EQUINE IMMERSION PROGRAMS™

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EIP ™
For Veterans and Supports
Serving Those Who Served
GOALS FOR TODAY

❖ What is EIP
❖ Why Does EIP Work
❖ How to Do EIP
Equine Immersion Programs

❖ 1, 2, and 3 Day Events
❖ Veterans, Supports/Family Members
❖ Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI) and other Invisible Wounds of War
❖ Group Facilitated/Cost Effective
Equine Immersion Programs

❖ Model is horse based and client centered
❖ Theoretical Orientation is evidenced-based
❖ Sessions are best-practice
❖ Objectives and Outcomes are focused on symptom relief
❖ Ethical Standards and Scope of Practice are priorities
Why Equine Immersion Programs?

2 Primary Factors of PTSD

❖ Physiological Dysregulation
➢ Equines provide accurate and immediate biofeedback

❖ Social-Emotional Disconnection
➢ Immersion promotes reconnection
Barriers to Care

❖ Stigmas
❖ Separations
❖ “All Too Much” Obstacles
❖ Initiation Effort
❖ Sustained Effort
❖ Discontinuity
Developing Your Theoretical Orientation & Mission

❖ Know PTSD, TBI, MST
  ➢ DSM-V
  ➢ PCL 5-M (self screening checklist)
  ➢ LEC (Life Events Checklist)
  ➢ CAPS-5 (Clinician Admin. Scale)
  ➢ TRGI (Trauma Related Guilt Inv.)

❖ www.Homebase.org
  ➢ Free webinars/trainings for providers

❖ Research
  ➢ Horses and Humans Research Foundation
BEYOND PTSD

❖ Over 40% of those diagnosed with PTSD have guilt related to the trauma

❖ Guilt contributes the development of PTSD and promotes the maintenance of related mental health issues
  ➢ Moral Injury
  ➢ Soul Injury
  ➢ Survivor’s Guilt
  ➢ Hero Myths
EIP TEAM

CLIENTS

HORSE

LICENSED CLINICIAN

MILITARY ADVOCATE

FACILITY/OPERATIONS

EQUINE SPECIALIST
Diverse (human) Team

- Young - Experienced
- Female - Male
- Military - Civilian
- Clinical - Nonclinical
Military Cultural Competency

- Training Mandatory
- Do Not Need To Know It All
- Authenticity
Trauma Informed Care

- Psychoeducation
- Case Presentation/Role Play
- Teach Redirection
- Know Resources
- After Action Debrief
- Support Staff & Volunteers
  - Vicarious Trauma
  - Compassion Fatigue
HOW CAN EAATs Compliment and Collaborate with Current Evidenced Based PTSD Treatments
Understanding Treatment Modalities

❖ Evidenced Based/Best Practice
  ➢ PET- Prolonged Exposure Therapy
  ➢ CBT- Cognitive Behavioral Therapy
  ➢ CPT- Cognitive Processing Therapy
  ➢ DBT- Dialectical Behavior Therapy
  ➢ ARC- Attachment, Regulation, Competency
  ➢ Physiological- Resilient Warrior
  ➢ Virtual Reality Therapy
  ➢ Pharmacological
  ➢ EMDR
EIP PILLARS

HORSE

CLIENTS

HORSE

CONNECTION

COMPETENCE

CHOICE

CONTINUITY
CONNECTION

Whole Person
★ Physical, Emotional, Social, Spiritual + More
★ Grounded in Place and Time

❖ Self
❖ Others
❖ Animals
❖ Community

Attachment Theory- Bowlby, Ainsworth, Harlow, Lorenz
CHOOSE

- Riding
- Carriage Driving
- Groundwork
- Horse-Human Energy
- Vaulting
- Quilting
- Baking/Cooking
- Bonfire
- Singing Bowls
- R & R
“Nothing beats a failure but a TRY!”
“Driving is really about trust and I haven’t had that in a long time.”

“I have a voice with these horses- we are communicating”
“I felt beautiful and powerful”.

“No one is going to believe I did this. I didn’t know I still had it me”.

Vaulting
Hiking with Horses and Small Animals
Obstacle Courses with Minis
Horse and Human Energy

❖ Equine Massage
❖ Reiki
❖ Mindfulness
❖ Sensory Grounding
  ➢ Couples
  ➢ Battle Buddies

“My heart rate went from 103 to 72 and my SUDs 80 to 10! Better than any pill I have taken and I have taken a lot!”
Mindful Based Activity

10” x 10” Fabric Collage-
scraps of material are
designed based on
farm/animal photos

- Creative & Reflective
- Parallel Process- Social and
  Independent
- Tangible Anchor of farm
  experience
“I picked this picture because ‘I am alone, like this horse’... But then as I worked I thought, ‘No- it is better to be with your friends because they can help you if you need them.”
❖ Client Centered- Horse Based!
   ➢ Leading, Grooming
   ➢ Tacking/ Harnessing
   ➢ Feeding, Watering, Grazing
   ➢ Barn Chores

“Caring for the animals nurtured me in a surprising way I didn’t expect”

❖ Community Contribution
   ➢ Grilling/ Kitchen help
   ➢ Building Bonfire
Stay engaged

- Veteran Volunteer Corps
- Family/Caregiver lessons
- Monthly Coffee Night

Connect to After Care
Evaluate

❖ Qualitative Evals
  ➢ what did you like/what can we improve?

❖ Quantitative Evals
  ➢ Liker Scale (1-10)

❖ Pre- and Post- session evals to rate SUDs
  (subjective units of distress scale)
  ➢ Vital for Funding Sources
  ➢ Prove Efficacy (standardized)