EQUUSOMA®
HORSE-HUMAN TRAUMA RECOVERY

Policy Handbook – Student & Practitioner Edition (2023)

ADDENDUM – SE™ Student and SEP Parameters

September 12, 2025

The following terms have been updated and modified to align with changes in our Level 1 and Level 2 program since adopting our eLearning portal. The present document replaces the previous Somatic Experiencing® Student and SEP Parameters policy.

PROGRAM PARALLELS

Taking Somatic Experiencing® (or SE™) training is not required to do EQUUSOMA® training. However, due to the close relationship between the two programs, there are often SE™ students and SE™ Practitioners (SEPs) who are interested in the EQUUSOMA® program. Yet, while there is some overlap, the two are also different in many respects, as noted in the table below.

COMPARISON OF TRAINING PROGRAMS		
	Somatic Experiencing®	**EQUUSOMA®**
Structure	3 Levels ("years")	2 Levels
Delivery Method	• Online cohorts • In-person cohorts • Hybrid options	• Level 1: Pre-recorded video and live online • Level 2: Pre-recorded video and live in-person • Student eLearning portal (with videos and materials)
Training Hours	• 216 hours (72 per level)	• 187 hours (90-96 per level) • 15 hours of live bonus features per Level 1 cohort (added to video library) • Required readings
Designation	Somatic Experiencing® Practitioner (SEP)	EQUUSOMA® Practitioner (ESP)*
Designation Requirements	• 12 personal session credits • 18 case consultation credits	• 20 personal session credits • 12 case consultation credits • As well as: ▪ 6 assignment consultations ▪ Final review meeting ▪ Signed code of ethics ▪ Scope of practice statement
Training Curriculum Focus	• Single species (humans) • Application is taught in relation to a single professional working with a single client in 1:1 settings • Applications to other contexts may be discussed pending the trainer / cohort, or in case consultations or other SE-based offerings	• Multi-species • Application is taught in relation to human clients, equine clients, human-equine dyads, and groups of humans with groups of equines, in relation to professionals working solo or in pairs • Application discussed in relation to other species pending the trainer / cohort, or in case consultations
Student Eligibility	Professional scopes of practice: • Mental health professionals • Medical and alternative medicine professionals • Bodyworkers • Other professionals with a relevant scope of practice (e.g.,	Professional scopes of practice: • Mental health professionals • Medical and veterinary professionals • Alternative medicine professionals (human and equine) • Bodyworkers (human and equine)

	first responders, crisis centre staff, educators, clergy, chaplains, coaches, etc.) General public: • No, must have a professional scope of practice	• Other professionals with a relevant scope (e.g., same as the SE™ list, as well as equine-assisted psychotherapy and learning professionals, therapeutic riding instructors, mainstream riding instructors, horsemanship instructors, equine rescue organizations, animal rehabbers, clinical animal behaviourists, certified equine behaviour consultants, animal chaplains, equine researchers, etc.) General public: • Will be accepting general public students to the program for personal education beginning in 2026 (not eligible for the ESP designation, which is limited to professional stream students – see Student Streams, Eligibility, and Practice Requirements Addendum for details): • Equine owners or caretakers • People who part-board or lease a horse • People who volunteer with equines • Equestrians in high-level sport, etc.
** As of May 15, 2025, to align with the type of credits required in the SE™ program, EQUUSOMA® students are considered to have graduated when they have completed the required personal session and case consultation credits indicated above and have obtained their Level 2 Certificate of Completion. The additional requirements noted have been moved to the ESP designation process, which is being paused (see the ESP Designation Process Changes Addendum for more information).*		

Unique to EQUUSOMA®

The following are highlights of what is taught in the EQUUSOMA® training modules that is <u>not</u> part of the SE™ training curriculum. This is not an exhaustive list but a sampling to provide a sense of some of the differences:

- In-depth review of applied animal ethology (one of the foundations of SE™) and equine ethology
- Shock and developmental trauma in other species (wild and domesticated)
- Parallels between trauma in equines and trauma in marginalized human social / identity groups
- Parallels between child/family therapy and certain equine professions (child/animal as "identified patient", caregiver shame/guilt)
- Application of SE™ to inter-species contexts, dynamics between multiple nervous systems, and equine facilities
- Specific application of SE™ and other concepts to equine nervous systems, traumatized equines, and equestrian trauma
- Adapting animal behaviourism (operant conditioning, Humane Hierarchy, LIMA / LIFE models, etc.) based on SE™ and other (non-SE™) material taught in the program
- Attachment theory, relational rupture and repair, and the human-animal bond
- Parallel process in equines and humans
- Drama triangle applied to human-equine contexts
- Understanding "thwarted find" (renegotiation of relational orienting response, completion of call-response cycle, supporting earned secure attachment, developing object constancy, arriving-being-departing sequence renegotiation)
- Understanding "thwarted flow" (renegotiation of other thwarted responses, such as thwarted impulses towards nourishment, social connection, enrichment, special interests, self-expression, etc.)
- Relevant research and theory articles related to somatics, neuroscience, inter-species attachment, animal welfare, equine science, equitation science, etc.
- Intersections of adverse childhood experiences (ACEs) research and equivalent research about other species

PROGRAM INVOLVEMENT

Given the various ways the two programs are unique, SE™ students and SEPs are **no longer exempt from any Theory or Practice Module** of the EQUUSOMA® program. Attendance is mandatory at all Level 1 and Level 2 modules. During practice rounds, if there are more than 3 students per practice group, the priority will be for EQUUSOMA® students without SE™ training to be in the practicing role.

