

# Healing PTSD with Horses

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Equine-Assisted Therapy for Veterans & Their Families

by Elior, Poet of Quantum Storytelling

THE GOOD: What Horses Bring

1. Calms the Mind, Eases the Storm
2. Regulates the Body
3. Builds Trust & Presence
4. Non-Verbal Healing
5. Reconnects Families
6. Restores Purpose & Routine

THE CHALLENGES: What to Consider

1. Not One-Size-Fits-All
2. Horses Feel Trauma Too
3. May Trigger Old Wounds
4. Accessibility Issues
5. Complex Family Dynamics

GENERATIONAL INSIGHT: Baby Boomers to Gen Z

Baby Boomers: Stoic, war trauma, benefit from calm connection

Gen X: Silence carriers, value autonomy

Millennials: Therapy fluent, emotionally expressive

Gen Z: Digitally aware, crave authenticity and safe space

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Poetic Truth:

The horses have a PTSD look you can tell by their eyes. They are prey, just like us.

Learn More at: [www.PERView.org](http://www.PERView.org)

## ONE-PAGER ADDENDUM

Narrative Therapy + Equine Work at PERView

STAIR Narrative Therapy:

Skills Training in Affective and Interpersonal Regulation

- Emotional regulation
- Interpersonal connection
- Resilience
- Re-authoring trauma narrative

Equine-Assisted Coaching (EAGALA Model):

- Ground-based
- Reflective, experiential
- No riding; one client/family per session
- Trauma-informed facilitation

Synergy at PERView:

- Reclaims identity and agency
- Repairs family narrative
- Honors trauma timelines and generational voice

## **Healing PTSD with Horses**

Recommended Reading: Boje & Rosile Works

[Extensive reference list available upon request]