

EQUUSOMA® Level 1		
STEPS TO COMPLETION	LENGTH	NOTES
1. Attend Fundamentals I online module <ul style="list-style-type: none"> This module provides an introduction to the model, core concepts, principles, and practices through lecture-style teaching, slides, videos, discussions and group practices. This module is supported by an assisting team. 	20 hours	Students who attended Basics live in person in 2019 can complete Fundamentals I by video as a refresher prior to attending Fundamentals II.
2. Complete 5 personal sessions of Somatic Experiencing® prior to attending Fundamentals II <ul style="list-style-type: none"> These sessions can be done in person or online with any SET1 or EQUUSOMA®-approved personal session provider. These sessions can be done with or without horses present (whether yours or the session provider's). 	5 hours	EQUUSOMA® students who are also Somatic Experiencing® students or practitioners can use up to 5 personal sessions completed as part of SET1's certificate hours to count towards the EQUUSOMA® certificate hours as long as these were completed in the last 5 years.
3. Attend Fundamentals II online module <ul style="list-style-type: none"> Fundamentals II includes a mix of slides and lecture-style teaching, and breakout groups for discussion and practice rounds with the support of an assisting team 	20 hours	For EQUUSOMA® students without a Somatic Experiencing® background: completion of a 2-day online Fundamentals of Somatic Experiencing® module offered through EQUUSOMA® is required prior to attending Fundamentals II.
4. Complete an additional 5 personal sessions of Somatic Experiencing® <ul style="list-style-type: none"> These sessions can be done in person or online with any SET1 or EQUUSOMA®-approved personal session provider. These sessions can be done with or without horses present (whether yours or the session provider's). 	5 hours	EQUUSOMA® students who are also Somatic Experiencing® students or practitioners can use up to 5 personal sessions completed as part of SET1's certificate hours to count towards the EQUUSOMA® certificate hours as long as these were completed since the start of the EQUUSOMA® program.
5. Complete 5 individual consultations <ul style="list-style-type: none"> These consultations can be done in person or online with any EQUUSOMA®-approved consultation provider and must be related to horse-human interactions (actual cases or examples, application of theory and principles). These consultations can take place at any point during Level 1 after Fundamentals I has been completed. 	5 hours	For Somatic Experiencing® students or practitioners: consultations completed as part of SET1's certificate hours will only count towards EQUUSOMA® if they were with an EQUUSOMA®-approved provider, focused on the horse-human relationship, and were completed since starting the EQUUSOMA® program.
6. Complete 5 group consultations <ul style="list-style-type: none"> These consultations can be done in person or online with any EQUUSOMA®-approved consultation provider or faculty member. Group consultations are limited to 5 students to 1 consultation provider or faculty member. The purpose of these consultations is to support the integration of the material to date by working towards the completion of your Level 1 assignment (see notes). Each student will be allocated one hour to present their curriculum outline for discussion and feedback. Group time can also be used to discuss actual cases and concepts, if there is time left after each assignment review. 	5 hours	Level 1 assignment: Develop a program curriculum for a 2-day workshop or horsemanship / equine behaviour clinic incorporating the EQUUSOMA® model. Students may choose to develop their curriculum based on their target population or on a specific topic relevant to their practice. Your program curriculum will be discussed in your group for feedback and submitted to the founder and faculty team for review. See assignment handout for further details.
EQUUSOMA® Level 1 Complete! Certificate of completion awarded (60 hours)		

EQUUSOMA® Level 2

Note: Completion of Level 1 is required to progress to Level 2. Student progression through Level 2 may vary pending local and global pandemic restrictions. We are all exercising caution and encourage safety and wellbeing during these unprecedented times. Adjustments will be considered on a case-by-case basis to balance out program requirements, individual circumstances, and learning goals.

