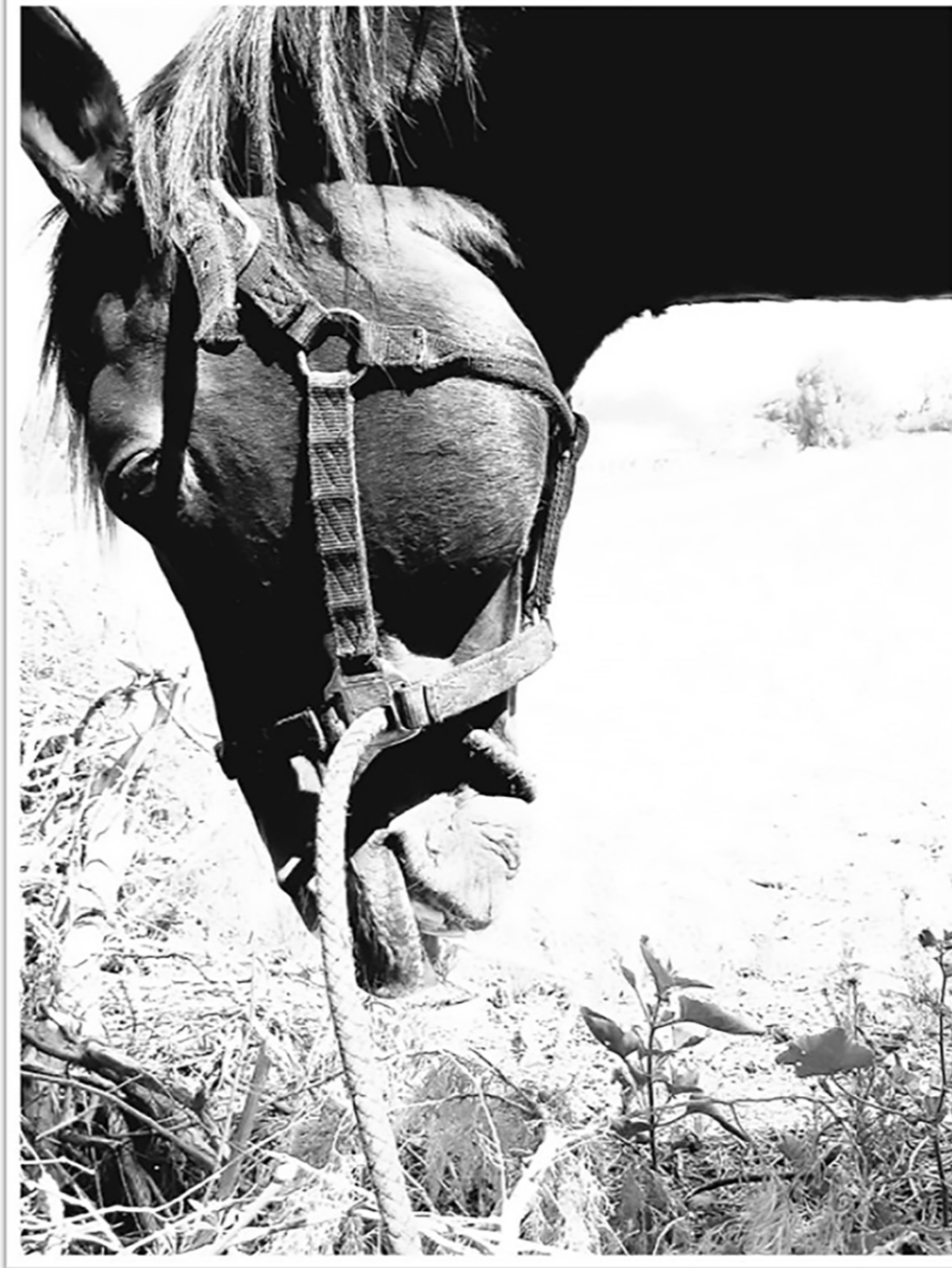


HORSES HEAL PTSD: WALKING NEW PATHS

Post Traumatic Stress Disorder (PTSD) is a complex condition to treat and heal. Individuals with PTSD experience intense psychological distress following a traumatic event. Symptoms include, but are not limited to, anxiety, hyper-arousal, depression, sleep problems, loss of social skills, emotional numbness and poor self-image.



