# EQUUSOMA® Level 1 – 2022 Students and Beyond

\*Route 1, with group consultations

	*Route 1, with group consultations  STEPS TO COMPLETION LENGTH NOTES				
	STEPS TO COMPLETION	_	NOTES		
<sup>1.</sup>	Attend Fundamentals I online module	27.5	Students from all streams progress through the training in the same way, with the exception of		
	This module provides an introduction to the model,	hours	those who do not have a background in Somatic		
	core concepts, principles, and practices through		Experiencing® prior to starting EQUUSOMA®.		
	lecture-style teaching, slides, videos, discussions		Those students have an extra requirement		
	and group practices. This module is supported by		outlined at step 3 below.		
_	an assisting team.	F.1	·		
2.	Complete 5 personal sessions of Somatic	5 hours	EQUUSOMA® students who are also Somatic Experiencing® students or practitioners can use		
	Experiencing® prior to attending Fundamentals II		up to 5 personal sessions completed as part of		
	These sessions can be done in person or online with		SEI's certificate hours to count towards the		
	any SEI-approved personal session credit provider at		EQUUSOMA® certificate hours as long as these		
	the advanced level (please check SEI's international		were completed in the last 5 years. <b>Note:</b> 5 hours		
	affiliates for equivalent status).		is the current minimum requirement. You are		
	These sessions can be done with or without horses		encouraged to obtain as many personal sessions		
	present (whether yours or the session provider's).		as necessary.		
3.	Attend Fundamentals II online module	27.5	For EQUUSOMA® students without a Somatic		
	• Fundamentals II includes a mix of slides and lecture-	hours	Experiencing® background: completion of a 5-day		
	style teaching, and breakout groups for discussion		(27.5 hour) online Foundations of Somatic		
	and practice rounds with the support of an assisting		Experiencing® module offered through		
	team		EQUUSOMA® is required <i>prior</i> to attending Fundamentals II.		
4.	Complete an additional 5 personal sessions of Somatic	5 hours	EQUUSOMA® students who are also Somatic		
	Experiencing®	Jilouis	Experiencing® students or practitioners can use		
	These sessions can be done in person or online with		up to 5 personal sessions completed as part of		
	any SEI-approved personal session credit provider at		SEI's certificate hours to count towards the		
	the advanced level (please check SEI's international		EQUUSOMA® certificate hours as long as these		
	affiliates for equivalent status).		were completed in the last 5 years. <b>Note:</b> 5 hours		
	These sessions can be done with or without horses		is the current minimum requirement. You are		
	present (whether yours or the session provider's).		encouraged to obtain as many personal sessions		
-		5 hours	as necessary.		
5.	Complete 5 <u>individual</u> consultations	5 nours	For Somatic Experiencing® students or practitioners: consultations completed as part of		
	These consultations can be done in person or online		SEI's certificate hours will only count towards		
	with any <u>EQUUSOMA®-approved consultation</u> <u>provider</u> and must be related to horse-human		EQUUSOMA® if they were with an		
	interactions (actual cases or examples, application of		EQUUSOMA®-approved provider, focused on the		
	theory and principles).		horse-human relationship, and were completed		
			since starting the EQUUSOMA® program. <b>Note:</b> 5		
	These consultations can take place at any point during Level 1 after Fundamentals I has been		hours is the current minimum requirement. You		
	<u> </u>		are encouraged to obtain as much consultation as		
	completed. All 5 must be completed before progressing to the group consultations.		you deem helpful.		
4	Complete 5 group consultations & 1 faculty review	7.5 hours	Level 1 assignment: Develop a program		
".	These consultations can be done in person or online	(1.5 hrs x	curriculum for a 2-day EAPL workshop or		
	with any EQUUSOMA® faculty member.	5 group	horsemanship / equine behaviour / equine health		
		consults)	clinic incorporating the EQUUSOMA® model.		
	Group consultations may have 3-5 students.  The state of the stat	consumo	Students may choose to develop their curriculum		
	• The purpose of these consultations is to support the	1 hour	based on their target population or on a specific		
	integration of the material to date by working	(final	topic relevant to their scope of practice. You may		
	towards the completion of your Level 1 assignment (see notes). Each student will be allocated at least	review)	provide the equivalent of 12 hours of		
	,	,	treatment/action planning for 1:1 sessions for a		
1	one hour to present their curriculum outline for discussion and feedback.		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		
1	The final review of the assignment following the  group consultation process will be with a faculty.		and faculty team for review. See assignment		
	group consultation process will be with a faculty member in a 1:1 format.		handout for further details. Each curriculum		
1	member in a 1.1 format.		remains the intellectual property of its creator.		
			Note: This is the current minimum requirement.		
1			You may need or want more review or		
<u> </u>			consultation time to complete the assignment.		
	EQUUSOMA® Level 1 Complete!				

