

**EQUINE  
IMMERSION  
PROGRAMS™**



**Tara Mahoney, LPC  
Geraldine Duncan**

**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 Faciltated/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](http://www.Homebase.org)**

- Free webinars/trainings for providers

## ❖ **Research**

- Horses and Humans Research Foundation



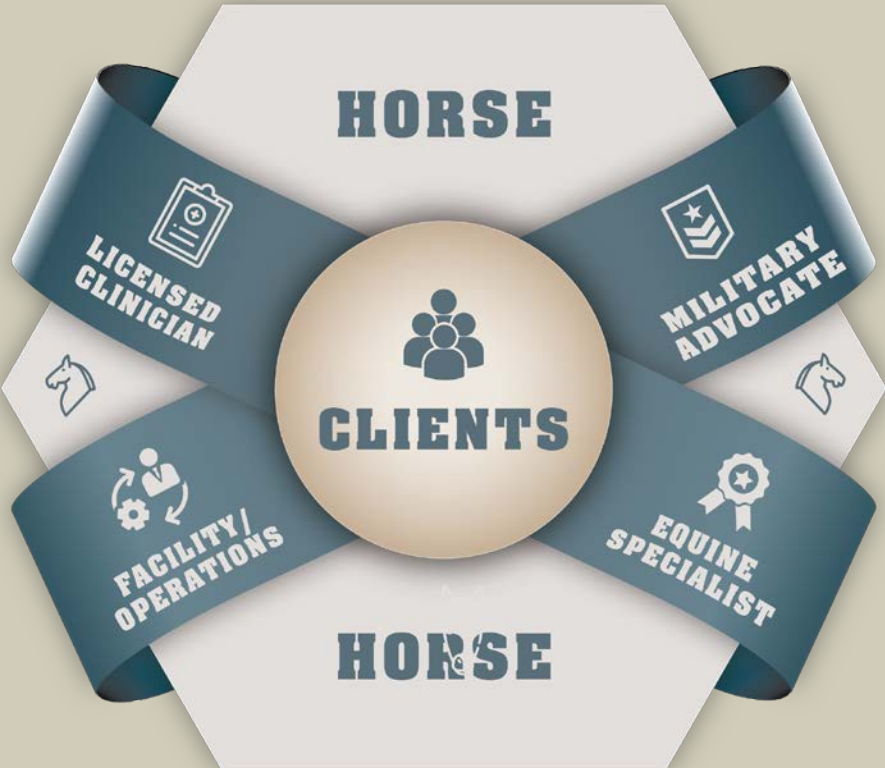


# BEYOND PTSD

- ❖ 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



# Diverse (human) Team



- ❖ Young - Experienced
- ❖ Female - Male
- ❖ Military - Civilian
- ❖ Clinical - Nonclinical

# Military Cultural Competency



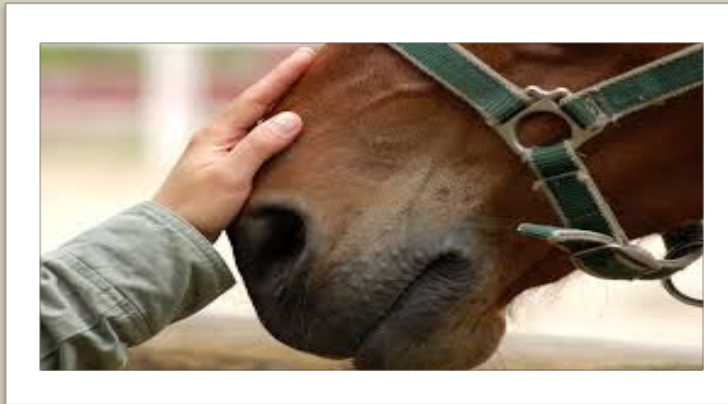
- ❖ Training Mandatory
- ❖ Do Not Need To Know It All
- ❖ Authenticity

# 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





# CONNECTION



## Whole Person

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

- ❖ Self
- ❖ Others
- ❖ Animals
- ❖ Community

Attachment Theory- Bowlby, Ainsworth, Harlow, Lorenz



# CHOICE



- ❖ Riding
- ❖ Carriage Driving
- ❖ Groundwork
- ❖ Horse-Human Energy
- ❖ Vaulting
- ❖ Quilting
- ❖ Baking/Cooking
- ❖ Bonfire
- ❖ Singing Bowls
- ❖ R & R

# EIP SESSIONS





# Riding

“Nothing beats a failure but a TRY!”





# Driving



“I have a voice with these horses- we are communicating”

“Driving is really about trust and I haven’t had that in a long time.”



“I felt beautiful and powerful”.



# Vaulting



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





# Groundwork



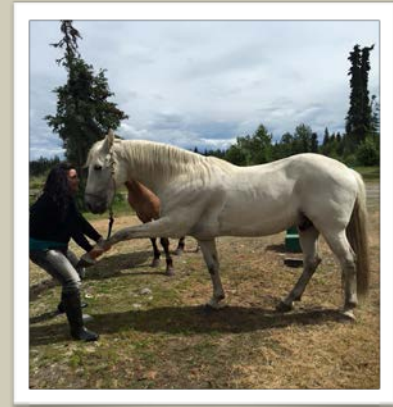
- ❖ Hiking with Horses and Small Animals
- ❖ Obstacle Courses with Minis



# 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



# Quilting





# Quilting



“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



# COMPETENCE



❖ Stay engaged

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

❖ Connect to After Care



# CONTINUITY



# 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)



# **EQUINE IMMERSION PROGRAMS™**



Tara Mahoney, LPC  
TMahoney.EIP@gmail.com  
Gerry Duncan  
GDuncan.EIP@gmail.com