

Back In The Saddle (BITS) SPOUSES

Equine Therapeutic Riding for Special Ops Spouses

Heartbeat Serving Wounded Warriors® is offering a 6-week program for 6 spouses working with horses.

Activities with horses can support nervous system regulation. We teach an internal location of control through teaching the humans self-regulation skills such as sensory awareness, grounding, distress tolerance, mindfulness, honoring yet containing emotions, self-soothing by using movement and rhythm with the horse, and self-compassion.

Points we cover with the horse and spouse:



Trauma awareness includes educating the spouse about:



The nervous system;



Survival responses;



Secure and insecure attachment; and



The link between trauma and mental health which helps normalize and validate your struggles with a spouse with PTSD.



Trauma Principles: In experiences with the horses our curriculum fosters safety, consent, choice, trust, collaboration, and compassion for both horse and human. This can help restore relationship elements that are missing as a result of traumatic experiences and create more positive ways of relating to a person with PTSD.

www.heartbeatforwarriors.org

Freedom!



For more information contact

Janice Buckley, Founder/President

Heartbeat Serving Wounded Warriors®

Cell: 425-931-1047

Email: Janice@heartbeatforwarriors.org