EAGALA & RESTORYING for Veterans and their Families

David M. Boje & Grace Ann Rosile
New Mexico State University

For EAGALA Conference

March 2015
See http://peaceaware.com
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
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

https://www.youtube.com/watch?v=uh3ED76wxjs
WHO HAS PTSD?
- 7.7 million Americans
- 31% Vietnam Vets
- 20% Iraq Vets
- 11% Afghanistan Vets
- 10% Gulf War Vets

1 in 4 Homeless are VETERANS

49,933 Vets HOMELESS in USA

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

19,500 Vets died waiting for VA appointments in USA

Just in Phoenix 40 vets died waiting for VA medical appointments

PeaceAware.com
Veterans’ Theater
Table 14. Percentage of Participants Experiencing Sexual Harassment While in the Service by a Current Mental Health Condition.

<table>
<thead>
<tr>
<th>Current Condition</th>
<th>Experience Sexual Harassment</th>
<th>Did Not Experience Sexual Harassment</th>
</tr>
</thead>
<tbody>
<tr>
<td>PTSD</td>
<td>32.7%</td>
<td>9.4%</td>
</tr>
<tr>
<td>Depression</td>
<td>39.1%</td>
<td>22.6%</td>
</tr>
<tr>
<td>Anxiety</td>
<td>39.0%</td>
<td>20.2%</td>
</tr>
<tr>
<td>Sleep Disorder</td>
<td>35.7%</td>
<td>21.9%</td>
</tr>
<tr>
<td>Substance Abuse</td>
<td>6.8%</td>
<td>2.0%</td>
</tr>
<tr>
<td>Years of Service</td>
<td>0-2 Years</td>
<td>2-4 Years</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------</td>
<td>-----------</td>
</tr>
<tr>
<td>Percent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reporting Sexual</td>
<td>47.1%</td>
<td>57.3%</td>
</tr>
<tr>
<td>Harassment</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Research Design

<table>
<thead>
<tr>
<th>Target Enrollment (per quarter)</th>
<th>Year 1 LUBBOCK</th>
<th>Year 2 Fort Bliss</th>
<th>Year 3 Holloman AFB</th>
<th>Year 4 Writing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Equine</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Restorying</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Both Equine/Restorying</td>
<td>12</td>
<td>12</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Target Enrollment (Cumulative)</td>
<td>48</td>
<td>96</td>
<td>144</td>
<td>192</td>
</tr>
<tr>
<td></td>
<td>240</td>
<td>288</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

DAVID M. BOJE, PH.D.
GRACE ANN ROSILE, PH.D.
CERTIFIED EAGALA DESIGNATED MILITARY SERVICES SPECIALISTS

4700 DUNN DRIVE, LAS CRUCES
NEW MEXICO 88011
575-646-1201

EMAIL: DBOJE@NMSU.EDU OR GAROSILE@NMSU.EDU