

# **EAGALA & RESTORYING for Veterans and their Families**



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For EAGALA Conference

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See <http://peaceaware.com>



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# Pick a material object

Please take your time and choose one that you resonate with, that speaks to you



# RESEARCH:

## Evaluation Study of Equine Restorying Random-Control-Trials design for Post-Deployment Veterans and Families



# PARTICIPANT OBJECTIVES

- 1 Identify ways to maximize # of alternative stories through restorying methods
2. Observe & apply storytelling process using sandtrays
3. Externalizing problems as characters

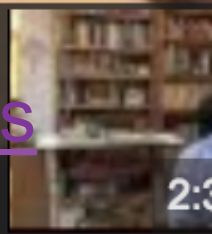
# PARTICIPANT OBJECTIVES

4. Identify “little wow moments” that open restorying possibilities
5. Apply 7 steps of ‘restorying’
6. Watch video examples of ‘restorying’ approach combining equine & sandtray

# 3 Minutes on Veterans Project



<https://www.youtube.com/watch?v=uh3ED76wxjs>



# Embodied Horse Sense At Work



CLICK FOR YOUTUBE

<https://www.youtube.com/watch?v=JrxXkyMB4vA>

# Key Equine Experiences:

- 1 Veterans learn to read body language
- 2 Bella & veteran story
- 3 Ben walks out as veteran approaches
- 4 Veteran says why horse doesn't want to leave stall



# Veterans and their Family Members



# **EMBODIED EXERCISES**

**Why? Veterans can be disembodied**

**Image Theater: embodied non-verbal communication, story frame-by-frame**

**Discuss in pairs: equine-human responses to each others' body language**

# 7 Embodied Restorying Steps

**1. Characterize**

**2. Externalize**

**3. Sympathize**

**4. Revise**

**5. Strategize**

**6. Restory**

**7. Publicize**

# Embodied Restorying Process (ERP) SANDTRAY WORK

OBJECTIVE:  
Apply 7 steps of 'restorying'



[YouTube of ERP with formerly homeless veterans](#)

# OBJECTIVE:

Externalizing problems as characters

Watch video segment

Give 3 Carlos' examples of externalizing  
the problem as the problem  
(not person as problem)

[YouTube of ERP with formerly homeless veterans](#)

# **OBJECTIVE:** Observe Video & apply storytelling process using sandtrays

[YouTube of ERP with formerly homeless veterans](#)

IN PAIRS:

Give two examples in SYKES video of characterizing



## Why suicides among veterans may be preventable



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# Veteran Suicides

22 a day

8030 each year

56,210 in 7 years

More suicides than combat death

In Pairs: Discuss reasons



# One Minute Intro to Veterans' Theater Project



Professor David Boje  
New Mexico State University

<https://www.youtube.com/watch?v=uh3ED76wxjs>



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1 in 4 Homeless are  
VETERANS

49,933 Vets  
HOMELESS in USA

**PeaceAware.com**  
**Veterans' Theater**

Just in Pheonix 40  
vets died waiting  
for VA medical  
appointments

19,500 Vets died  
waiting for VA  
appointments in  
USA

**WHO HAS PTSD?**

- 7.7 million Americans
- 31% Vietnam Vets
- 20% Iraq Vets
- 11% Afghanistan Vets
- 10% Gulf War Vets

**Vet SUICIDES**

- 22 a day
- 8030 a year
- 56,210 in 7 years
- More than in Iraq  
+Afghanistan combat  
deaths

**Table 14. Percentage of Participants Experiencing Sexual Harassment While in the Service by a Current Mental Health Condition.**

Current Condition	Experience Sexual Harassment	Did Not Experience Sexual Harassment
PTSD	32.7%	9.4%
Depression	39.1%	22.6%
Anxiety	39.0%	20.2%
Sleep Disorder	35.7%	21.9%
Substance Abuse	6.8%	2.0%

**Table 13. Length of Service and Sexual Harassment Experience.**

Years of Service	0-2 Years	2-4 Years	4-6 Years	6-10 Years	10+ Years
Percent Reporting Sexual Harassment	47.1%	57.3%	62.3%	66.4%	63.9%

# Research Design

	Year 1 LUBBOCK		Year 2 Fort Bliss		Year 3 Holloman AFB		Year 4 Writing
Target Enrollment (per quarter)	Q1 & Q2 8 trials LUBBOCK – new subjects	Q3 & Q4 8 trials – LUBBOCK - new subjects	Q1 & Q2 8 trials – FB – new subjects	Q3 & Q4 8 trials – FB – new subjects	Q1 & Q2 8 trials – HAFB - new subjects	Q3 & Q4 8 trials – HAFB -new subjects	Q1 & Q2
Control	12	12	12	12	12	12	Data
Equine	12	12	12	12	12	12	Analysis and
Restorying	12	12	12	12	12	12	Final Report
Both Equine/ Restorying	12	12	12	12	12	12	Writing
<b>Target Enrollment (Cumulative)</b>	<b>48</b>	<b>96</b>	<b>144</b>	<b>192</b>	<b>240</b>	<b>288</b>	

72 Service Members & Families in control group; 72 in Equine treatment; 72 in Restorying; 72 Both Equine & Restorying; 96 Service Members and Families at LUBBOCK; 96 at FB; 96 at HAFB; Total of 288 Service Members, 288 Spouse/ Partner; approximately 400 children between 8 and 18; Grand Total 976 individuals

# Thank you!

[HTTP://PEACEAWARE.COM/EAGLE](http://peaceaware.com/eagle)

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