

Rules and Guidelines for Personal and Supervision sessions

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Introduction

In this document we outline the rules and the guidelines for the Personal and Supervision sessions that you need to follow in regard to your training in Somatic Experiencing®.

Personal Sessions

A personal session is a session of minimum 1 hour where you work with your own history of trauma in your system under the guidance of a recognized SE® practitioner.

Amount

In total you need to follow a minimum of 18 hours of personal sessions.

Who can give personal sessions?

Only personal session providers can give personal sessions that count towards the 18 hours needed for your SE® training. A Personal Session provider is someone who has at least assisted 1 full SE® trainings after graduating their own training. There will be personal session providers present in your training.

A minimum of 8 of the personal session hours need to be followed with a personal session provider that is present in your training.

If you follow personal sessions with someone who is not assisting in your training, check in with the organizer of your training to be sure that this person indeed is recognized as a personal session provider.

When?

You can start to follow personal sessions that count towards the 18 needed sessions when you are accepted for the training and in the 6 months before the start of module 1. This means that both of the conditions need to be met for the session to count.

You have until maximum 2 years after the last module of your training to complete the 18 hours of personal sessions.

You are free to choose when you do your personal sessions. However, we do recommend that you spread them over the course of your training. Our recommendation is to follow:

- 8 sessions during your beginner year
- 6 sessions during your intermediate year
- 4 sessions during your advanced year

During each module there will be time to follow personal sessions. There will be different sessions providers offering personal sessions. The timings for these will be announced on the first day of each module and you can register for one or more sessions during this module. There will be sessions offered in the mornings, during the 2-hour lunch break and in the evenings.

It is recommended that you follow personal sessions with at least a few different session providers. This way you get to experience different flavors of Somatic Experiencing®.

Online?

With the changing global circumstances since the start of the pandemic in 2020 the online format for sessions has gain popularity. SE® is a body-oriented practice and is best done where practitioner and client are in the same room. Online personal sessions are allowed, however they are limited to 6 sessions that will count towards the needed 18 hours of personal sessions. We do recommend doing as much of your sessions as you can in person.

Supervision Sessions

In total you need to follow a minimum of 18 credits of supervision sessions.

Who can give supervision sessions?

Only senior assistants and faculty teachers can give supervision sessions that count towards the 18 hours needed for your SE® training. There will be senior assistants present in your training.

A minimum of 8 of the supervision credits need to be followed with faculty. Faculty are the recognized SE® teachers. A full list can be found via the website of SETI:

<https://traumahealing.org/faculty/>

A minimum of 4 of the supervision credits need to be individual supervision session. The other 14 credits can be either individual or group supervision sessions.

What?

A supervision session is a session where you bring in a specific case or client that you want help or support with in how to work with the SE® techniques in this specific situation. It is also sometimes called 'Case Consults'.

There are two types of supervision sessions: Group supervision and Personal supervision. A group supervision is done in group where you are also present for the questions of others and the answers given by the supervisor. A personal supervision is a one-on-one session with your supervisor.

A group supervision of 3 hours counts as 1 credit. This means that a group supervision of 1,5 hours counts as 0,5 credit.

A personal supervision of 1 hours counts as 1 credit.

In total you need 18 credits for finishing your SE® training.

When?

You can start to follow supervision sessions that count towards the 18 needed credits after the start of the 1st module of your training.

You have until maximum 2 years after the last module of your training to complete the 18 credits of supervision sessions.

You are free to choose when you do your supervision sessions. However, we do recommend that you spread them over the course of your training. Our recommendation is to follow:

- 2 sessions during your beginner year
- 4 sessions during your intermediate year
- 6 sessions during your advanced year
- 6 sessions after your last module of your advanced year

During each module there will be time to follow supervision sessions. The timings for these will be announced on the first day of each module and you can register for one or more sessions during this module. There will be sessions offered in the mornings, during the 2-hour lunch break and in the evenings.

It is recommended that you follow supervision sessions with at least a few different supervisors. This way you get to experience different flavors of Somatic Experiencing®.

Group supervision with faculty will also be organized by us, this will be the day before, the day after or somewhere during a module of your training.

In between modules different moments for group supervision will also be organized.

Online?

With the changing global circumstances since the start of the pandemic in 2020 the online format for sessions has gain popularity. SE® is a body-oriented practice and is best done where practitioner and client are in the same room. Supervision sessions are however a different process then personal session. We do recommend doing at least half of your supervision sessions in person.

How to Book Sessions

You will be responsible yourself for scheduling your sessions yourself. You will receive an overview of the assistants present at your training and of who is allowed to offer personal and/or supervision sessions.

During the training modules

During the training modules you will be able to sign up yourself with the person you want to have a session with and at the time you want this. There will be papers with the available slots for the available session providers, so you will be able to choose freely what suits you best!

In between the training modules

Before or in between the modules you will have to contact your chosen session providers yourself.

Offering of Group Supervision

We will be offering group supervision sessions with faculty and with supervision providers. As these will be separate from the training, you will need to signup yourself for these.

They will usually be either the day before or the day after a module, as the faculty teacher will be in Belgium. We will announce them in time.

Important

Remember that one of our key concepts is to slow down. Take the time you and your system needs! Our recommendations are based on a theoretical concept of what is best for learning, not what is best for your system.