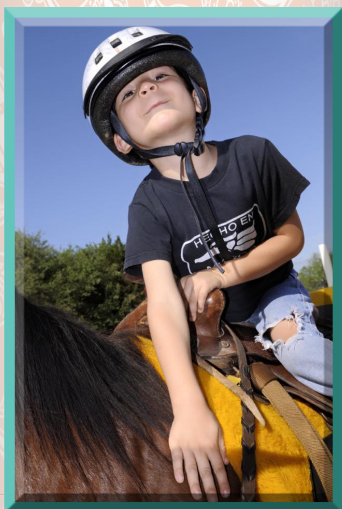


# TRIPLE H EQUITHERAPY CENTER

**WHERE HORSE POWER  
HEALS**



## OUR THERAPISTS LIVE IN A BARN

**THEY ENGAGE THE BODY,  
MIND & HEART**



In partnership with horses, Triple H Equitherapy Center improves the health and quality of life for individuals with physical and mental challenges. "Equitherapy" uses the unique qualities of the horse to meet the special needs of individuals.

### **Our services include:**

- therapeutic horsemanship,
- therapeutic horseback riding,
- equine-assisted learning activities, and
- equine-facilitated psychotherapy.

### **Clients include people with a wide array of special needs:**

- children as young as 3 years old,
- at-risk youth who have been abused or neglected,
- adults, including seniors with no upper age limit, and
- wounded Veterans of all eras.

Our healing herd of specially trained horses may be the most powerful physicians many people with special needs will meet. As prey animals, horses rely on their heightened senses for survival.

Being in a constant state of awareness, horses provide non-verbal feedback with no ulterior motives. They mirror what a person is projecting physically and emotionally. Horses allow people to feel known, accepted, and understood.

# CORE PROGRAMS

## CHANGE LIVES



**Horse Powered Programs offer many therapeutic benefits, and they are fun!** In an atmosphere of unconditional love and acceptance, our equine therapists empower people to overcome fear, explore abilities, develop skills, and move from dependence to independence.

**Hooves, Hearts & Heroes** benefits students enrolled in Life Skills classes in area schools. In addition to therapeutic horseback riding, equine-facilitated learning activities complement the academic objectives set by the students' teachers.

**Riding to Independence** serves children and adults who struggle with a wide variety of physical, cognitive, and emotional challenges. While learning to ride, they work on individual therapy goals. Some become independent riders.

**From Fear to Responsibility** provides equine-facilitated psychotherapy for children ages 6 to 17. Their corrosive life experiences have triggered behavioral and mental disorders, often requiring residential placement or judicial intervention. The therapeutic team includes a licensed psychotherapist who helps young people learn to relate to themselves and the world around them in healthy ways.

**Horse Power for Veterans** helps them overcome the debilitating effects of mental health issues such as PTSD and traumatic brain injury. As they learn to communicate with their horses, Veterans acquire relationship building skills that support reintegration into family and civilian life. Veterans become more confident in interpersonal relationships and develop skills to deal with common stumbling blocks in human relationships.

## TRIPLE H

### A SPECIAL PLACE



Triple H is a premier therapeutic horsemanship center accredited by the Professional Association of Therapeutic Horsemanship, International (PATH, Intl.). As such, it meets the highest industry standards for safety and professionalism.

We serve residents of Bandera, Bexar, Comal, Kendall, Kerr, and Medina counties. Each year approximately 1,400 people benefit from our educational and therapeutic services.

The life-blood of our organization is a dedicated corps of 125 volunteers who provide over 6,200 volunteer service hours each year.

Triple H is a 501(c)(3) nonprofit charity. Donations are tax-exempt within the extent of the law. Out of every dollar, 94 cents goes to direct client services.

Since 1995, Triple H has contributed to a stronger community by improving the health and quality of life for people with special needs through the wonder of horses and dedicated people.



## TRIPLE H

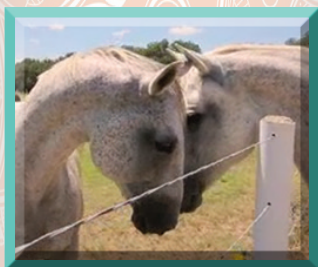
### TESTIMONIALS

**You Will Often  
Have Heard That  
Horses Have Healing  
Energies.  
The Beauty Is  
You Don't Have  
To Ride Them  
Or Even Touch  
Them. Just Be Near  
Them & They Will  
Reach Out To You.**

"We work with some of the most difficult kids in Texas...they have one thing in common, which is a prominent history of trauma. We have looked for various modalities to address trauma issues... equine therapy works well with residents who are resistant to other forms of therapy. It would probably take months or even years to accomplish the same goals through traditional therapy. I feel strongly that these lessons improve their quality of life and relationships and provide them with skills to overcome the most difficult challenges."

*Zvonka Vukmirovic, Ph.D.LPCS, Clinical Director,  
Hector Garza RTC*





"I want to personally thank each of you for a life-changing program. I feel so blessed to be a part of this. Grateful for the experience and guidance you have given. I have been treated so well. I feel a strong desire to 'give back' to such an influential experience. Money can't buy the experience I have had here. Thanks from the bottom of my heart."

*Ken, a veteran with PTSD*



"When Toler gives a directive to the horse and the horse responds, I can see the light in my boy's eyes, realizing that he has the power to convey his thoughts and desires. This has translated now to his communications with family, teachers, and therapists. It has been a wonderful thing to behold. Triple H has been a blessing to my family."

*The dad of a 7-year-old who was completely non-verbal before equithérapie*



*Contact us to find out how you can be a part of Triple H's healing herd as a sustaining donor, program volunteer, or ambassador of goodwill.*



**TRIPLE H EQUITHERAPY**  
WHERE HORSE POWER HEALS

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[www.triple-h.org](http://www.triple-h.org)  
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