**Background**

Equine-Assisted Psychotherapy (EAP) has impacts on:
- symptoms of trauma
- social functioning
- confidence
- self-esteem
- mindfulness practice
- communication
- impulse modification
- interpersonal boundaries
- detachment
- anxiety
- isolation

---

**Methods**

**Participants**

3 groups of 3-4 Veterans from Martinsburg VAMC PRRC

**Three 90-minute Sessions**

- Held at Project Horse Empowerment Center *
- Led by Licensed Clinical Social Worker and Certified Equine Specialists
- Used EAGALA’s (Equine-Assisted Growth and Learning Association) observational framework
- Activities addressed Veterans’ treatment goals.

**Measures**

Self-Efficacy & Generalized Anxiety Disorder pre-and-post each session

---

**Findings**

**Results**

- Generally Veterans reported an increase in self-esteem and decrease in anxiety in pre-to-post sessions. **
- Some Veteran Responses:
  
  *“I think the exercise we went over helped me throughout my life.”*
  
  *“The horses act just like me at times.”*

*NOTE: Due to the small number of participants, statistical results are not available.

* Due to COVID-19 pandemic most of the sessions were conducted virtually in which equine specialists served as Veterans’ proxies with the horses.

---

Melissa Herbert, LCSW