EQUUSOMA:
An Introduction to Somatic Experiencing™ Skills for Equine-Facilitated Practitioners

EQUUSOMA
EQUINE-FACILITATED TRAUMA THERAPY

In dreams, mythical stories, and lore, one universal symbol for the human body and its instinctual nature is the horse.

--Peter Levine (1997)

Interested in somatics and becoming more trauma informed?

This interactive and experiential workshop provides an introduction to some of the theory, skills and practices drawn from Somatic Experiencing™, a psychobiological approach to trauma resolution developed by Dr. Peter Levine. Specifically designed for equine-assisted/facilitated interaction professionals, these two days will focus on understanding how mammals (including humans) prepare for stress and threat, how the body responds physiologically, and what happens when our natural drives become thwarted. The many ways trauma responses become coupled into even positive experiences of play, ease, joy and triumph will also be explored, as will principles of trauma-informed care. Learning how to recognize, track and titrate signs of survival activation or body memory in the nervous system is foundational to guiding equine-based activities in a way that honours each human and equine's window of tolerance. Even if you are not offering trauma therapy, it is important to recognize that trauma survivors often attend equine-based programs and to proceed in a trauma-sensitive way regardless of the scope of your program.

Note: This workshop does not constitute formal training in Somatic Experiencing™. For more information, please contact the SE Trauma Institute.

Co-Facilitators: Sarah Schlote, MA, RP, SEP (EQUUSOMA), Tori Poe, MSW, RSW (2 Lead Change) and Kathryn Giffen, MA, JD (OZ Farm)
www.equusoma.com and **www.2leadchange.com**

SCHEDULE

September 16-17, 2017
9am – 4pm

Rain or shine
Lunch included both days

Host: OZ Farm
8853 Wellington Rd. 16
Kenilworth, ON N0G 2E0

$475 + HST early bird rate
(until August 16)
$575 + HST regular rate

To Secure Your Spot:

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1-855-REFUGE
Cash, cheque, eTransfer
or credit card