



Horse Power Equine Specialists



Equine Programs Director

Gayle Brittain, Rodeo Hall of Fame Inductee turned EAGALA Certified Equine Specialist

Pro-Rodeo Rookie of the Year, World All-Around Champion WPRA, and Rodeo Hall of Fame Inductee

gayle@hpequinetherapy.org



Veteran Coordinator

David W. Bettencourt, M.Ed. USAF Desert Storm veteran

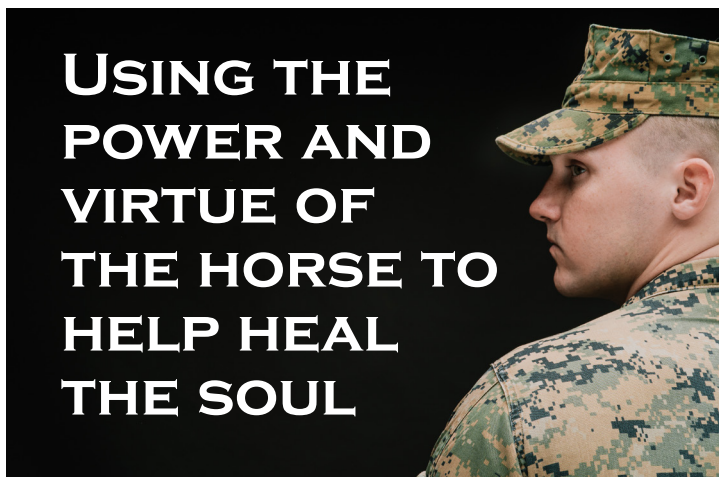
David is proud to have served his country in the United States Air Force during Dessert Storm. He was a member of Strategic Air Command, Carswell AFB.

david@hpequinetherapy.org
cell: 979-229-9935

Our Therapeutic Model

What does a therapy session look like?

Our model consists of a therapy team consisting of a licensed mental health professional, an equine specialist, and a horse. Our team works with individuals or groups to address treatment goals. The licensed mental health professional designs the treatment plan, incorporating both group and individual interventions. During therapy, the individual or group may set up activities that call for the individual or group to use specific skills with the aid of a horse. These activities ask the client or group to illustrate specific skills such as teamwork, creative problem solving, leadership, and verbal or nonverbal communication.



Horses that Heal

Horse Power Services Provided

- Veterans & Their Families
- Groups
- Horsmanship
- Specialized Clinics & Events
- Outpost Experience



Horse Power Equine Therapy, LLC
13744 Whitman Rd.
Brenham, Texas 77833
www.hpequinetherapy.com
(979) 353-1137





How Horses Help to Heal the Soul

Equine services provide emotional, cognitive, social and physical benefits for veterans. Veterans who have experienced equine assisted therapy have reported multiple benefits including: increased self-esteem, self-worth, trust for others and community integration. They also report decreased depression, anxiety, post-traumatic stress disorder attacks and self-inflicting thoughts.

Horse Power has programs for individuals or groups.

Individual

When an individual forms a bond with a horse in an equine therapy program, that animal has no preconceived notions or opinions about the individual. This provides an opportunity for the individual to understand how their behavior affects others and they learn skills involving self awareness, emotion regulation and interpersonal skills.

Family

Families often approach the horse and horse related activities much like they approach life. Family therapy utilizes specific horse activities, which leads to processing feelings, behaviors, observations, and helps with communication and to work through family issues.

Group

Equine Assisted Psychotherapy and learning for groups uses the nature and relationship with the horse(s) to bring out the clients natural patterns of relating, handling of new situations, and problem solving skills.

Call Today: (979) 353-1137

www.hpequinetherapy.com

Equine Assisted Psychotherapy (EAP)

EAP incorporates unmounted and mounted activities using therapy horses to help participants explore what therapy horses can help teach them about their own lives. Relationship and activities with the horse(s) helps to process thoughts, beliefs, and behaviors and facilitates emotional healing. This approach can be beneficial for individuals with various diagnoses including, but not limited to: anxiety disorders, autism, childhood neglect/abuse, conduct disorder, depression, grief, and loss, eating disorders and post-traumatic stress disorder. Equine-Assisted Psychotherapy is provided by a licensed social worker and/or Psy.D. Insurance may be billed as psychotherapy services.



Therapeutic Riding & Horsemanship

War stress injuries affect overwhelming numbers of military members and their families. For patients with trauma histories, equine therapy may be especially beneficial due to the relationship between oxytocin and PTSD symptoms. Oxytocin has demonstrated to modulate brain networks associated with increasing a person's sense of trust and optimism while decreasing adverse stress or fear responses. Research repeatedly suggests that oxytocin may play a crucial role for decreasing PTSD symptoms such as anxiety, hyperarousal, pain, sleep difficulties, interpersonal difficulties, and feelings of isolation (Olf et al., 2010; Zhu, X., et al., 2021).

Riding and horsemanship release oxytocin and activate the parts of the brain necessary for recovery from PTSD.



PTSD doesn't just affect the soldier, it affects his/her relationships and functioning in many ways. Horse Power Equine Therapy offers therapy for the entire family to help them heal and thrive.