## **EQUUSOMA®** Level 1 Complete!

Certificate of completion awarded (78.5 to 106 hours)

# **EQUUSOMA®** Level 1 – 2022 Students and Beyond

\*Route 2, without group consultations

1. Attend Fundamentals I online module  • 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.  2. Complete 5 personal sessions of Somatic Experiencing® prior to attending Fundamentals II  • 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).  • These sessions can be done with or without horses present (whether yours or the session provider's).  3. Attend Fundamentals II online module  • 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  4. Complete an additional 5 personal sessions of Somatic Experiencing®  • 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).  • These sessions can be done with or without horses present (whether yours or the session provider's).  5. Complete 12.5 individual consultations & 1 faculty review  • The consultations may be used for two purposes:  • To discuss cases / application of theory  • To work on your final assignment  • Case consultations: 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).	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.  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. Note: 5 hours is the current minimum requirement. You are encouraged to obtain as many personal sessions as necessary.  For EQUUSOMA® students without a Somatic Experiencing® background: completion of a 5-day (27.5 hour) online Foundations of Somatic Experiencing® module offered through EQUUSOMA® is required prior to attending Fundamentals II.  EQUUSOMA® students who are also Somatic Experiencing® students who are also Somatic Experiencing® students or practitioners can use
<ul> <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> <li>Complete 5 personal sessions of Somatic Experiencing® prior to attending Fundamentals II</li> <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> <li>Attend Fundamentals II online module</li> <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> <li>Complete an additional 5 personal sessions of Somatic Experiencing®</li> <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> <li>Complete 12.5 individual consultations &amp; 1 faculty review</li> <li>The consultations may be used for two purposes:         <ul> <li>To discuss cases / application of theory</li> <li>To work on your final assignment</li> <li>Case consultations: 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> </ul> </li> </ul>	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.  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. Note: 5 hours is the current minimum requirement. You are encouraged to obtain as many personal sessions as necessary.  For EQUUSOMA® students without a Somatic Experiencing® background: completion of a 5-day (27.5 hour) online Foundations of Somatic Experiencing® module offered through EQUUSOMA® is required prior to attending Fundamentals II.
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<ul> <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> <li>Complete an additional 5 personal sessions of Somatic Experiencing®         <ul> <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> </li> <li>Complete 12.5 individual consultations &amp; 1 faculty review         <ul> <li>To discuss cases / application of theory</li> <li>To work on your final assignment</li> </ul> </li> <li>Case consultations: 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> </ul>	Experiencing® background: completion of a 5-day (27.5 hour) online Foundations of Somatic Experiencing® module offered through EQUUSOMA® is required prior to attending Fundamentals II.  EQUUSOMA® students who are also Somatic
Experiencing®  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).  These sessions can be done with or without horses present (whether yours or the session provider's).  Complete 12.5 individual consultations & 1 faculty review  The consultations may be used for two purposes:  To discuss cases / application of theory  To work on your final assignment  Case consultations: 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).	
The consultations may be used for two purposes:  To discuss cases / application of theory To work on your final assignment  Case consultations: 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).	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. You are encouraged to obtain as many personal sessions as necessary.  For Somatic Experiencing® students or practitioners: consultations completed as part of
<ul> <li>These consultations can take place at any point during Level 1 after Fundamentals I has been completed.</li> <li>Assignment consultations: These consultations can be done in person or online with any EQUUSOMA® 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).</li> <li>Note: 12.5 hours is the current minimum requirement. You may need or want more consultation time based on your needs. You</li> </ul>	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. Note: 5 hours is the current minimum requirement. You are encouraged to obtain as much consultation as you deem helpful.  Level 1 assignment: 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
need or want more consultation time based on your needs. You are encouraged to obtain as much consultation as you deem helpful.	handout for further details. Each curriculum

## **EQUUSOMA® Level 1 Complete!**

Certificate of completion awarded (78.5 to 106 hours)

### **EQUUSOMA®** Level 2

#### \*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.	Attend live Practical Intensive I (4 days, 9am to 6pm, with 2-hour lunch)	26 hours	*Length and start/end times subject to change, pending COVID and facility scheduling parameters
	Complete 6 personal sessions of Somatic Experiencing® with horses (mandatory)  These sessions can be done in person or online with any dual-approved SEI and EQUUSOMA® personal session credit 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 Intensive II)	6 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> 6 hours is the current minimum requirement. You are encouraged to obtain as many personal sessions as you deem helpful to support your process.
3.	Attend live Practical Intensive II (4 days, 9am to 6pm, with 2-hour lunch)	26 hours	*Length and start/end times subject to change, pending COVID and facility scheduling parameters
4.	Omplete 6 individual consultations  These consultations can be completed at any point throughout Level 2 and can be done in person or online with any EQUUSOMA®-approved consultation provider. Consultations must be related to horse-human interactions (actual cases or examples, application of theory and principles).	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. You are encouraged to obtain as much consultation as you deem helpful.
5.	<ul> <li>Complete 6 group consultations</li> <li>These consultations can be done in person or online with any EQUUSOMA® faculty member.</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 at least one hour to present their assignment for review and discussion.</li> <li>The final consultation after the group consultations will be for final review of the assignment with a faculty member. If there is time, 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), and sharing additional resources might also be discussed.</li> </ul>	7.5 hours (1.5hrs x 5 group consults)  1 hour (final review)	Level 2 assignment: 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. Note: This 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 (73.5+ hours)

