

To whom it may concern:

I have been with [redacted] for 10 years and have worked through many rough times with him due to his PTSD. It was not only a learning process for him, but for me as well.

Until he started working with John and the horses in the Equestrian Therapy/Cowboy Up program though, I didn't see him thoroughly enjoy and look forward to anything like he does this program. He is always happy when he comes home, explaining the therapy to me and how it ties in with PTSD and dealing with people. Most people would not understand the importance of this – it's huge! Trust is a major stressor for [redacted] – even with me at times. He is increasingly calmer, takes more time to listen instead of reacting, and I feel has a new inner peace. Of course it is an ongoing process, with some steps backward, then working to gain back the ground he's lost.

I feel this is the best gift these vets could be given and hope their trust continues to be strengthened through this particular program.

Sincerely,