Hope's Chariot
Hero's Chariot

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Welcome to Hope's Chariot's Veteran focused Equine Therapy Program: Hero's Chariot. We are honored that you have trusted us to be a part of your healing journey. We are committed to providing you with a personalized, supportive, and caring program to help address any areas of concern including symptoms related to PTSD, depression, anxiety, relationships, work, and life adjustments. We believe in a team approach where your connections built with your horse(s) will be the main focus followed by the support of the Mental Health Therapist (MH) and Equine Specialist (ES).

Equine therapy is an experiential therapeutic approach. Activities in Equine Assisted Psychotherapy (EAP) will be done "on the ground". That means there is no riding during this treatment program. Activities may include grooming, observing, walking besides, creating metaphor or stories with your horse that represent areas you may be working on, or "just being" with your horse. Through collaboration with your therapist, you will work to develop goals that will create a framework to focus activities as well as track progress.

Why horses?

Horses are excellent at mirroring emotions. Because horses are prey and herd animals they are especially in tune with their surroundings and who is in their space. Horses sense a person's emotions and respond with immediate feedback. Work within this connection include trust, emotional regulation, boundaries, communication, problem solving, focus, and safety. Research has also shown that being in the presence of a horse has both physiological and psychological benefit. Horses have electromagnetic heart field 5x greater than humans. This means they can pick up emotions quickly and at greater range. We also pick up the horse's heart rate within its heart field. Once the connection is made cardiac coherence can occur which naturally lowers our heart rate to match that of our horse. (HeartMath Institute) The result is a feeling of calm and well-being.

Hero's Chariot is the veteran program under the non-profit, Hope's Chariot, Inc. These sessions are offered to the veteran with no charge.