

## EQUUSOMA® Level 1 (2019-2021 Students)

### \*Route 1, with group consultations

STEPS TO COMPLETION	HOURS	NOTES
<p><b>1. Attend Fundamentals I online module</b></p> <ul style="list-style-type: none"> <li>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.</li> </ul>	20 hours	Students from all streams progress through the training in the same way, with the exception of those who do not have a background in Somatic Experiencing® prior to starting EQUUSOMA®. Those students have an extra requirement outlined at step 3 below.
<p><b>2. Complete 5 personal sessions of Somatic Experiencing® prior to attending Fundamentals II</b></p> <ul style="list-style-type: none"> <li>These sessions can be done in person or online with any SEI-approved personal session credit provider at the advanced level (please check SEI's international affiliates for equivalent status).</li> <li>These sessions can be done with or without horses present (whether yours or the session provider's).</li> </ul>	5 hours	EQUUSOMA® students who are also Somatic Experiencing® students or practitioners can use up to 5 personal sessions completed as part of SEI's certificate hours to count towards the EQUUSOMA® certificate hours as long as these were completed in the last 5 years. <b>Note:</b> 5 hours is the current minimum requirement. Students are encouraged to obtain as many personal sessions as they deem helpful in support of their process.
<p><b>3. Attend Fundamentals II online module</b></p> <ul style="list-style-type: none"> <li>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</li> </ul>	20 hours	<b>For 2021 EQUUSOMA® students without a Somatic Experiencing® background:</b> completion of a 2-day online <i>Foundations of Somatic Experiencing®</i> module offered through EQUUSOMA® is required <i>prior</i> to attending Fundamentals II. For 2019-2020 students, this is recommended but not necessary.
<p><b>4. Complete an additional 5 personal sessions of Somatic Experiencing®</b></p> <ul style="list-style-type: none"> <li>These sessions can be done in person or online with any SEI-approved personal session credit provider at the advanced level (please check SEI's international affiliates for equivalent status).</li> <li>These sessions can be done with or without horses present (whether yours or the session provider's).</li> </ul>	5 hours	EQUUSOMA® students who are also Somatic Experiencing® students or practitioners can use up to 5 personal sessions completed as part of SEI's certificate hours to count towards the EQUUSOMA® certificate hours as long as these were completed in the last 5 years. <b>Note:</b> 5 hours is the current minimum requirement. Students are encouraged to obtain as many personal sessions as they deem helpful to support their process.
<p><b>5. Complete 5 individual consultations</b></p> <ul style="list-style-type: none"> <li>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).</li> <li>These consultations can take place at <i>any</i> point during Level 1 after Fundamentals I has been completed. All 5 must be completed before progressing to the group consultations.</li> </ul>	5 hours	<b>For Somatic Experiencing® students or practitioners:</b> consultations completed as part of SEI'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. <b>Note:</b> 5 hours is the current minimum requirement. Students are encouraged to obtain as much consultation as they deem helpful.
<p><b>6. Complete 5 group consultations</b></p> <ul style="list-style-type: none"> <li>These consultations can be done in person or online with any EQUUSOMA® faculty member.</li> <li>Group consultations may have 3-5 students.</li> <li>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 at least one hour to present their assignment 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.</li> <li><b>Note:</b> This is the current minimum requirement. You may need or want more review or consultation time to complete the assignment.</li> </ul>	5 hours	<b>Level 1 assignment:</b> Develop a program curriculum for a 2-day EAPL workshop or horsemanship / equine behaviour / equine health 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 scope of practice. You may provide the equivalent of 12 hours of treatment/action planning for 1:1 sessions for a client "case" if you do not plan to run groups. 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. Each assignment remains the intellectual property of its creator.

