

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
- Side walking and service work



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