



P.O. Box 33150  
 Denver, CO 80233  
[www.narha.org](http://www.narha.org)

For more information, contact:  
 Barbara Yost, Communications Coordinator  
 800-369-RIDE (7433)  
 byost@narha.org

## Healing from Trauma with the Help of Horses

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**Denver**—For the very first time, the Equine Facilitated Mental Health Association (EFMHA) and NARHA's Horses for Heroes will offer a combined pre-conference workshop in Fort Worth, Texas on November 17, 2009. Titled "Healing from Trauma with the Help of Horses," the workshop will be presented by Dr. Casey Taft, a professional from the National Center for Post Traumatic Stress Disorder. The workshop will cover how trauma affects the brain of a child and an adult, how the brain heals from trauma and how equine assisted activities can facilitate healing from trauma.

Casey T. Taft, PhD, is a staff psychologist at the Behavioral Science Division of the National Center for Post Traumatic Stress Disorder (PTSD) in the VA Boston Healthcare System. In addition he is an associate professor of psychiatry in the Boston University School of Medicine.

To learn more and to register for the EFMHA and Horses for Heroes pre-conference workshop on November 17 and the 2009 NARHA National Conference and Annual Meeting, November 18–21 in Fort Worth, Texas, visit the 2009 conference pages at [www.narha.org](http://www.narha.org)

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### About NARHA:

*NARHA was formed in 1969 to promote equine assisted activities and therapies for individuals with special needs. At over 700 member centers, a total of 42,000 children and adults find a sense of independence through involvement with horses. These member centers range from small, one-person programs to large operations with several certified instructors and licensed therapists. In addition to therapeutic equitation, a center may offer any number of equine assisted activities including hippotherapy, equine facilitated mental health, driving, interactive vaulting, trail riding, competition, ground work, or stable management. Through a wide variety of educational resources, the association helps individuals start and maintain successful equine assisted activities and therapies for individuals with special needs. There are more than 24,000 volunteers, 2000 instructors, 5,700 therapy horses and thousands of contributors from all over the world helping people at NARHA centers.*