**EQUUSOMA® Level 1 Complete!**  
**Certificate of completion awarded (60+ hours)**

## EQUUSOMA® Level 1 (2019-2021 Students)

### \*Route 2, **without** group consultations

STEPS TO COMPLETION	HOURS	NOTES
<p>1. <b>Attend Fundamentals I online module</b></p> <ul style="list-style-type: none"> <li>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.</li> </ul>	20 hours	Students from all streams progress through the training in the same way, with the exception of those who do not have a background in Somatic Experiencing® prior to starting EQUUSOMA®. Those students have an extra requirement outlined at step 3 below.
<p>2. <b>Complete 5 personal sessions of Somatic Experiencing® prior to attending Fundamentals II</b></p> <ul style="list-style-type: none"> <li>These sessions can be done in person or online with any SEI-approved personal session credit provider at the advanced level (please check SEI's international affiliates for equivalent status).</li> <li>These sessions can be done with or without horses present (whether yours or the session provider's).</li> </ul>	5 hours	EQUUSOMA® students who are also Somatic Experiencing® students or practitioners can use up to 5 personal sessions completed as part of SEI's certificate hours to count towards the EQUUSOMA® certificate hours as long as these were completed in the last 5 years. <b>Note:</b> 5 hours is the current minimum requirement. Students are encouraged to obtain as many personal sessions as they deem helpful in support of their process.
<p>3. <b>Attend Fundamentals II online module</b></p> <ul style="list-style-type: none"> <li>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</li> </ul>	20 hours	<b>For 2021 EQUUSOMA® students without a Somatic Experiencing® background:</b> completion of a 2-day online <i>Foundations of Somatic Experiencing®</i> module offered through EQUUSOMA® is required <i>prior</i> to attending Fundamentals II. For 2019-2020 students, this is recommended but not necessary.
<p>4. <b>Complete an additional 5 personal sessions of Somatic Experiencing®</b></p> <ul style="list-style-type: none"> <li>These sessions can be done in person or online with any SEI-approved personal session credit provider at the advanced level (please check SEI's international affiliates for equivalent status).</li> <li>These sessions can be done with or without horses present (whether yours or the session provider's).</li> </ul>	5 hours	EQUUSOMA® students who are also Somatic Experiencing® students or practitioners can use up to 5 personal sessions completed as part of SEI's certificate hours to count towards the EQUUSOMA® certificate hours as long as these were completed in the last 5 years. <b>Note:</b> 5 hours is the current minimum requirement. Students are encouraged to obtain as many personal sessions as they deem helpful to support their process.
<p>5. <b>Complete 10 individual consultations</b></p> <ul style="list-style-type: none"> <li>The consultations may be used for two purposes: <ul style="list-style-type: none"> <li>To discuss cases / application of theory</li> <li>To work on your final assignment</li> </ul> </li> <li><b>Case consultations:</b> These consultations can be done in person or online with any <u>EQUUSOMA®-approved consultation provider</u> and must be related to horse-human interactions (actual cases or examples, application of theory and principles).</li> <li>These consultations can take place at any point during Level 1 after Fundamentals I has been completed.</li> <li><b>Assignment consultations:</b> These consultations can be done in person or online with any <u>EQUUSOMA® faculty member</u>. 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).</li> <li><b>Note:</b> 10 hours is the current minimum requirement. You may need or want more consultation time based on your needs. You are encouraged to obtain as much consultation as you deem helpful.</li> </ul>	10 hours	<p><b>For Somatic Experiencing® students or practitioners:</b> consultations completed as part of SEI'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.</p> <p><b>Level 1 assignment:</b> Develop a program curriculum for a 2-day EAPL workshop or horsemanship / equine behaviour / equine health 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 scope of practice. You may provide the equivalent of 12 hours of treatment/action planning for 1:1 sessions for a client "case" if you do not plan to run groups. Once completed, your assignment will be submitted to the founder and faculty team for review. See assignment handout for further details. Each assignment remains the intellectual property of its creator.</p>
<p><b>EQUUSOMA® Level 1 Complete!</b>  <b>Certificate of completion awarded (60+ hours)</b></p>		

## EQUUSOMA® Level 2 (2019-2021 Students)

### \*Route 1, with group consultations

**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 encourage caution, safety, and wellbeing during these unprecedented times. Adjustments will be considered on a case-by-case basis to balance program requirements, individual circumstances, and learning goals.