Level 1 Discount

SE™ students who have completed SE™ Beginning I and SEPs are eligible for a **10% discount** on the total Level 1 registration fee. Prospective registrants must contact info@equusoma.com prior to registering and provide proof of attendance at SE™ Beginning I (submitting their certificate of attendance is required; payment receipts do not prove attendance). Individuals who have not completed SE™ Beginning I prior to registering for the EQUUSOMA® Level 1 program are ineligible for the discount. People in this situation may wait until they have completed SE™ Beginning I prior to registering for the EQUUSOMA® program, provided there is still space in the cohort and the deadline for registering has not passed.

Discounts must be applied at the time of purchase. If an individual is eligible for a discount and does not contact info@equusoma.com for a custom invoice and/or a discount code, or if they forget to enter the discount code at the checkout and they pay the regular amount for a given purchase, no refund or credit will be issued for the amount of the discount. Coupons or discounts cannot be combined with any other offer, promotion, coupon, or discount. Refunds that reflect the amount of a discount (whether new or currently outlined in the Policy Handbook) are not applied retroactively, with the exception of dyads and groups of colleagues/co-workers registering for the training at a discounted rate, and only under certain conditions (see the most recent Payment and Refund Policy Addendum for additional information).

Double Duty Hours

EQUUSOMA® students who are also taking SE™ training simultaneously may be able to use the credit hours they completed in one program to complete the requirements for the other program, thereby preventing duplication of time and costs related to personal sessions and case consultations. This is only possible if the credit provider a) meets the approval requirements of both programs, and b) is approved at the level of training the student is at in each program at the time the student completes those credits. Some EQUUSOMA®-approved providers are also approved providers with Somatic Experiencing® International (SEI) and/or its international training partners; see our team directory on https://www.equusoma.com for a list.

Personal Session Credits

- Not all Somatic Experiencing® Practitioners are approved credit providers in both the SE™ and EQUUSOMA® training programs. Becoming approved to provide credited sessions for training students requires additional training and professional development.
- Any credit provider who is approved to provide personal SE™ sessions to students at the advanced level of SE™ training is pre-approved to provide personal sessions for all EQUUSOMA® students (regardless of level). Approved advanced-level SE™ session providers are also by default approved to provide personal sessions to SE™ students at the beginning and intermediate levels.
- Some SEPs have been approved by the EQUUSOMA® program to provide personal session credits to EQUUSOMA® students but are not approved session providers with SEI. Hours completed with these providers will not count towards the SE™ program.
- Sessions completed with SEI-approved providers who are either approved at the beginning or intermediate levels (or who are not yet approved providers, just SEPs) will only count towards the EQUUSOMA® training requirement in cases of accessibility and diversity, as outlined in the current Policy Handbook.

Case Consultation Credits

- Any consultations completed as part of SE™ training that pertained to equines will only count for the EQUUSOMA® program if completed with someone who is also an EQUUSOMA®-approved consultation provider (dual approval), in order to ensure that the consultations align with the EQUUSOMA® curriculum. Not

everyone who is using SE™ in equine-human contexts is applying the ethology or the practice of SE™ to equines themselves in various scopes of practice.

- Some SEPs have been approved by the EQUUSOMA® program to provide case consultation credits to EQUUSOMA® students but are not approved case consultation providers with SEI. Hours completed with these providers will not count towards the SE™ program.

Active SE™ Students (Beginning and Intermediate Levels)

Individuals who want their SE™ sessions to also count towards their EQUUSOMA® requirements should select an SEI-approved personal session provider who is approved to provide sessions at the advanced level of SE™ training. Even if an individual is only at the beginning or intermediate level of SE™ training, an advanced-level personal session provider can provide sessions at all levels. This way, the sessions that are completed meet the requirements of both the SE™ and EQUUSOMA® training programs.

Advanced Level SE™ Students or SEPs

For new EQUUSOMA® program registrants that have started the Advanced level of SE™ training or are SEPs (by the time of their EQUUSOMA® Level 1 registration), the personal SE™ sessions completed during the course of their SE™ training prior to registering with EQUUSOMA® will count as credit towards their required EQUUSOMA® credit hours, regardless of their level of SEI approval, due to the added experience they have gained via the SE™ training program.

SEPs with Equine Experience

SEPs who have experience with equines may be interested in becoming EQUUSOMA® training assistants as opposed to taking the EQUUSOMA® training as a student. Becoming an EQUUSOMA® training assistant is the first step to becoming an approved provider of personal sessions and consultations for EQUUSOMA® students. For more information, please review the website, the Team Member edition of our Policy Handbook, or contact info@equusoma.com.

September 23, 2025, this Addendum update replaces the Somatic Experiencing® Student and SEP Parameters policy in the EQUUSOMA® Policy Handbook – Student and Practitioner Edition (2023), on the EQUUSOMA® website, in the eLearning Portal, and in all other locations that reference this information. The rest of the EQUUSOMA® website and the eLearning Portal will be gradually updated over time to reflect this policy update.