

# HEROES AND HORSES HEALING

"A Partner on the Journey"



## OUR MISSION

To provide an ongoing program of equine assisted psychotherapy for the mutual benefit of Veterans (including Active Duty) coping with PTSD, the families of Veterans, and Rescued Horses.

## OUR COMMITMENT

No Veteran shall ever pay a nickel to participate in our Equine Therapy Program

*Above: Rescue horses Paco and Cisco; Below: Justy; Teddy with volunteer and HHHvets graduate Ascencion L.*



## A Warm Welcome

Hello HHHvets Friends! We're excited to be back on the trail again as we have recently completed a 2 1/2 day retreat. This was our first overnight, all-female, veteran's therapy retreat where arena sessions were open to only women participants and women volunteers. This is something our founder and our Board of Directors have been wanting to do for a long time, to help make sure we offer a diverse range of veterans the opportunity to learn coping skills for living with PTSD.

Veterans go through an extensive vetting process prior to acceptance to ensure that every participant is likely to benefit from equine-assisted psychotherapy (EAP) and all will feel safe together.

The retreat took place at Cedar Crest Camp in Lyles, TN, thanks to the generous camp owners who offered the space at a discounted cost, provided nutritious meals and warm hospitality. Our participants were from a variety of backgrounds and brought along family members, including children.

Activities included equine assisted psychotherapy sessions alongside the horses and additional recreational activities for all to enjoy.

The veterans and their families were able to benefit from this weekend at absolutely no cost to them, made possible by individual and corporate donors.

EAP sessions are designed to partner a horse with a veteran, incorporating activities on the ground (no riding). This results in experiences that allow them to be present, open up, express themselves and take steps towards desired healing.

Sessions include and are followed by key processing moments with our Clinical Director. Horses were provided by River Edge Farm Horse Rescue and have all gone through thorough training to provide a safe experience for all.

We're pleased to report that we received very positive feedback from the participants, and look forward to continuing this experience at our next retreat and with a new set of veterans.



Above: Teddy the pony stands for the children's activity;  
Right: Justy the Mustang



### SPECIAL THANKS TO OUR PARTNERS



Russell Casteel  
Camp Director  
cedarcrestcamp.org



Jane McAllister  
Founder  
HHH Vets Dir. of  
Rescue Horse  
Operations

riveredgefarmhorserescue.org

### HOW YOU CAN HELP

We are a 501(c)3 not-for-profit organization that can always use donations or volunteer support.

[www.hhhvets.org/donate](http://www.hhhvets.org/donate)

**NEXT RETREAT:**  
November 11-13, 2022

2023 Retreats  
To Be Announced

### A Message from our Clinical Director - Dede Beasley, LPC

The September equine retreat was everything HHHvets could have imagined, probably for the team as much as the four women veterans who attended. Because veterans understand each other in a profound way, the group became trusting early on and there was a lot of vulnerability and courage both while paired with their horses and processing with each other.

PTSD is never a simple "one size fits all" experience. The time with the horses was intentionally individualized. Our equine professionals trained to work in our program were paired up with a veteran and their horses during the psychotherapy sessions.

The sessions with the horses allowed them to revisit and redefine for themselves...

1) their ability to find safety in experiencing and regulating their emotions

2) respect for their own decision making

(3) to find the freedom and relief that comes with breaking old relationship patterns

(4) to allow for self-compassion and understanding as a foundation for their PTSD and for a step into the future.

All of these things emerged because of our horses being present, clear communicators and the non-judgemental beings that they are. Each horse showed up being patient, offering appropriate feedback and ultimately a restorative experience.

The horse is a true partner in hearing the needs of our veterans.

**We appreciate your support!**

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