



# MAN O' WAR PROJECT

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IMPLEMENTING THE MAN O' WAR MANUALIZED TREATMENT PROTOCOL

# SPEAKERS

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## **Debra G. Farber, LPC**

Ms. Farber is a Licensed Professional Counselor in the state of New Jersey and a National Certified Counselor. She has a Master's in Communication and Information Studies and a Master's in Counseling. Her counseling skills have been utilized to assist domestic violence victims in a shelter setting and in the community; domestic violence abusers seeking treatment voluntarily and those mandated by the court; assessing the needs of individuals in a private psychiatric hospital setting; community counseling office practice setting for individuals experiencing a variety of mental health issues (depression, anxiety, mood disorders, adjustment disorders, etc.).

## **Jody Jacob-McVey, PCC**

Jody is a certified professional coach, an entrepreneur and a life-long student of equine behavior. Jody's company, EquiSense Solutions llc, partners with other purpose-driven organizations to provide life changing programs for those who need them most. Her relationship with the Columbia University research team and the Man O' War Project is a perfect example. Jody's passion these days is to create and provide opportunities for as many people around the world, to work powerfully with horses, in service of creating a more healthy, diverse, equitable and inclusive world.

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# MAN O' WAR PROTOCOL OVERVIEW

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- Group experiential treatment
- Treatment team: 1 licensed mental health professional and 1 equine behavior specialist; a horse handler (“wrangler”) added for an extra level of safety.
- 8 weeks in duration, 1x per week, 90-minute sessions
- 4-6 participants with PTSD diagnosis
- 2 (or more) horses
- Round pen – size of space, privacy, weather considered
- Meeting area – clients’ paperwork, and gathering place prior to and post each session

# HUMAN TREATMENT TEAM MEMBERS

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- Licensed mental health professional
  - Preferred Experience: Trauma, veteran culture, equine therapy practice, working in a team approach
- Equine Specialist
  - Preferred Experience: Avid student of horse behavior, equine care and management, group facilitation with equine experience, trauma informed, veteran culture
- Wrangler (optional)
  - Preferred Experience: knowledge of the individual horses, high regard for safety, ability to work in a team and be directed by the ES. (a “silent” partner)

# EQUINE TREATMENT TEAM MEMBERS

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- Valued members of the team
- Physically and emotionally fit
- Contrasting:
  - Low/high energy; boundaries, expressions, close/standoff
  - Different sizes, personalities, colors, temperament, boundaries
  - Relationship to other horses in the session
- Day job:
  - Available for 8 weeks
  - Work stress
- Plan to support
  - Adjustments to work schedule
  - Pre-Session routine if needed



# A TYPICAL SESSION

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- Mental health professional (MHP) greets and escorts participant to the round pen
- Equine specialist, wrangler and horses in the round pen before participants arrive
- Check-in and grounding exercise
- ES previews Agenda for the session
- Meet and greet the horses
- Session activities
- Closing circle and snapshot of next weeks' activities

Version 5: 11/8/2016

Outline for Session 5

**Equipment needed:** Grooming bucket/hoop pick for Grooming  
Wand for fly fishing, Send away, Join-up

1. Opening circle (10 minutes)
  - a. MHP: Greeting, introductions as necessary
  - b. MHP: Reactions from previous session
  - c. ES: Set agenda
  - d. MHP: Grounding exercise
2. Horse greeting/grooming (10 minutes)
3. Fly fishing (10 minutes)
4. Wand walking (10 minutes)
  - a. ES: Explain and demonstrate
5. Send away (15 minutes)
6. Join-up 1 (20 minutes)
  - a. ES: Explain and demonstrate
  - b. ES: Direct all four participants
7. Closing circle (15 minutes)
  - a. Review activities
  - b. Check-in, process thoughts, feelings
  - c. Begin conversation about termination
  - d. Agenda for next week

# CONSIDERATIONS OF WORKING AS A TEAM

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- Relationship
- Communication
- Connection
- Practice
- Debrief and Reflect

# PARTICIPANTS

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- Veterans aged 18-70+
- Diagnosis of moderate to severe PTSD
- Mixed age/service/gender groups
- ~40% women
- The traumatic event did NOT have to be suffered during military service



# SESSIONS OVERVIEW

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- Session 1: Different than all other sessions
- Sessions 2-4: Gradual progression
- Sessions 5-8: Introduce more... interaction, contact, at-liberty activities
- Session 8: Graduation and honoring the horses

# “THE TOUR”

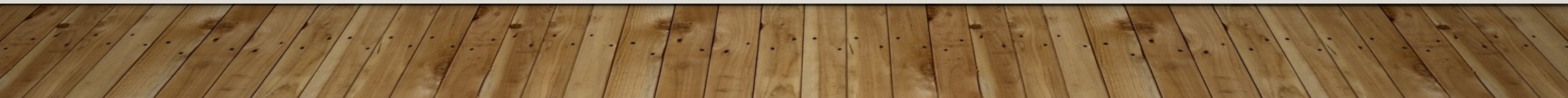
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**QUIET PLEASE!  
OUR INDOOR RING  
IS CLOSED**

December 10, 2012  
9:00am - 1:00pm

*Thank you for your cooperation*



# “OBSTACLE COURSE”

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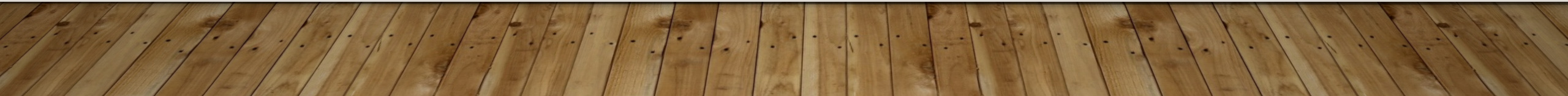
# TARP / JOIN-UP

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# WHAT'S IT LIKE TO BE IN A RESEARCH PROJECT?

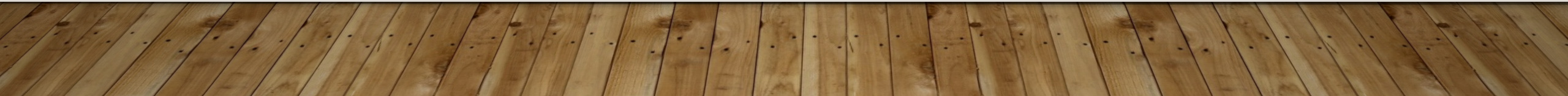
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# MARCH IN VETERANS' DAY PARADE

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# RESOURCES

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- Prudence Fisher, PhD    [info@mowproject.org](mailto:info@mowproject.org)    †
- Debra G. Farber, LPC    [debragfarber@yahoo.com](mailto:debragfarber@yahoo.com)
- Jody Jacob-McVey    [jody@equisense.org](mailto:jody@equisense.org)

Special acknowledgements:

Our veteran participants

Our horses

Entire research team, especially Ari Lowell

Ambassador Earle I. Mack

Anna Gassib, Bergen Equestrian Center

Bonnie Malajian and April Neumann,

Treatment Team 2