



## Recommended Resources for Video: Equine Assisted Therapy for PTSD

Overview: Equine Assisted Therapy (EAP) or Horse Therapy is the practice of using contact with horses, riding, or in groups of vets and family members for therapeutic purposes. The bonding experience between horse and the veteran is complex, evidence-based, and powerful in the healing process.

Resources: <http://www.abilitymagazine.com/Equine-Therapy.html>

<http://herdbyahorse.com/benefits-of-equine-therapy/>

<http://www.everydayhealth.com/news/healing-power-horse-therapy-ptsd/>

<http://www.calicojunctionnewbeginningsranch.org/ptsd.html>

[http://journalstar.com/news/local/four-legged-therapist-making-a-difference/article\\_005be769-839f-5624-8f81-5376643f371e.html](http://journalstar.com/news/local/four-legged-therapist-making-a-difference/article_005be769-839f-5624-8f81-5376643f371e.html)

<http://www.pathintl.org/images/pdf/conferences/national/2014/handouts/Applying-Therapeutic-Principles-to-Equine-Assisted-Therapy-in-Military-Veterans-with-PTSD.pdf>

<http://www.eagala.org/sites/default/files/attachments/Reins%20of%20HOPE-1.pdf>

[http://www.montana.va.gov/features/Equine\\_Therapy\\_Program.asp](http://www.montana.va.gov/features/Equine_Therapy_Program.asp)

Videos: <https://www.youtube.com/watch?v=bNfRcBCs9aA>

<https://www.youtube.com/watch?v=2Onuikx9CEc>

<https://www.youtube.com/watch?v=Z7EedCwJ4ww>

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