

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

## Warriors Bond and Experience Healing Properties of Equine Therapy

BASTROP, Texas, Oct. 9, 2018 [/PRNewswire/](#) -- Injured veterans recently participated in a Wounded Warrior Project® (WWP) equine therapy workshop. They learned foundational skills that foster healthy, trusting partnerships with horses. The workshop was designed to help warriors use what they learned to calm nerves, build shared trust, and develop rewarding interactions in their daily lives.

"I enjoy being around and working with horses, and always have," said Army veteran Timothy Callahan. "Just being around them is relaxing."

The workshop included time for small-group orientation and hands-on equine training – and connecting with other veterans. Warriors gained a deeper understanding of their own emotional states and energies during their equine sessions.

"This equine class is an awesome resource to help veterans," said Army veteran Ivory Brown. "The staff is amazing and truly want to help us. Finding this ranch and these individuals has truly changed my life for the better."

"We learned about touch therapy, where we walk around the horses and watch them for reactions and see them respond just to our touch," Timothy said. "Most of the warriors had very little horse experience, but each one of them walked into a small area, called a round pen, with the animal to build enough trust so that their horse follows them."

Activities like equine therapy and socializing with other veterans can [help injured warriors cope with stress](#) and emotional concerns. In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the injured warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues.

"This event is working miracles in people's lives by bringing broken hearts and souls together to mend," Ivory said.

"Wounded Warrior Project is a great resource that has helped me move beyond my own struggles," Timothy said. "They help and strengthen warriors. I'm a better person because I've learned to live life to the fullest."

WWP has been connecting, serving, and empowering wounded warriors for 15 years. To learn more, visit <http://newsroom.woundedwarriorproject.org>.

### About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more:

<http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2018-10-09-Warriors-Bond-and-Experience-Healing-Properties-of-Equine-Therapy>