STEPS TO COMPLETION	LENGTH	NOTES
1. Attend live Practical Intensive I (4 days, 10am to 6pm, with 2-hour lunch)	24 hours	*Length subject to change, pending COVID
2. Complete 5 personal sessions of Somatic Experiencing® with horses (mandatory) <ul style="list-style-type: none"> • These sessions can be done in person or online with any SETI or EQUUSOMA®-approved personal session provider, with your horses or the provider's. • These can be completed at any point throughout Level 2 (but a minimum of 3 must be completed before attending Practical Intensive II) 	5 hours	EQUUSOMA® students who are also Somatic Experiencing® students or practitioners can use up to 5 personal sessions completed as part of SETI's certificate hours to count towards the EQUUSOMA® certificate hours as long as these were completed since the start of the EQUUSOMA® program.
3. Attend live Practical Intensive II (4 days, 10am to 6pm, with 2-hour lunch)	24 hours	*Length subject to change, pending COVID
4. Complete 6 individual consultations <ul style="list-style-type: none"> • These consultations can be completed at any point throughout Level 2. 	6 hours	For Somatic Experiencing® students or practitioners: consultations completed as part of SETI's certificate hours will only count towards EQUUSOMA® if they were with an EQUUSOMA®-approved provider, focused on the horse-human relationship, and were done since starting the EQUUSOMA® program.
5. Complete 6 group consultations <ul style="list-style-type: none"> • These consultations can be done in person or online with any EQUUSOMA® faculty member. • Group consultations are limited to 5 students to 1 faculty member • The purpose of these consultations is to support the integration of the material to date by working towards the completion of your Level 2 assignment (see notes). Each student will be allocated one hour to present their videos and analyses for review and discussion. Group time can also be used to discuss actual cases and concepts, if there is time left after each assignment review. • The final consultation after the 5 video review consultations will be for integration, business and professional-related questions, discussion of case questions and scope of practice statement (see next page), discussion about code of ethics and standards of practice (see next page), sharing additional resources, and wrapping up. 	6 hours	<p>Level 2 assignment: Submit three (5-10 minute minimum) videos for review in your group:</p> <ol style="list-style-type: none"> 1. EQUUSOMA® principles with a human 2. EQUUSOMA® principles with a horse 3. EQUUSOMA® principles in a horse-human dynamic <p>Discuss your written analysis of each video outlining (and submit your videos and analysis to the founder and faculty team for review):</p> <ul style="list-style-type: none"> • Principles applied (e.g., SIBAM, tracking, titration, 7 actions of SETM, trauma-informed principles, humane hierarchy, and so on) • Concepts observed (e.g., expansion-contraction, pendulation, thresholds, activation-deactivation, neuroception states in the ANS, blended states, co-regulation, the Fs, synchrony, attachment dynamics, etc.) • Response of human and horse to each other and you and your intervention • Your inner awareness of your own process during each video • What did you like about what you did? What was your intention in where you placed your attention? • What are you curious about exploring differently?

EQUUSOMA® Level 2 Complete!
Certificate of completion awarded (65 hours)

EQUUSOMA® Practitioner (ESP)		
STEPS TO COMPLETION	LENGTH	NOTES
1. Completion of Level 1	60 hours	
2. Completion of Level 2	65 hours	
3. Completion of required readings	Varies	Testing of knowledge from required readings is not required at this time. Student honesty about the completion of readings is trusted and appreciated. In future, there may be a short exam on content covered in required readings.
4. Submission of completed log sheets		See grid below
5. Completion of scope of practice statement		Students are required to complete a scope of practice statement outlining their credentials, training, experience, populations they are qualified to work with, issues they are qualified to address, and populations/issues that are beyond their scope of practice. This statement will be included on each student's website (if applicable), and included in their informed consent form.
6. Signed EQUUSOMA® code of ethics and standards of practice		*In development
7. Letter of recommendation from 1 EQUUSOMA® faculty member		Additional requirements may be added depending on a particular student's learning goals and skill sets
EQUUSOMA® Practitioner Designation Achieved <i>Certificate of completion awarded (125 hours) + ESP designation may be used</i>		

LOG SHEET HOURS REQUIRED			
	Personal Sessions	Ind. Consultations	Group Consultations
Level I	10	5	5
Level II	5	6	6
TOTAL	15	11	11
*Each session and consultation is 60 minutes long and will be signed off on the log sheet			
**At least 5 consultations (group or individual) must be with a faculty member			

Additional Notes:

- Personal sessions of Somatic Experiencing® can be completed by video, to accommodate current pandemic restrictions and also to accommodate students who are located in areas where there are no SE™ Practitioners.
- Personal sessions (live or by video) can involve your own horses or the horses of the provider you are working with.
- Students who prefer to complete their personal sessions live in person may do so. However, this may create delays in the time required to progress through the training.

Students Prior to 2021:

- The EQUUSOMA® training model began being piloted in 2017 and was formally launched in 2019 with the licensing approval of the Somatic Experiencing® Trauma Institute. As with all models, its development has been iterative, and we have adjusted the training requirements based on student feedback and progression with the material. Then the global pandemic hit before we could launch our second year of in-person trainings, which resulted in further pivoting to adjust to the impacts of COVID-19. The current structure of training outlined here is the result of student feedback, greater alignment with the SE™ training model in terms of structure, and the pandemic.
- We appreciate the patience of the students who began with EQUUSOMA® in 2019 and 2020, for whom the training requirements have changed significantly since launching. We trust this structure provides more clarity and a sense that your efforts will yield something tangible and achievable as you move through the levels.
- If you began prior to 2021, simply continue completing the requirements for each level in whatever order you have done them to date, and then aim to follow the order based on where you are at currently.