



TRAINING

Interdisciplinary training and certification - how does that work?

Especially in Europe, the “**certificate of expertise**” is not only learned and obtained in one specific form of one specific therapeutic approach – the “certificate of expertise” is also very emphasized.

The name of the training: "Psychodynamic" may erroneously lead to the assumption that the pEATT Model and this training is only suitable for psychotherapists in this field of expertise.

pEATT is based on and uses specific depth psychology / psychoanalytic core concepts that are applied in equine assisted work with clients. The common denominator for other forms of therapy is the trauma therapeutic starting point, that any treatment for trauma on the relational level requires treatment on the relational level. This applies to all trauma therapy guidelines, no matter which theoretical framework one works with.

Does this mean that only licensed trauma therapists can participate in the training series?

No.

The interventions and concepts taught in the pEATT courses are applicable in any therapeutic work, and the trauma-informed practice is recommended for all client groups.

Since 2017, Minds-n-Motion has been offering certification in equine-assisted trauma therapy for licensed psychotherapists/mental health specialists and licensed trauma therapists as well as equine behavior specialists: In 4 modules, both the theoretical and practical prerequisites and content elements are presented and learned and then practiced with horses.

Module 1:

Fundamentals of Psychodynamic Equine Assisted Trauma Therapy:

Part 1: This online basic course offers an overview and insight into equine-assisted trauma-informed work: the most important theoretical core concepts and their application as well as core knowledge about horses and their well-being in therapeutic work are presented in a structured, everyday applicable and detailed way.

Part 2: This online basic course introduces equine-assisted trauma therapy. From basic knowledge in trauma, structuring and building of the equine assisted sessions, to typical conflict areas: in detailed case analyses, this course shows the elements that are necessary for working with and processing trauma.

Module 2:

Application and execution of the learned theoretical parts with a focus on stabilization, emotional regulation and resource activation and strengthening

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In the 4 days of this face-to-face training, what has been learned theoretically is experientially practiced with a focus on stabilization, emotional regulation and resource activation and strengthening. All this with particular focus on the horses and the premise of the quadrant approach.

Module 3:

Working with complex PTSD and specific trauma-confrontational techniques involving the horse.

This module is offered online again. On the basis of case studies, in addition to the important theoretical components regarding working with people suffering from high dissociation and/or complex PTSD, the equine-assisted elements are presented and illuminated in detail. Special attention is paid to the "horse " and the role of the horse in trauma confrontation in order to ensure the well-being and welfare of the horse during directive trauma confrontation.

Module 4:

In this 4-day face-to-face training, what has been learned throughout the entire curriculum is practiced on an experience-oriented basis: typical client situations are first presented, then accompanied and worked on by participating teams, taking into account all of what has been learned.

Upon successful completion of all modules and the associated prerequisites, participants will be certified in pEATT.

It should be noted here that pEATT does not replace or compete with reputable long-term training and certification programs. The training units focus on the equine assisted elements that are necessary for the psychotherapeutic process and the cooperation in a team.

Since pEATT is offered internationally, the requirements for certification in pEATT are adapted to the specific countries. The prerequisite for a pEATT certification in Germany is an approbation with "proof of expertise" in a guideline-compliant form of therapy as well as certification in a recognized form of trauma therapy. The prerequisite for Equine Behavioral Specialists is proof of horse expertise and, of course, experience in dealing with the horses - and not only in riding. Basic knowledge of horse husbandry with all the associated elements is necessary and not sufficient on its own.

If you live and work in a country other than Germany, please contact me so that I can answer your questions regarding country-specific requirements.

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