

The Global Gallop

A publication by The Federation of Horses in Education and Therapy International AISBL

Equine Assisted Palliative care

International Events

EAS National Qualification

July Issue 2023





**The Federation of Horses in Therapy and Education International A.I.S.B.L.
Established in 1974.**

XVII International Congress Budapest, Hungary

18 - 22 June 2024

**Organised by the Hungarian Riding for the Disabled
Federation**

(Magyar Lovasterápia Szövetség)



✉ office@hetifederation.org

🌐 www.hetifederation.org

📍 28 Willow Vale, Ballybrack, Co. Dublin, Ireland

📘 www.facebook.com/HETIFederation

About us



With members in over 45 countries worldwide, the Federation of Horses in Education and Therapy International AISBL (HETI) is a not-for-profit organization established in 1974.

HETI aims to facilitate the worldwide collaboration and connections between service providers working alongside equines, within the fields of, for instance:

- Mental health
- Physical health
- Social Care
- Education
- Personal development
- Wellbeing
- Social Inclusion

and whose objectives are philanthropic, scientific and educational.

HETI have held 17 International Triennial Scientific and Educational Congresses and has a peer-reviewed journal HETI Journal: International Research and Practice with an archive containing over 20 years of publications

The views expressed in the articles in the Global Gallop reflect the author(s) opinions and are not necessarily the views of the HETI Federation and editor. The published material, adverts, editorials and all other content is published in a good faith.

The Global Gallop Magazine cannot guarantee and accepts no liability for any loss or damage of any kind caused by any errors made or the accuracy of claims made by the advertisers. In this magazine, you might find links to the websites of our members, third-party content and advertising. HETI cannot be held responsible and shall not be liable for the content of other websites, advertisements and other resources.

We are always open to hearing your feedback, suggestions, ideas or comments.

Please email us at office@hetifederation.org.



