



# 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](http://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](http://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](http://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