To promote healing, individuals with PTSD require a combination of psychological treatments, pharmaceuticals and emotional therapy.

Through decades of work and research, Dr. Shkedi's aim has been to find the most effective way to use Equine Assisted Activities and Therapy (EAA/T) to treat those suffering from PTSD.



The EAA/T method is holistic and manages both the psychological and physical needs of sufferers. The human-horse bonding that occurs characteristically treats the whole person by taking into account social and behavioral factors, as well as PTSD.

EAA/T appears to be an excellent non-invasive intervention.

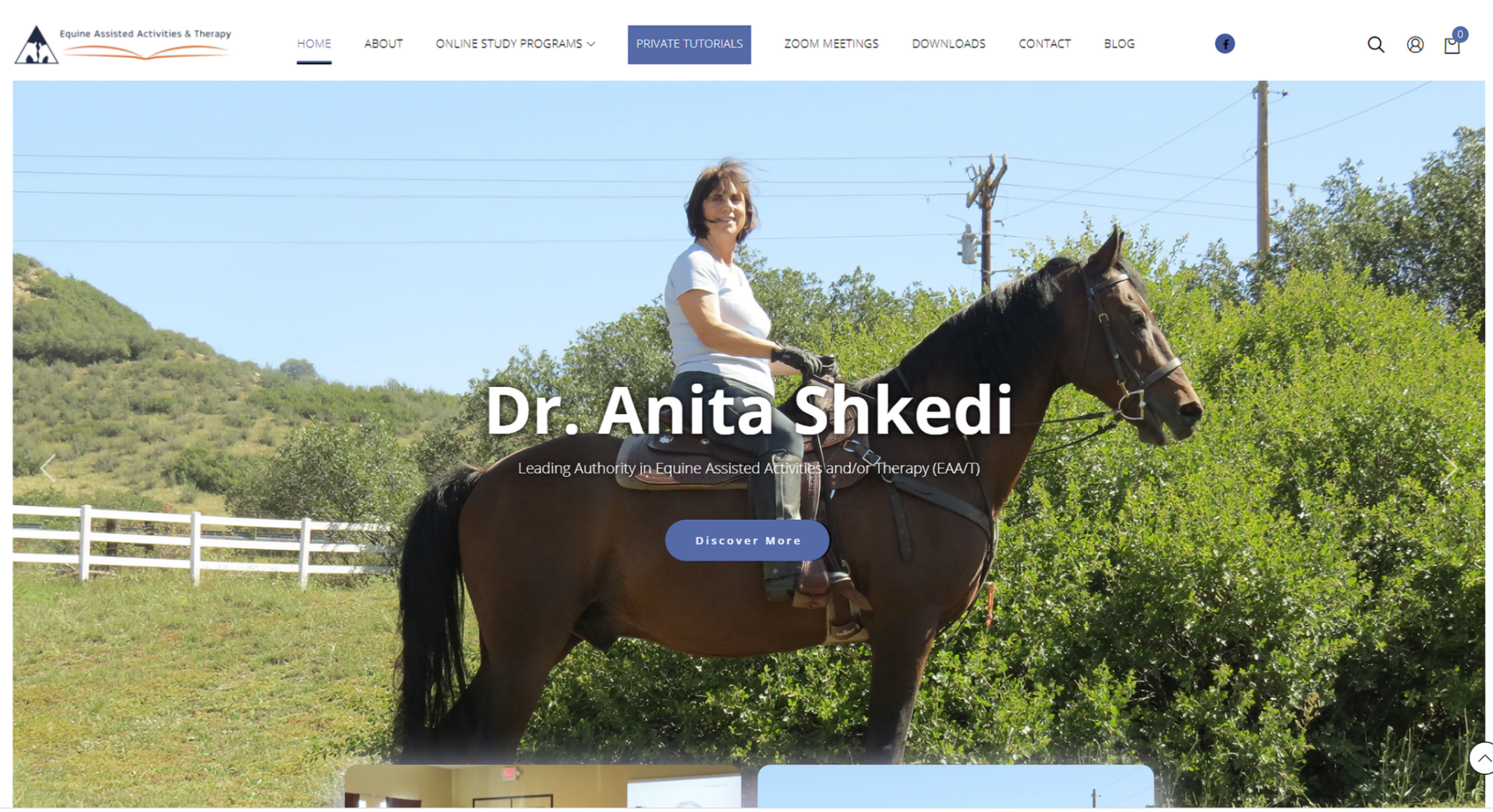
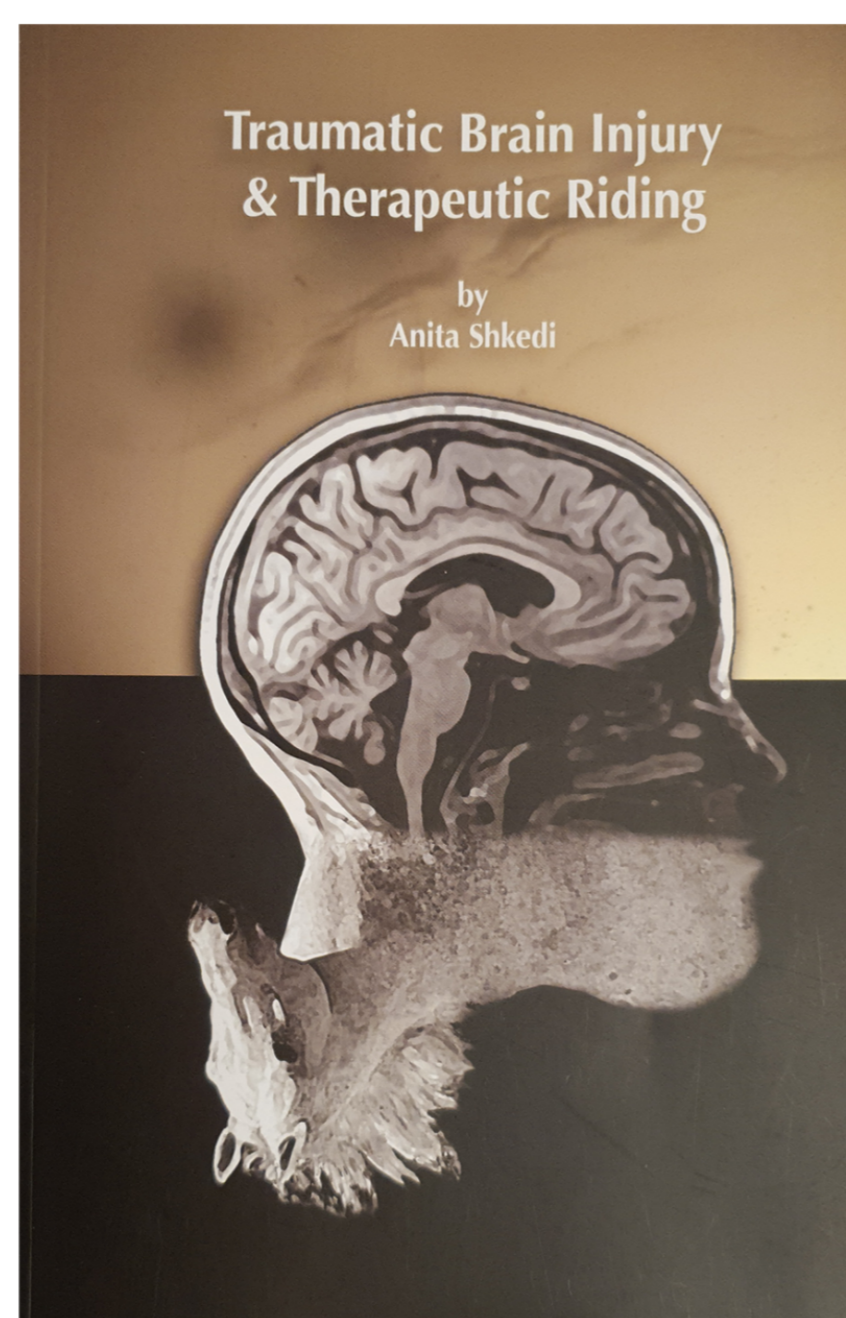
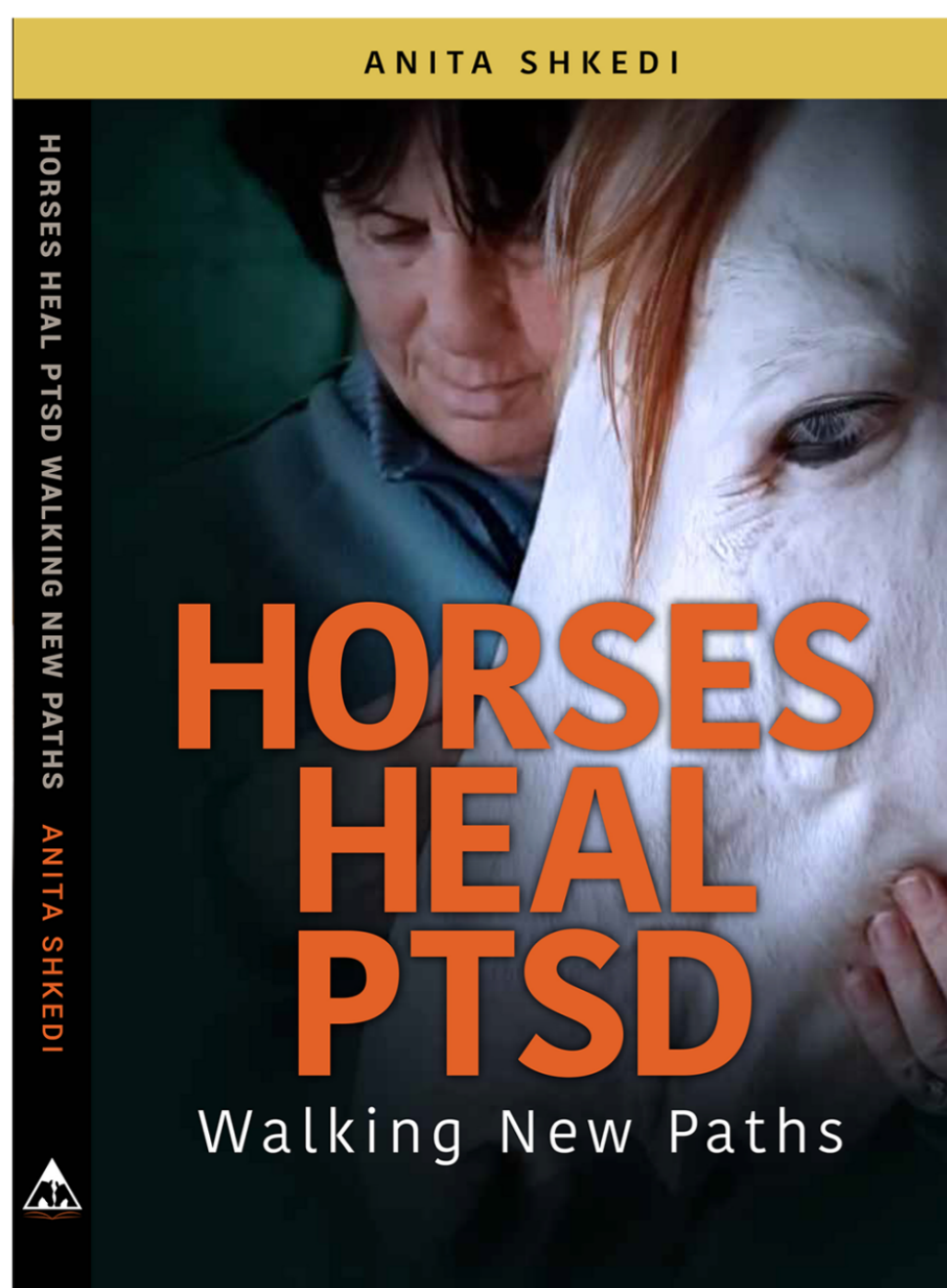


Through sessions that include groundwork and riding in a non-judgmental and non-threatening environment, it is possible to reach the core of the PTSD sufferer's problems. Being totally present "now", the horse responds quickly to the client's personality and symptomology.

While building new skills like horse care and management and horseback riding, negative emotions are replaced by trust, caring and commitment, opening doors to new emotions and feelings. This makes it possible for the client to navigate a social environment that includes family, friends and work.

Dr. Shkedi's findings have shown that there are no quick fixes for PTSD.

The only way to produce lasting results is to take a long-term holistic therapeutic approach that lasts for a minimum of two years.



Qualitative Pilot Results show (after 40 weeks):
Improvement in quality of life. Major decrease in depression.
Decrease in hyper-alertness and negative dreams.

anitashkedi.com

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