

# PTSD Research Study

## Effectiveness of Equine Assisted Counseling to Reduce PTSD

(A doctoral student at University of North Texas wants to find alternative ways to reduce the symptoms of PTSD. This research study is for veterans with PTSD).



Photo Credit: PATH Intl



Research is always voluntary!

**Did you serve in Iraq or Afghanistan?**

**Do you experience:**

- Difficulty sleeping or nightmares?
- Anxiety, nervousness, or jumpiness?
- Problems in relationships?
- Avoidance of certain activities?
- Feelings of disinterest or detachment?

**Are you wanting to try an alternative therapy where you get to spend time with horses and be outside?**

**Possible Benefits of Equine Assisted Counseling:**

- More satisfaction with your life
- Improved relationships with family and friends
- Less bothered by PTSD symptoms

**This service is provided free of charge and includes payment for participation dependent upon length of participation.**

**To take part in the equine assisted counseling research study or for more information, please contact Hallie Sheade (Equine Connection Counseling, PLLC) at 682-334-3784.**

The principal researcher for this study is Dr. Cynthia Chandler at University of North Texas.

This study has been approved by the University of North Texas Institutional Review Board.