Presentation Title: Benefits of Equine Assisted Psychotherapies in the Treatment of Posttraumatic Stress Disorder in Combat-Exposed Military and Veterans: A Literature Review

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**Abstract.** The Departments of Defense and Veterans Affairs recommend treating posttraumatic stress disorder with exposure-based therapies. These therapies focus on processing trauma, which is difficult for many and often fails to meet this populations immediate needs. Equine assisted psychotherapies are experiential therapies and focus on resolving current problems in the present, foster engagement in treatment, and reduce PTSD symptoms.

**Learning objectives**

Participants will be able to describe what is required to qualify as an EAP.

Participants will be exposed to possible explanations for why equine assisted psychotherapies work better than exposure-based treatments with some PTSD clients.

Participants will gain knowledge of how EAPs may positively impact client engagement and strengthen therapeutic relationships.

**Presentation Outline.** 1. Posttraumatic Stress Disorder 2. Empirically Supported Treatments 3. Problems with Empirically Supported Treatments 4. Equine Assisted Psychotherapy (EAP) 5. Benefits of using EAPs

**References**

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