



MILITARY

Serving those who serve with the global standard in equine-assisted psychotherapy

Eagala's Military Services Designation raises the bar for equine-assisted psychotherapy for active military, reserves, veterans and their families.

THE POWER OF HORSES TO HEAL

EQUINE-ASSISTED PSYCHOTHERAPY AND THE EAGALA MODEL

"We have conducted a number of Eagala EAP sessions. The veterans who participate tell me that never have they found a group or individual session so useful and life changing, and that they have found hope. After these workshops, many reflect frequently on the experience and skills learned then take these lessons into their daily lives."

SUSAN T. LISI, AFGE LOCAL 3306 CHIEF STEWARD,
VA MEDICAL CENTER, C ANANDAIGUA, NEW YORK

THE EAGALA MODEL

Treating the effects of trauma is never easy. And in military culture, the challenge is even greater. The reality is that traditional psychotherapy can be stigmatizing and feel like "just a lot of talk" among people who value doing and action.

Servicemembers are hands-on. They trust their experience and the people they serve with. In order to engage them in their own healing process, the solutions offered need to understand who they are, respect their culture and meet them squarely on their own terms.

Clinical evidence and generations of human experience show that horses have a special ability to help people work

through emotional barriers without shame or stigma. This is especially true and valuable for people who suffer the effects of trauma.

In equine-assisted psychotherapy, horses serve as metaphors and powerful stand-ins for the people, issues and challenges in the client's life – or the lives of the couple, family or military unit. A highly-trained mental health professional puts the horses' unique sensitivities to work – their special capacity to read and respond to peoples' non-verbal signals and cues – leading to powerful emotional breakthroughs and life-changing insights.

RESEARCH ON EQUINE-ASSISTED PSYCHOTHERAPY EAGALA MODEL IS GROWING

Even though equine-assisted psychotherapy is a relatively new discipline, Eagala is committed to building a body of evidence based, peer reviewed research. With 15 years in the field, the Eagala Model is tested and subject to ongoing study and development.

For a listing of research and studies on equine-assisted psychotherapy and the Eagala Model, please visit: www.eagala.org/research.

Here's why the Eagala Model is the global standard for equine-assisted psychotherapy and personal development:

THE EAGALA MODEL

IS PROFESSIONAL

Eagala is the ONLY association offering a fully-developed, professionally endorsed treatment model for mental health professionals practicing equine-assisted psychotherapy. The Eagala Model stands alone in the world of equine-assisted psychotherapy because of its team approach. Eagala standards require both a licensed, credentialed Mental Health Professional and a credentialed Equine Specialist work together collaboratively at all times to assure clients get the therapeutic attention and support they need as they make life changes.

HAPPENS ON THE GROUND

There is no riding or horsemanship. Physical and emotional safety are paramount. This proven approach enables the client to work directly with the horses face-to-face on the same footing. Through their reactions and responses, highly-sensitive horses serve as honest stand-ins for the important people in the client's life. They offer honest feedback and usable information on the attitudes and behaviors of the people working with them. The treatment team works with the client to process and understand what the horses teach them.

IS SOLUTION-ORIENTED

It's built on the premise that it's the client himself who needs to determine the kinds of changes he needs to make in order to improve his life. The job of the treatment team is to put the Eagala Model to work helping clients understand, access, validate and experience the changes they want to make in a safe, supportive setting.



PUTTING THE EAGALA MODEL TO WORK TO DELIVER LIFE-CHANGING OUTCOMES FOR SERVICEMEMBERS, VETERANS AND THEIR FAMILIES

Eagala's high standards combined with our effective, replicable treatment model sets us apart from all other "horse therapy" programs.

With the Eagala Model as a tested therapeutic starting point, Eagala worked with military experts inside and outside of its ranks to create the **Eagala Military Services Designation**.

The Eagala Military Services Designation is unique in the equine-assisted therapy world. Eagala Military Services Providers are specially credentialed with a deep understanding of military culture and life.

Here's why Eagala Military Services programs are valuable for servicemembers, veterans and their families:

- **The unique qualities of the horse speed emotional breakthroughs.** This is especially true for those suffering from PTSD. That's because these highly-attuned animals offer safe reflection and compelling feedback for fears and

anxieties military clients may be facing. In the hands of a skilled treatment team, the horses' unique sensitivity can help clients understand their own internal processes more readily than hours of talk.

- **Herd dynamics can help clients understand their own lives.** Observing the dynamics of a herd of horses can help clients better understand the dynamics of their own family, military unit and community and provide another positive model for collaboration, support and trust. The horses are living, breathing metaphors and stand-ins for the client's greatest life challenges and their most important systems of support.

- **Foster resilience in times of high stress.** The Eagala Military Services approach is based on experience and doing. The treatment sessions re-create life experiences, including those involving frustrations, high stress and relationship problems. This provides opportunities for service members and their families

to discover their resources and strengths and overcome perceived obstacles to change and growth in their unit, communities, and homes.

- **Break through barriers to care.** Clients experience activities with horses that remove much of the perceived stigma associated with traditional talk therapy treatment methods. Eagala Military Services Providers know that when treatment is about doing it's more engaging. And they know that engagement increases impact. Data is showing that this population is more likely to start and complete treatment with this model. Military clients repeatedly report how quickly and deeply they get to the root of their issues.

- **Find real world solutions to their toughest challenges.** Clients find their own solutions to the struggles in their lives. Under the direction of an Eagala Military Services Treatment Team, clients build on their resilience and learn through self-discovery the changes they need to make in order to be more successful in both military and civilian life.

"Working with Eagala was a profoundly moving experience for me. I gained insight and wisdom that I did not think was possible. Any servicemember who has an opportunity should try it."

LUKE LEONARD, OIF VETERAN





eagala

The Global Standard for Equine Assisted
Psychotherapy & Personal Development



"The Eagala Model uses the horse to gain insight into behaviors and perceptions. The horse's reactions provide unbiased and real time feedback, breaking through the barriers that many military members experience in conversations with others who cannot begin to understand what we feel because we made it back. Equine-assisted psychotherapy provides a strategy for dealing with trauma in a way that makes sense to military service members."

JIMMY L. WALTERS, COL, USA (RET)

Since 1999, Eagala has set the global standard for equine-assisted psychotherapy and personal development. Boasting over 640 regional programs, and with more than 2,500 certified members in over 40 countries, it is the leading international nonprofit association for professionals incorporating horses to address mental health and personal development needs. For more information, visit eagala.org.

To put Eagala Military Services to work changing lives in your community or on your base contact:

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www.eagala.org/military