“Riding horses is the highlight of my week... it’s what I look forward to doing.”

“The only time I don’t feel pain is when I’m riding in the saddle.”

— Chris Petrone
LSCW, Program Manager, Operation Iraqi Freedom, Veterans Administration, White City, OR
quoting two veterans

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EQUINE SERVICES FOR HEROES AT YOUR CENTER

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PATH International Equine Services for Heroes®
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PATH INTERNATIONAL
EQUINE SERVICES
FOR HEROES®

How your center can support our heroes through EAAT
ABOUT THE PROGRAM

PATH International Equine Services for Heroes® provides equine-assisted activities and therapies (EAAT) for wounded service personnel and veterans.

Since April 2007, more than 300 PATH International Member Centers offer these activities with meaningful and effective outcomes.

BENEFITS OF EAAT FOR VETERANS

EAAT has shown to be especially beneficial for those with the diagnosis of posttraumatic stress disorder (PTSD), traumatic brain injury (TBI) and many other physical, social, cognitive and emotional conditions.

PHYSICAL
Veterans with mobility impairments, including spinal cord injuries and amputations, and physiological dysregulation may benefit from the horse’s simulated gait, which improves balance, posture, core strength, flexibility and confidence.

SOCIAL
The equine environment provides a safe space for veterans to come together to share triumphs and challenges. Veterans often report feeling a loss of community after leaving the service so the opportunity to bond with fellow veterans, staff and volunteers, as well as the horses, breaks patterns of isolation and disconnection associated with trauma.

COGNITIVE
Order and direction required while learning proper horsemanship are familiar skills to veterans and military personnel. Focus, organization, reasoning and attention are applied during EAAT sessions.

EMOTIONAL
Bonding with a large animal can be emotionally satisfying and comforting. EAAT provides veterans with opportunities to learn and practice emotional regulation, distress tolerance and resilience. These new skills can lead to increased self-confidence and self-worth resulting in hope and healing.

To promote the healing and improvement of the physical, mental and psychological well-being of wounded military personnel and veterans.

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