



CERTIFICATION IN PEATT

As of 15. January 2023, you can sign up at any time for the online modules of the pEATT curriculum. Click here to visit the Minds-n-Motion Academy:

<https://mindsnmotionacademy.teachable.com/>

An interdisciplinary training and certification - how it that possible?

Especially in Europe, the “certificate of expertise” in a psychotherapeutic approach is typically obtained by studying and specializing in mostly one specific form of mainly one specific therapeutic approach. Therefore, the “certificate of expertise” is very much valued and emphasized.

The name of the training: "Psychodynamic" may erroneously lead to the assumption that the pEATT Model and pEATT training is only suitable for psychotherapists trained in either psychodynamics or psychoanalytical work.

pEATT is based on and uses specific depth psychological / psychoanalytic core concepts that are applied in equine assisted work with clients. The common denominator and starting point for all forms of therapy that address and work with trauma is that any treatment for trauma that took place 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.

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 contents are first presented and learned, then practiced with horses.

The online courses are now available with subtitles in 10 languages (German, English, Spanish, Italian, Hungarian, Slovenian, Finnish, Swedish, Norwegian and French):

Module 1: The Fundamentals of Psychodynamic Equine Assisted Trauma Therapy (online):

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 about trauma, structuring and building of 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: Practical Training

In the 4 days of this face-to-face training, what has been learned theoretically in Module 1 is practiced experientially, with a particular focus on stabilization, emotional regulation, resource activation and resource strengthening, all the while paying attention to the horses' responses and the premise of the quadrant approach in the here and now.

Minds-n-Motion

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Module 3: Equine Assisted Trauma Confrontations (online)

How to work with complex PTSD and specific trauma-confrontational techniques while not only involving but integrating “the horse/s” is presented while the theoretical knowledge is deepened: as in Module 1, case studies and important theoretical components are presented using video examples whenever possible.

Module 4: Practice

In this 4-day event, the theoretical parts are again practiced with horse(s).

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

What is important is that pEATT does not replace nor compete with reputable long-term traumatherapeutic trainings nor certification programs. The entire training focuses on the equine-assisted elements as well as the cooperation that is necessary when working in a team.

Prerequisites:

Can only licensed trauma therapists participate in pEATT trainings? No.

The interventions and concepts taught are applicable in any therapeutic work, and the trauma-informed practice is recommended for all client groups. However, certification is only possible with an existing license to practice with proof of expertise in a guideline-compliant form of therapy as well as certification in a recognized form of trauma therapy.

The prerequisites 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.

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