



**EQUUSOMA**  
EQUINE-FACILITATED TRAUMA THERAPY

# EQUUSOMA:

An Introduction to Somatic Experiencing™  
Skills and Trauma-Informed Principles for  
Equine-Facilitated Practitioners



*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, as well as guiding principles from the field of trauma-informed care and attachment. 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. Learning how to recognize, track and titrate signs of survival energy 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. Practical application and experiential learning with the horses will emphasize how to integrate new ways of being and doing into the context of your existing approach.

**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](http://www.equusoma.com) and [www.2leadchange.com](http://www.2leadchange.com)

## **SCHEDULE**

**December 1-2, 2017**

9am – 5pm

Rain or shine  
Lunch included both days

**Host: OZ Farm**

8853 Wellington Rd. 16  
Kenilworth, ON N0G 2E0

**\$575 + HST early bird rate**

(until November 1)

**\$675 + HST regular rate**

**To Secure Your Spot:**

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1-855-REFUGE

Cash, cheque, eTransfer  
or credit card