

Harnessing the Horses for the Mission

Strengthening Mental Resilience through Horses

About the Initiative

The events of October 7 and the war that has followed have left Israeli society wounded - physically, emotionally, and mentally. Families who lost loved ones, soldiers still in service, mothers raising their children alone, young people trying to feel safe again - and many others coping with trauma, anxiety, and loss.

Bucephalus, together with the Emek Therapeutic Riding Association, established *Harnessing the Horses for the Mission* - a unique therapeutic program that builds resilience through horses and offers support to anyone in crisis, including those who receive no official recognition or assistance from the state.

Program Goals

- **Immediate Accessibility without Bureaucratic Barriers** - The program is open to anyone in need of emotional or psychological support - with no requirement for official recognition or prior diagnosis. This means that even those who the state cannot help can still receive vital emotional care.
- **The Horse as a Partner in the Healing Process** - Through therapeutic riding methods, participants practice leadership, balance, and control of movement. Direct interaction with the horse strengthens emotional regulation, self-confidence, and reconnection with body and mind.
- **Professional Treatment for Trauma and PTSD** - Participants are accompanied by professionals specializing in trauma and post-trauma (PTSD). Each program is individually designed to meet the participant's needs, ensuring a meaningful and effective healing process.
- **Developing the Field of Horse-assisted Therapy** - We conduct professional training, workshops, and seminars to deepen knowledge in the field, improve standards of professionalism, and ensure the growth of a new generation of skilled therapists.

The Power of Your Contribution

Your support enables us to expand the program and reach more people in emotional distress. It funds individual treatments, workshops, and professional training, and it opens the door for those who cannot access help through state channels.

In practice, your contribution allows participants to engage in groundwork with horses - learning to identify emotions and build trust, take part in open discussions for emotional processing and support, and experience empowerment through the horse's authentic feedback. This process restores confidence, strength, and the ability to grow.

Donations also help us maintain high professional standards, provide quality equipment for both horses and participants, and ensure long-term accessibility and reliability.

Every contribution adds another layer in building personal and social resilience in Israel.



Mission Statement

Harnessing the Horses for the Mission aims to support every individual dealing with emotional or psychological distress, including trauma, anxiety, and loss.

Through therapeutic riding and groundwork with horses, guided by professionals in a tailored program, we help people regain stability, trust, confidence - and the strength to rebuild their lives.

Our mission is to create an accessible and safe space where anyone in need of support can receive meaningful and professional care. At the same time, we are committed to developing the field of therapy with horses in Israel through training, workshops, and strengthening professional standards - ensuring a strong and lasting foundation for generations to come.

Vision

Turn the horses into a bridge of healing, connection, and renewal for individuals and communities - ensuring that every person in need receives professional and meaningful support, while positioning Israel as a global leader in horse-assisted therapy, a place of hope, stability, and human resilience.



About Us

Timna Ben, founder of Bucephalus, is a therapeutic riding instructor with over 15 years of experience. She holds a BA in Psychology and an MA in Education. Timna is also a certified personal coach and an emotional therapist. In addition, she lectures and trains practitioners in therapeutic riding courses.

The Emek Therapeutic Riding Association is a long-established and leading riding center with over 30 years of experience. It is recognized as an authorized provider by the Ministry of Defense and delivers professional treatment for diverse populations, including those coping with trauma and anxiety.



Your Contribution in Numbers

Every donation, big or small, plays a vital role in achieving healing and emotional growth. Here are examples of how your support directly supports treatments:

- ₪250 - Funds a personalized one-on-one session, offering immediate relief and empowerment.
- ₪2,000 - Covers a full eight-session personal program, helping participants strengthen resilience, build stability, practice emotional regulation, and gain practical tools to rebuild their lives.
- ₪990 - Funds a full group session led by professional therapists, where participants work together through trauma, anxiety, and loss, while strengthening emotional resilience.
- ₪17,000 - Provides a full scholarship for a student in the Therapeutic Riding Instructor Course.

Any amount you choose to contribute will help us achieve our mission and reach more people in need of emotional and psychological support.

Join Us

Together we can provide support for those in emotional distress and strengthen the resilience of the Israeli society.

- Donations are managed in cooperation with the Emek Therapeutic Riding Association, a recognized and supervised organization.
- Donations are tax-deductible in Israel under Section 46.
- The organization holds a valid Certificate of Proper Management, and donors receive an official receipt and confirmation for tax purposes.