self typically include an experiential focus that encourages participants to reflect and work on how the material affects them personally. This is to
_____ support self-awareness, self-regulation, integration, attunement and embodiment.
- Group-oriented activities involve varying degrees of social engagement, personal disclosure and interpersonal contact that may be uncomfortable for different reasons, such as proximity of others,
_____ amount of indoor space available, eye contact or being seen, group discussions and practices.
- Horses, which are powerful and potentially dangerous animals, may change their behaviour at any
_____ time and may jump, run wildly, buck, kick, bite, or step on people or things.
- While all humans participating in the training are responsible for their own physical safety (and in
_____ so doing contribute to the overall safety of all involved), negligence can occur. This refers to a failure to exercise ordinary or proper care in relation to oneself, others, animals, equipment, objects, and the natural environment, resulting in damage or harm.
- Equipment may fail.

- Weather or terrain conditions can change and can sometimes be dangerous.

- Trainings are held in rural locations, injuries or illness could occur, and it may be a considerable
_____ distance to doctors, hospitals, or any other type of assistance.

If you have serious health conditions, significant unresolved trauma or are pregnant, please consider the following:

- Research and anecdotal evidence indicate that stress and trauma can have an impact on a
_____ developing foetus. Attending a trauma training could unexpectedly bring someone into contact with their own unresolved trauma, which could have an impact on a developing foetus or could exacerbate complex health symptoms if left unaddressed. Also, a person's resilience can sometimes be diminished as a result of serious health issues or the physical and emotional effort of pregnancy, resulting in greater vulnerability or a reduced capacity to explore the complex topic of trauma without feeling overwhelmed.

Our aim is to minimize these risks as much as possible and to model the trauma-sensitivity and skillfulness we are hoping to teach to training participants. However, if you have significant unresolved trauma or are currently pregnant, we encourage you to discuss the possibility of attending at a later date with your therapist or health care provider. Also, the EQUUSOMA™ training is run with the support of an experienced assisting team, whose role will be to contribute to the safety, containment and learning experience of the group. The assisting team will meet daily to debrief and ensure student needs and concerns are addressed in an appropriate manner.

Participant Agreement and Informed Consent

I, _____ (name) consent to participate in the training. I am fully capable of participating in equine-assisted interventions. I have read the above statement on some of the possible risks in the training and feel that the possible benefits to myself are greater than the risks assumed. I also understand that no amount of caution, experience or instruction can eliminate all of the risks involved. I freely accept and fully assume all such risks, dangers, and hazards and the possibility of personal injury, death, property damage and damages or less resulting there from.

I recognize that there are special risks that could be associated with pregnancy or other health concerns, and recognize that it is my responsibility to discuss these with my physician or other health care provider and obtain their concurrence to participate in the training.

I will inform Sarah Schlote or the assisting team of any limits with respect to my ability to safely engage in the training or specific exercises, known to or reasonably foreseen by me. I also understand that Sarah Schlote reserves the right to refuse any person she judges to be incapable of meeting the rigors and requirements of participating in the training or certain exercises.

I have read the pre-requisites for the training (at www.equusoma.com). I understand that acceptance into the EQUUSOMA™ Basics training does not ensure that all methods taught will be appropriate for inclusion in my professional practice. I acknowledge that this training will not qualify me to be a trauma therapist or Somatic Experiencing® Practitioner, and that I am responsible for operating within my professional scope of practice and for abiding by provincial/state and federal laws.

I agree to respect the confidentiality and anonymity of stories or personal information that may be shared during the course of the training by other participants.

I recognize that the material presented is the intellectual property of Sarah Schlote, with some material belonging to and licensed by the Somatic Experiencing® Trauma Institute, and that I may not reproduce or use it in any way without the prior written permission of Schlote or licensing by SETI.

I agree to forever indemnify, release and hold harmless Sarah Schlote, the Schlote Psychotherapy Professional Corporation, and their officers, directors, representatives, independent contractors, associates, affiliates, agents, employees, volunteers, and successors (“the Releasees”) from all claims, demands, causes of action, damages, losses, injuries, and expenses arising out of or resulting from participation in this clinic. I further agree to release, acquit and covenant not to sue the Releasees for all actions, causes of actions, damages, or damages in law or remedies in equity of whatever kind.

I hereby waive any and all rights I may now or ever have to make any such claims. I hereby agree that if the Releasee is forced to defend any action, lawsuit or litigation initiated by me, my executors, or my heirs on my behalf, my heirs or executors and I agree to pay all associated legal fees if they successfully defend such action, lawsuit, or litigation, on a solicitor-client basis.