#### **EQUUSOMA®** Level 2

### \*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.

	considered on a case by case basis to balance program requirements, may vicin a carming goods.				
	STEPS TO COMPLETION	LENGTH	NOTES		
1.	Attend live Practical Intensive I (4 days, 9am to 6pm,	26 hours	*Length and start/end times subject to change, pending		
	with 2-hour lunch)		COVID and facility scheduling parameters		
2.	Complete 6 personal sessions of Somatic	6 hours	EQUUSOMA® students who are also Somatic		
	Experiencing® with horses (mandatory)		Experiencing® students or practitioners can use up to 5		
	These sessions can be done in person or online		personal sessions completed as part of SEI's certificate		
	with any dual-approved SEI and EQUUSOMA®		hours to count towards the EQUUSOMA® certificate		
	personal session credit provider, with your		hours as long as these were completed since the start of the EQUUSOMA® program. <b>Note:</b> 6 hours is the		
	horses or the provider's.		current minimum requirement. You are encouraged to		
	<ul> <li>These can be completed at any point</li> </ul>		obtain as many personal sessions as you deem helpful		
	throughout Level 2 (but a minimum of 3 must be		to support your process.		
	completed before attending Intensive II)				
3.	Attend live Practical Intensive II (4 days, 9am to	26 hours	*Length and start/end times subject to change, pending		
	6pm, with 2-hour lunch)		COVID and facility scheduling parameters		
6.	Complete 13.5 <u>individual</u> consultations	13.5 hours	For Somatic Experiencing® students or practitioners:		
	These consultations can be completed at any		consultations completed as part of SEI's certificate		
	point throughout Level 2 in person or online.	1 hour	hours will only count towards EQUUSOMA® if they		
	<ul> <li>The consultations may be used for two</li> </ul>	(final review)	were with an EQUUSOMA®-approved provider, focused on the horse-human relationship, and were		
	purposes:		done since starting the EQUUSOMA® program. <b>Note:</b> 6		
	<ul> <li>To discuss cases / application of theory</li> </ul>		hours is the current minimum requirement. You are		
	<ul> <li>To work on your final assignment</li> </ul>		encouraged to obtain as much consultation as you		
	• Case consultations: These consultations can be		deem helpful.		
	done in person or online with any		Level 2 assignment: Adapt your Level 1 assignment		
	EQUUSOMA®-approved consultation provider		(either a 2-day workshop or clinic outline, or an outline		
	and must be related to horse-human		of a treatment plan for 12 hours for a specific client		
	interactions (actual cases or examples,		case), further integrating what you have learned in the		
1	application of theory and principles).		program. Your curriculum outline or client		
	These consultations can take place at any point		treatment/action plan will now demonstrate integration		
	during Level 1 after Fundamentals I has been		of the learning completed since submitting it for Level 1, via the Level 2 in-person modules, personal sessions,		
1	completed.		and case consultations. If you had a chance to run your		
	<u>Assignment consultations:</u> These consultations		group program (or offer 1:1 support using your outline),		
	can be done in person or online with any		please integrate your learning from your practical		
	EQUUSOMA® faculty member. The purpose of		experience in your revised Level 2 assignment. <b>Note:</b>		
	these consultations is to support the integration		This is the current minimum requirement. You may need		
	of the material to date by working towards the		or want more review or consultation time to complete		
	completion of your Level 1 assignment (see		the assignment.		
1	notes).				

## **EQUUSOMA® Level 2 Complete!**

Certificate of completion awarded (73.5+ hours)

	EQUUSOMA® Practitioner (ESP)			
	STEPS TO COMPLETION	LENGTH	NOTES	
1.	Completion of Level 1	78.5 to 106 hours+	Length varies depending on whether or not students will be taking the Foundations of SE™ module. Some students may have more hours upon completion, pending how many session and consultation credit hours they have done.	
2.	Completion of Level 2	73.5 hours+	Some students may have more hours upon completion, pending how many session and consultation credit hours they have done.	
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		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

Certificate of completion awarded (152+ hours) + ESP designation may be used

LOG SHEET HOURS REQUIRED				
*Route 1, with group consultations				
	Personal Sessions	Ind. Consultations	Group Consultations	Final Review
Level I	10 hours	5 hours	7.5 hours	1 hour
Level II	6 hours	6 hours	7.5 hours	1 hour
TOTAL	16 hours	11 hours	15 hours	2 hours
*Each session / consultation is 60 minutes long and will be signed off on the log sheet				
**The group consultations and final review for completing the assignment must be with a faculty member				

LOG SHEET HOURS REQUIRED					
*Route 2, without group consultations					
	Personal Sessions	Individual Consultations	Final Review		
Level I	10 hours	12.5 hours	1 hour		
Level II	6 hours	13.5 hours	1 hour		
TOTAL	16 hours	26 hours	2 hours		
*Each session / consultation is 60 minutes long and will be signed off on the log sheet					
**The individual consultations and final review for completing the assignment must be with a faculty member					

- 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: <a href="https://equusoma.com/students/approved-credit-hours/">https://equusoma.com/students/approved-credit-hours/</a>