

Refuge Services' Equine Assisted Veteran Services

Phase 1—Veteran Horsemanship Training/Therapeutic Riding

- Reduce Anxiety
- Focus on here-and-now
- Create Safety through repetitive and predictable sequences
- Stabilize Rhythmic Movement

Phase 2—Equine Assisted Psychotherapy

- Work on Relationships and Socialization
- Increase problem-solving
- Explore Resource building
- Regain Control
- Create new identity

Phase 3—EMDR

- Resolve lingering trauma (address trauma targeted events)
- Reduce anxiety through resource building
- Reduce hyper-arousal to help manage life

Phase 4 – Pay It Forward

- Establish aftercare maintenance
- Reinforce touch, rhythm, and socialization
- Sidewalking and service work



This program is supported by a grant from the Texas Veterans Commission *Fund for Veterans' Assistance*. The *Fund for Veterans' Assistance* provides grants to organizations serving veterans and their families. For more information, visit TVC.Texas.gov.