I acknowledge that I have read this consent and waiver form in full and that I fully understand its terms and the risks associated therewith, and that I have signed voluntarily and freely without any inducement, assurance, guarantee or representation being made.

Name and Signature: _____

Name and Signature of Witness: _____

Date: _____



EQUUSOMA

EQUINE-ASSISTED TRAUMA RECOVERY

Required Hours Log

Name: _____
 Equine-Assisted Professional Somatic Experiencing® Professional (or related)

Where Somatic Experiencing® and Attachment Theory Meet Equine-Assisted Practice™

Date	Somatic Experiencing® or EAPL Session Type		Duration (# of hours)	Equivalency (2 group hours: 1 credit hour)	Provider Name	Provider Signature
	<input type="checkbox"/> Personal	<input type="checkbox"/> Group Workshop				
	<input type="checkbox"/> Personal	<input type="checkbox"/> Group Workshop				
	<input type="checkbox"/> Personal	<input type="checkbox"/> Group Workshop				
	<input type="checkbox"/> Personal	<input type="checkbox"/> Group Workshop				
	<input type="checkbox"/> Personal	<input type="checkbox"/> Group Workshop				
	<input type="checkbox"/> Personal	<input type="checkbox"/> Group Workshop				
	<input type="checkbox"/> Personal	<input type="checkbox"/> Group Workshop				
	<input type="checkbox"/> Personal	<input type="checkbox"/> Group Workshop				
	<input type="checkbox"/> Personal	<input type="checkbox"/> Group Workshop				
	<input type="checkbox"/> Personal	<input type="checkbox"/> Group Workshop				

For Equine-Assisted Professionals: Have completed at least 10 personal sessions of Somatic Experiencing®, with or without the involvement of horses.

- **Traditional Somatic Experiencing® sessions:** Can be completed in person, by phone or by video call with any Somatic Experiencing® Trauma Institute-approved providers worldwide. Visit the list of approved providers at www.traumahealing.org
- **Equine-focused Somatic Experiencing® sessions:** Must be completed with EQUUSOMA™-approved providers. Visit the list of approved providers at www.equusoma.com (if you know of someone who meets the criteria but is not listed, they must be pre-approved prior to completing your sessions with them).
- **Alternative:** Attending a 2-day Somatic Experiencing®-focused equine-assisted psychotherapy/learning (EAPL) workshop will be considered an equivalent for 5 hours of personal sessions. Should there not be any SE™-focused EAPL that is accessible, EAPL sessions or workshops that incorporate Sensorimotor Psychotherapy, Self-Regulation Therapy, Somatic Transformation, or another SE™-related approach will be considered for equivalency. Please submit for approval prior to attending.

For Somatic Experiencing® (or related) Professionals: Have completed at least 10 personal sessions of EAPL (with or without the integration of Somatic Experiencing®).

- **EAPL sessions:** Can be completed from the perspective of one approach, or a combination of approaches, with one or different providers. These do not necessarily have to involve Somatic Experiencing®. Please submit a description of the EAPL approach(es) that were used in your sessions with your log sheet.
- **Equine-focused Somatic Experiencing® sessions:** Must be completed with an EQUUSOMA™-approved provider. Visit the list of approved providers at www.equusoma.com (if you know of someone who meets the criteria but is not listed, they must be pre-approved prior to completing your sessions with them).
- **Alternative:** Attending a 2-day EAPL workshop (with or without the involvement of SE™) will be considered an equivalent for 5 hours of personal sessions. Please submit a copy of the workshop flyer or outline with your log sheet.

Hours must be completed within the 12 months prior to the training.



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EQUUSOMA™ Basics Training Intensive PARTICIPANT CHECKLIST

PREPARATION:

- I have completed and submitted my registration and waiver forms
- I have submitted payment in full
- I have completed (or am in the process of completing) my personal session hours
- I have filled out my log sheet and have attached the required documentation
- I have completed (or am in the process of completing) the recommended readings (see list at www.equusoma.com)

TO BRING:

- Passport (if out of country)
- Weather- and farm-appropriate clothing and footwear
- Sunscreen and bug spray
- Note pad or journal
- Antihistamine, epi pen or other allergy medications
- Travel mug
- Snacks*
- Optional: Folding chair (camping/lawn chair) – facility will have seating, but feel free to bring one if you are local or driving to the area where the training is held

**The training will be catered and snacks and light refreshments will be provided. Please advise if you have specific dietary needs or preferences so that we can plan accordingly. Please also bring your own sustenance, if necessary, should you have particular requirements that are very specific.*