



EQUUSOMA
EQUINE-ASSISTED TRAUMA RECOVERY

The Whole Horse Podcast

Recommended Readings

RACHAEL DRAAISMA

Language Signs and Calming Signals of Horses

PETER LEVINE

Waking the Tiger: Healing Trauma

In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness

JAAK PANKSEPP

Affective Neuroscience: The Foundations of Human and Animal Emotions

STEPHEN PORGES

The Pocket Guide to The Polyvagal Theory

LUCY REES

Horses in Company

DANIEL SIEGEL

The Pocket Guide to Interpersonal Neurobiology