



SE™ TRAINING PROGRAM FAQ – CONSTITUENT SERVICES

What is the Constituent Services team? The Constituent Services team is here to help you get connected to the right team, as well as answer any questions you might have, including questions about *Basic Principles of Somatic Experiencing* or whether our training program is right for you!

Where is a good place to start? We would recommend our *Basic Principles of Somatic Experiencing* webinar. This is a fantastic resource for those who are curious about the SE modality and our three-year professional training program. This webinar occurs every 3rd Thursday of the month at 10 AM MST and costs \$55. One week after this webinar airs, registered participants will receive an email containing a feedback survey and a recording link. By completing this feedback survey, you will automatically receive a \$50 credit on your account that can be used on your next purchase.

Am I required to take *Basic Principles of Somatic Experiencing* if I want to apply for the three-year training program? *Basic Principles of Somatic Experiencing* is not a prerequisite for the three-year training program.

Who is this program designed for? This program is designed to train professionals who work closely with client trauma. It is not suitable for those solely seeking personal-growth experience or for those who do not have an active professional practice. To learn more about our admissions standards, please visit our [prospective students](#) page on our website.

I don't think the program is right for me, but would like to continue learning about SE. What would you recommend? We have some great resources on our Research and Resources page [here](#) and on our YouTube page [here](#). We can recommend our Crisis Stabilization and Safety Aid which you can learn about [here](#) or attending one of the SE Community Conversations which you can learn about [here](#). You can also follow us on Facebook or Instagram or sign up for our mailing list to learn about webinars and other related offerings. Finally, you can start with Dr. Peter Levine's books and visit his website [here](#).

How is the program structured? The training modules for this program are intended to be taken over a three-year period and must be taken in sequence.

- The first level, *Beginning*, is three training modules taken over a 12-month period.

- The second level, *Intermediate*, is three training modules taken over a 12-month period.
- The last level, *Advanced*, is two training modules taken over a 12-month period.

Each training module is approximately 4 – 6 days long over a weekend. These agendas and dates are established by individual coordinators and instructors. Group case consults, individual consults, and personal sessions are taken in between these modules. You can view a Session Log for details on those requirements.

You must have a **minimum 2 months and no more than 24 months** between each training module. For example, if you take Beginning I in January, you can take Beginning II in April. This will be the pacing for your training. Please keep in mind that training modules may be structured differently in countries outside of the USA, and international students should contact their respective international organizers with questions.

What is the curriculum? You can see a more detailed description of the curriculum on our website [here](#). It lists what is discussed in each training level. International programs follow the same curriculum, but module lengths may differ by country.

Are there differences between instructors' training styles? Yes, the instructors are allowed to structure their training in any way that works best for them if they ensure all the content for the respective module is contained in the training. To read more about our instructors, click [here](#).

Do I qualify based on my professional certification? We list those professions that we admit into our training program on the Prospective Students page [here](#). We typically approve those who work in mental health, medical professionals (including alternative medicine), and body workers into the program. If you do not feel you fall under one of those qualifiers, we do also admit under the 'other' category – this might include certified coaches, first responders, educators, etc. who work with individuals who might be suffering from trauma. **Please note that unless you are in a master's program (clinical internship), it is required to have a relevant certificate or licensure to practice SE under.** SE is not a stand-alone modality. Our applications are reviewed on a case-by-case basis, so we do encourage individuals to apply to the program if you fall under one of the categories in our Admissions Standards. The application is free to submit and typically takes about 20 minutes to complete.

How do you define an active clientele? We define an active clientele as a collective of recipients that receive your services of your certified healing arts profession. Applicant must have an existing and active clientele base to work with throughout the three years

of the training program. This is to ensure an integrated training process with you and your clients.

How does the cohort work? Our cohorts are grouped around locations, these terms (cohort and location) may be used synonymously during your journey with us. The cohorts allow each group of students to move through the first two levels (Beginning and Intermediate) together, while our Advanced levels are held regionally. You can register for those based on what works best for you rather than based on your original cohort.

Can I switch into a different cohort if one becomes available closer to me? Yes! While we do highly encourage everyone to remain in their original cohort whenever possible, we understand things happen and circumstances change. You are allowed to transfer cohorts up to two times during the first two levels in the program.