STEPS TO COMPLETION	LENGTH	NOTES
1. <b>Attend live Practical Intensive I</b> (4 days, 10am to 6pm, with 2-hour lunch)	24 hours	*Length and start/end times subject to change, pending COVID and facility scheduling parameters
2. <b>Complete 5 personal sessions of Somatic Experiencing® with horses (mandatory)</b> <ul style="list-style-type: none"> <li>• These sessions can be done in person or online with any dual-approved SEI and/or EQUUSOMA® personal session credit provider, with your horses or the provider's.</li> <li>• Some of these hours may be possible to complete at the Practical Intensives after class time (pending facility parameters and availability of approved providers).</li> <li>• These can be completed at any point throughout Level 2 (but a minimum of 3 must be completed before attending Intensive II)</li> </ul>	5 hours	EQUUSOMA® students who are also Somatic Experiencing® students or practitioners can use up to 5 personal sessions completed as part of SEI's certificate hours to count towards the EQUUSOMA® certificate hours as long as these were completed since the start of the EQUUSOMA® program. <b>Note:</b> 5 hours is the current minimum requirement. Students are encouraged to obtain as many personal sessions as they deem helpful to support their process.
3. <b>Attend live Practical Intensive II</b> (4 days, 10am to 6pm, with 2-hour lunch)	24 hours	*Length and start/end times subject to change, pending COVID and facility scheduling parameters
4. <b>Complete 6 individual consultations</b> <ul style="list-style-type: none"> <li>• These consultations can be completed at any point throughout Level 2 in person or online with any <u>EQUUSOMA®-approved consultation provider</u> and must be related to horse-human interactions (actual cases or examples, application of theory and principles).</li> </ul>	6 hours	For Somatic Experiencing® students or practitioners: consultations completed as part of SEI'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. <b>Note:</b> 6 hours is the current minimum requirement. Students are encouraged to obtain as much consultation as they deem helpful.
5. <b>Complete 6 group consultations</b> <ul style="list-style-type: none"> <li>• These consultations can be done in person or online with any <u>EQUUSOMA® faculty member</u>.</li> <li>• Group consultations are limited to 3-5 students.</li> <li>• 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.</li> <li>• The final consultation after the 6 group consultations will be to review your assignment with a faculty member 1:1. If there is time, the time may also be used for 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.</li> </ul>	6 hours	<b>Level 2 assignment:</b> Adapt your Level 1 assignment (either a 2-day workshop or clinic outline, or an outline of a treatment plan for 12 hours for a specific client case), further integrating what you have learned in the program. Your curriculum outline or client treatment/action plan will now demonstrate integration of the learning completed since submitting it for Level 1, via the Level 2 in-person modules, personal sessions, and case consultations. If you had a chance to run your group program (or offer 1:1 support using your outline), please integrate your learning from your practical experience in your revised Level 2 assignment. Once completed, your assignment will be submitted to the founder and faculty team for review. Each assignment remains the intellectual property of its creator.  <b>Note:</b> 6 hours is the current minimum requirement. You may need or want more review or consultation time to complete the assignment.

### EQUUSOMA® Level 2 Complete!

**Certificate of completion awarded (65+ hours)**

## EQUUSOMA® Level 2 (2019-2021 Students)

**\*Route 2, without group consultations**

**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 encourage caution, safety, and wellbeing during these unprecedented times. Adjustments will be considered on a case-by-case basis to balance program requirements, individual circumstances, and learning goals.

