

1. Discuss the questions.

- Are you an animal lover?
- Are you scared of any animals?
- Have you had any pets in your life? What can they teach us?
- Are you more of a dog person or a cat person?
- In what ways do animals help people?

2. In a moment, you will watch a short video. Look at the photos below connected with the video. What do you think the video will be about?

3. Match words and phrases below to their definitions.

equine veteran heal herd combat PTSD (post-traumatic stress disorder)

- a) mental health condition that is triggered by a terrifying event = **PTSD**
- b) a large group of animals of the same type that live and move about together = **herd**
- c) someone who has been in the armed forces during a war = **veteran**
- d) to become well again, especially after an injury = **heal**
- e) related to horses = **equine**
- f) a fight, especially during a war = **combat**

4. Watch [the video](http://bit.ly/TherapyforVeterans) [http://bit.ly/TherapyforVeterans] and answer the question below.

- What does equine therapy for veterans involve?

5. Watch the video again and answer the following questions.

- a) How many times more sensitive are horses than people?
They are around 30 times more sensitive than people.
- b) What can veterans learn thanks to equine therapy?
Techniques and skills they can use to function in society.
- c) How many veterans have come through the program?
130 veterans
- d) What's the minimum number of sessions in the equine therapy program?
10 sessions
- e) What happens to a horse which is isolated from its herd?
Its mental and physical condition worsens and this may even lead to death.

6. Match the halves to create phrases.

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|-----------------------------|-----------------------------|
| a) to suffer 5 | 1) approach |
| b) a success 4 | 2) tendency to do something |
| c) a holistic 1 | 3) apart |
| d) a devastating 6 | 4) rate |
| e) to tear someone 3 | 5) traumas |
| f) have a 2 | 6) effect |

7. Choose 3 phrases from the previous exercise and write sentences with them.

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8. Discuss statements below. Do you agree or disagree with them? Why?
Use the words from this lesson given below.

equine heal combat veteran PTSD
suffer traumas success rate holistic approach
devastating effect tear someone apart have a tendency to do sth

- All veterans should be sent to such equine therapies when they return from war missions.
- If equine therapy works for veterans suffering traumas, it should be funded by the government.
- Governments don't help their soldiers well enough to re-enter society after they finish their military service.
- Animal-assisted therapies should be prescribed by doctors for various medical conditions.
- Animals provide companionship and give people emotional support that may be more beneficial than support from people.
- We should focus more on a holistic approach to healing than just on medication.