- If you have not yet paid or registered for a Beginning I module: You will need to notify the admissions team via the admissions@traumahealing.org email address.
- If you have paid or registered for a Beginning I module: We will require you to get permission from both your current instructor and the instructor you are interested in joining (this typically is not an issue), as well as a transfer request form. There is also a \$50 fee when transferring. If you are trying to transfer during your Advanced level training, you do not need to receive permission to transfer, the only requirement would be the transfer request form. This form will be found [here](#) on the Student Forms page of our website.

How do I find cohorts and training modules? You can find training modules on our Training and Event Calendar [here](#). You can filter the calendar based on Type of Training (left-hand dropdown) and Location (right-hand dropdown). We highly recommend filtering the calendar so that you do not have to look at locations that may not apply. Once we have the dates confirmed with our coordinators, we will then post them on our calendar as well as add them to our email newsletter.

How do I find specific information about a cohort? On the Training and Event Calendar you will be able to look through the available listings to find one that will work best for you. Under each listing, there will be a “register” button along with an “Event Summary” button, which will bring you to the event summary page and will detail whether a training is online (via Zoom) or in-person, the staff leading the module, the agenda, any travel and lodging information, as well as the COVID policies in place. You can either register on the event summary page or by clicking the “register” button.

What if I can't find a cohort/location that works for me? Due to the pandemic, most of our in-person cohorts are registered for specified locations but are still conducted via Zoom. Once we can open these trainings to in-person, you will already be assigned to that location. Some locations have decided to stay online over Zoom for the first six modules of the training. These might be good options to explore. Also, any cohort that has "online" in the title is built with the intention of being conducted online for the first six modules as well. Please note if you join an online cohort for your Advanced level, especially the Advanced II training module, it will be conducted in-person and will require travel. If those options don't work, your acceptance is good for five years so you may wait until another cohort begins closer to you. You can also join the mailing list to receive updates on cohorts in your area.

What can I expect when training over Zoom? Students can expect to have demonstrations and guided practices fulfilled over Zoom to the best of faculty's ability given the conditions of the pandemic. The Group Case Consultations, Individual Case Consultation and personal sessions are designed to offer further support in the integration of said instruction. Please know that we are working towards getting this training program back to the in-person format it originally came as once the pandemic subsides.

What is the cost? Our current prices are \$980 each for Beginning I, II, III and Intermediate I, II, III training modules with a \$50 increase 30 days prior to the start date of the training module, and \$1425 each for Advanced I, II training modules with a \$50 price increase prior to the start date of the training module. We only require that you pay for the training module for which you are currently registering.

Are there scholarship options? Yes, we do have scholarship options that are available based on need at a 25%, 33%, and 50% discount. You can find the scholarship application and more details on what you need for the application [here](#).

Are there different payment options? Yes, we do offer payment plans for our training modules. They are seven-month payment plans which are paid on the 15th of each month. You can have three payment plans running simultaneously. There is no minimum monthly payment amount.

What do I receive at the end of the three-year training program? At the end of the three-year training program, you will have the opportunity to submit to receive your Somatic Experiencing Practitioner certificate. This includes submitting your extra requirements along with a cover page which will then result in you receiving your certificate.

Should I apply or register first? Before you can register to the program, you need to apply and get approved. There is no cost for applying and you are under no obligation to participate upon your acceptance. Apply for our program [here](#).

How do I apply? Once you have found a cohort that works for you and have decided to apply for the program, you will need to complete our application which can be found on the Prospective Students page [here](#).

How long will it take to process my application? Please allow 1 – 3 weeks for us to process your application. A decision from the organization will be sent from admissions@traumahealing.org.

Once I get approved what is the process for signing up to the training module? Upon approval you will receive an acceptance email with instructions to register for your first training module from the Admissions team via admissions@traumahealing.org. It is best to follow those steps. If you want to consider a different cohort, you can visit the Training and Event Calendar [here](#) to see your options. If you decide on a different cohort, you can contact Admissions.

What are the requirements to obtain your SEP? The requirements for the SEP certificate are completing Beginning, Intermediate, and Advanced level training, as well as completing 12 hours of personal SE sessions, and six hours with a faculty member for a total of 18 hours to obtain your SEP certification. You are responsible for tracking and maintaining your logs regarding these Case Consults, which can be done using a Session Log. These are located on the [here](#) on the Student Forms page of our website.

What are the safety measures you have in place for in-person training modules? We have our COVID policy listed [here](#). Currently we do not have vaccination mandates for our trainings UNLESS it is required by the venue. We do require masks to be worn during each training day. Please read our policy linked above carefully.

Still have a question? Please email programsupport@traumahealing.org. If you have already sent an email, please allow one – two business days for a response before emailing again!