STEPS TO COMPLETION	LENGTH	NOTES
6. <b>Attend live Practical Intensive I</b> (4 days, 10am to 6pm, with 2-hour lunch)	24 hours	*Length and start/end times subject to change, pending COVID and facility scheduling parameters
7. <b>Complete 5 personal sessions of Somatic Experiencing® with horses (mandatory)</b> <ul style="list-style-type: none"> <li>• These sessions can be done in person or online with any dual-approved SEI and/or EQUUSOMA® personal session credit provider, with your horses or the provider's.</li> <li>• Some of these hours may be possible to complete at the Practical Intensives after class time (pending facility parameters and availability of approved providers).</li> <li>• These can be completed at any point throughout Level 2 (but a minimum of 3 must be completed before attending Intensive II)</li> </ul>	5 hours	EQUUSOMA® students who are also Somatic Experiencing® students or practitioners can use up to 5 personal sessions completed as part of SEI's certificate hours to count towards the EQUUSOMA® certificate hours as long as these were completed since the start of the EQUUSOMA® program. <b>Note:</b> 5 hours is the current minimum requirement. Students are encouraged to obtain as many personal sessions as they deem helpful to support their process.
8. <b>Attend live Practical Intensive II</b> (4 days, 10am to 6pm, with 2-hour lunch)	24 hours	*Length and start/end times subject to change, pending COVID and facility scheduling parameters
9. <b>Complete 12 individual consultations</b> <ul style="list-style-type: none"> <li>• These consultations can be completed at any point throughout Level 2 in person or online.</li> <li>• The consultations may be used for two purposes: <ul style="list-style-type: none"> <li>○ To discuss cases / application of theory</li> <li>○ To work on your final assignment</li> </ul> </li> <li>• <b>Case consultations:</b> These consultations can be done in person or online with any <u>EQUUSOMA®-approved consultation provider</u> and must be related to horse-human interactions (actual cases or examples, application of theory and principles).</li> <li>• These consultations can take place at any point during Level 1 after Fundamentals I has been completed.</li> <li>• <b>Assignment consultations:</b> These consultations can be done in person or online with any <u>EQUUSOMA® faculty member</u>. 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).</li> </ul>	12 hours	For Somatic Experiencing® students or practitioners: consultations completed as part of SEI'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.  <b>Level 2 assignment:</b> Adapt your Level 1 assignment (either a 2-day workshop or clinic outline, or an outline of a treatment plan for 12 hours for a specific client case), further integrating what you have learned in the program. Your curriculum outline or client treatment/action plan will now demonstrate integration of the learning completed since submitting it for Level 1, via the Level 2 in-person modules, personal sessions, and case consultations. If you had a chance to run your group program (or offer 1:1 support using your outline), please integrate your learning from your practical experience in your revised Level 2 assignment. Once completed, your assignment will be submitted to the founder and faculty team for review. Each assignment remains the intellectual property of its creator.  <b>Note:</b> 12 hours is the current minimum requirement. You may need or want more consultation time based on your needs. You are encouraged to obtain as much consultation as you deem helpful.

**EQUUSOMA® Level 2 Complete!**

*Certificate of completion awarded (65+ hours)*

<b>LOG SHEET HOURS REQUIRED</b>			
<b>*Route 1, with group consultations</b>			
	<b>Personal Sessions</b>	<b>Ind. Consultations</b>	<b>Group Consultations</b>
Level I	10	5	5
Level II	5	6	6
<b>TOTAL</b>	<b>15</b>	<b>11</b>	<b>11</b>
*Each session / consultation is 60 minutes long and will be signed off on the log sheet			
**The group consultations for completing the assignment must be with a faculty member			

<b>LOG SHEET HOURS REQUIRED</b>		
<b>*Route 2, without group consultations</b>		
	<b>Personal Sessions</b>	<b>Ind. Consultations</b>
Level I	10	10
Level II	5	12
<b>TOTAL</b>	<b>15</b>	<b>22</b>
*Each session / consultation is 60 minutes long and will be signed off on the log sheet		
**The individual consultations for completing the assignment must be with a faculty member		

<b>EQUUSOMA® Practitioner (ESP)</b>		
<b>STEPS TO COMPLETION</b>	<b>LENGTH</b>	<b>NOTES</b>
1. Completion of Level 1	60+ hours	Some students may have more than 60 hours upon completion, pending how many session and consultation credit hours they have done.
2. Completion of Level 2	65+ hours	Some students may have more than 65 hours upon completion, pending how many session and consultation credit hours they have done, and whether or not they completed Foundations of SE.
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 Practice Guidelines		<i>In development</i>
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
<b>EQUUSOMA® Practitioner Designation Achieved</b>		
<i>Certificate of completion awarded (125+ hours) + ESP designation may be used</i>		

## **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 approved credit providers.
- 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 if they are unable to locate someone who is offering sessions in person due to pandemic restrictions.
- Exceptions may be made on a case-by-case basis at the discretion of the faculty team (for e.g., if a student wishes to do their personal sessions with a provider who speaks their first language, and that provider is an SEP who is not yet an approved provider via SEI at the advanced level).
- For details about approved providers, see: <https://equusoma.com/students/approved-credit-hours/>

## **Students Prior to 2022:**

- The EQUUSOMA® training model began being piloted in 2017 and was formally launched in 2019 with the licensing approval of Somatic Experiencing® International (SEI). 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. The global pandemic hit also resulted in further pivoting to adjust to the impacts of COVID-19.
- 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.
- Basics 2019 students have experienced the most changes. In appreciation, we offer the following:
  - Completing Fundamentals I and II by video at a reduced rate with make-up time requirement waived (students are encouraged to complete the make-up time in support of integrating the material, but it is not required).
  - Attending Foundations of SE™ free of charge (live or by video).