OUR PROGRAM MODELS

REBOOT: A PTSD TREATMENT FACILITY FOR VETERANS
A LIFE-RESTORING PTSD RECOVERY PROGRAM

Our USA Re-Boot Resort is a weeklong, intensive treatment program that uses proven and evidence-based methods to treat those with post-traumatic stress disorder (PTSD) and related conditions. Treatment, food and lodging are provided to soldiers and veterans at no cost.

Our treatment program is available to anyone suffering from symptoms of PTSD. Children, at-risk teens, military veterans and other adults with PTSD and related conditions are given the opportunity to “re-boot” psychologically. They also learn tools to sustain their improvement after returning home.
OUR PROGRAM MODELS

Brainwave Optimization

Community Resiliency Model (CRM)

Equine Assisted Psychotherapy (EAP)

Eye Movement Desensitization and Reprocessing (EMDR)

Combination Integrated Breathing and Movement (IBAM)
More than 122,000 people worldwide have had this non-invasive, computer-guided brainwave optimization technique.

A trained technologist places read-only sensors on the scalp and records brainwave activity as EEG signals. These signals are sent to proprietary software that converts them to music-like tones the client hears through ear buds. When the brain hears impaired brainwave activity, it begins adjusting the brainwaves to be more balanced. During our one-week retreat, each participant has seven brainwave optimization sessions, which last 90 minutes each.
By optimizing our brain, we optimize our entire life.

Lee Gerdes
Our equine sessions are all facilitated by certified mental health professionals and Equine Specialists from Eagala, who help clients and horses interact. There is no horseback riding – rather, clients and horses interact on equal footing.

Horses are excellent for therapy because they read and react to nonverbal messages we send. Clients find that horses provide immediate feedback because they respond differently when we change ourselves. Our participants have strong and very positive outcomes from equine-assisted work.
I have had many ‘talk therapies’ in my life, but this was totally different and very powerful – I could step away from my usual intellectualizing and just be.

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An EAGALA Client on Why it Works
COMMUNITY RESILIENCY MODEL (CRM)

This skills-based stabilization program helps reset the nervous system’s natural balance. We work with Trauma Resource Institute experts who teach our participants about their own nervous system and help them identify sensations related to their well-being.

During our one-week program, a client has five hour-long CRM group training sessions. On the final day, “Graduation Day,” family and other support persons attend a 90-minute summary training where they learn how to support their loved ones when back home.
“Peace came to my heart... the joy of living came back to my life.”

A CRM Client from Ivory Coast
EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences.

Repeated studies show that by using EMDR therapy people can experience the benefits of psychotherapy that once took years to make a difference. It is widely assumed that severe emotional pain requires a long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma as fast as the body recovers from physical trauma.
Changing the memories that form the way we see ourselves also changes the way we view others. Therefore, our relationships, job performance, what we are willing to do or are able to resist, all move in a positive direction.

Francine Shapiro, Ph.D.
We include mindfulness, breathing techniques and meditation in forms that include tai chi, qigong and yoga. A recent study of veterans shows mindfulness training changed veterans’ brains in ways that may help them “turn off” an endless loop of horrible memories.

Other studies show breathing exercises and yoga are very beneficial to anxiety from PTSD and other symptoms. Clients in our program do two 60-minute group classes each day for a total of 12 hours of exercise and breathing therapy.
Every change of mental state is reflected first in the breath and then in the body.

Deepak Chopra
Executive Director Johnny Urrutia has worked one-on-one with sufferers struggling with PTSD. When he combined equine therapy with several other successful treatment models, he found that this work is “the most wonderful, powerful thing I’ve ever seen.”
HOW EFFECTIVE IS THIS TREATMENT?

Our treatment program has consistently proven very successful in improving the quality of our clients’ lives. On average, participants report a 70 percent improvement rate in their psychological wellbeing after completing our one-week retreat, and no one has ever reported less than a 40 percent improvement.

Because our participants and their support persons are trained in a Community Resiliency Model that helps after they return home, improvement is sustained over the long term.
WE ARE RESTORING LIVES

A PROGRAM THAT WORKS

With treatments from USA Re-Boot Resort – and some help from our four-legged equine friends – men, women and children find peace and again have hope. They are able to enjoy satisfying relationships and healthy lives.
THANK YOU SO MUCH!

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