OFFICE@HETIFEDERATION.ORG



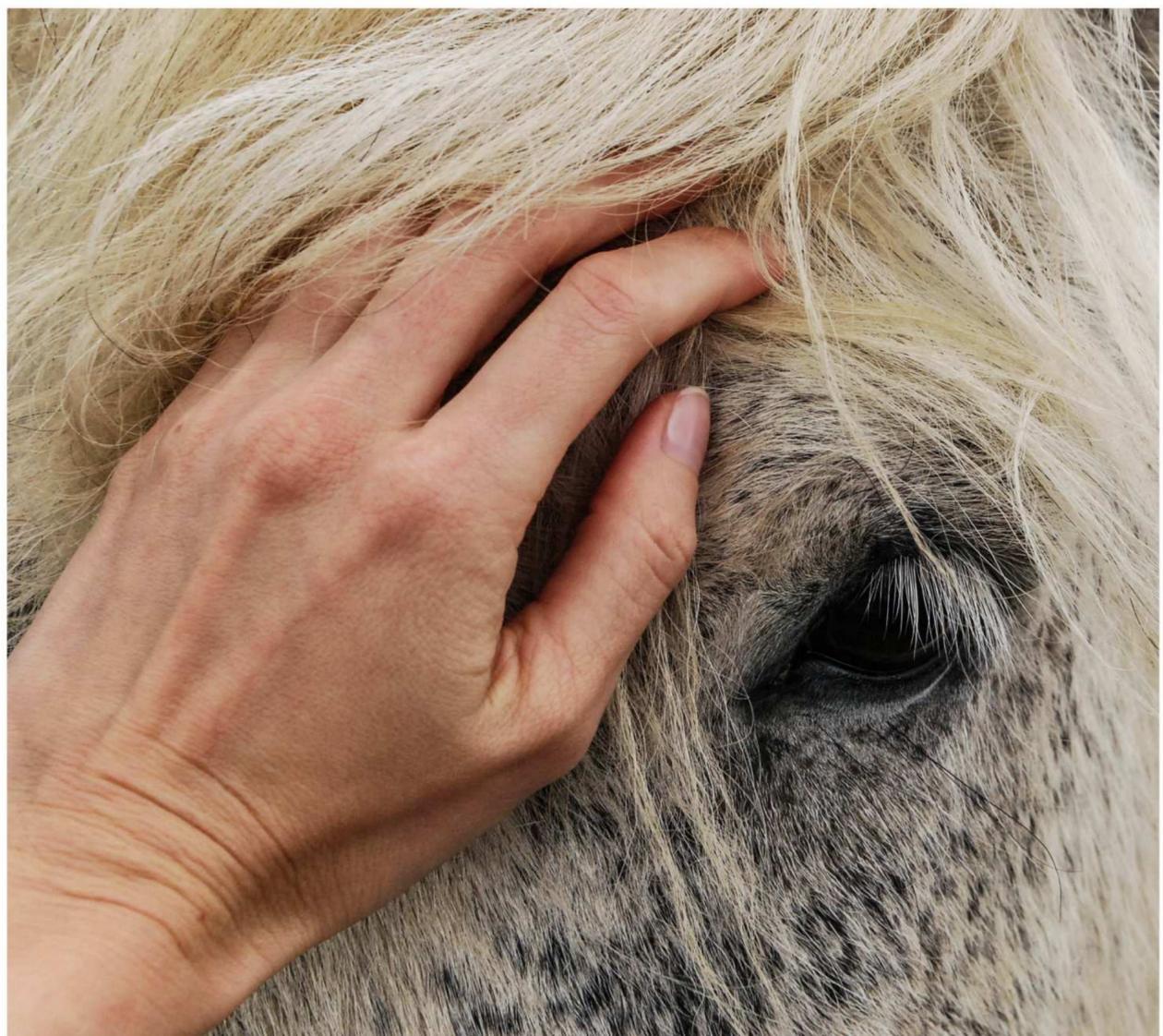
WWW.HETIFEDERATION.ORG



WWW.FACEBOOK.COM/HETIFEDERATION/



WWW.INSTAGRAM.COM/HETIFEDERATION/



A Letter from HETI President

Dear HETI Members and Friends of HETI,

As the President of the Federation of Horses in Education and Therapy International (HETI), I want to extend warm greetings to each of you. As we come together through the pages of *The Global Gallop*, I am filled with a sense of awe for the incredible work that our members are doing around the world.

At HETI, our primary goal is to promote the use of equine-assisted services for the betterment of human health and well-being. Through our collective efforts, we strive to enhance the quality of life for individuals of all ages and abilities, harnessing the remarkable connection between humans and horses. It is through sharing knowledge and fostering collaboration that we can truly make a difference.

In this issue, I am delighted to highlight a remarkable feature article that sheds light on equine-assisted Palliative Care for children at the Lichtblickhof in Vienna. The compassionate work being carried out there serves as a testament to the transformative power of equine-assisted therapy in supporting children and their families during challenging times. It is a reminder of the profound impact our field can have in providing comfort, solace, and a sense of connection to those in need.

As you peruse the pages of *The Global Gallop*, I encourage you to explore our member news section, where you will find exciting updates from around the globe. From Brazil to the United Arab Emirates, from the United Kingdom to South Africa, Croatia, Colombia, and France, our members are engaged in innovative projects, groundbreaking research, and noteworthy collaborations.

In addition to the feature articles and member news, this issue also offers a variety of thought-provoking articles, insightful interviews, and practical resources that will further enrich your knowledge and practice. Whether you are a seasoned professional, a student eager to learn, or simply someone interested in the field of equine-assisted services, I am confident that this edition of *The Global Gallop* will provide you with valuable insights and inspiration.

As we continue to champion the benefits of equine-assisted services, let us remember that our work goes beyond individual programs or initiatives. Together, we form a global community that is dedicated to transforming lives and nurturing a deeper understanding of the human-horse connection. I encourage you to reach out, collaborate, and engage with fellow HETI members.

Thank you for your continued commitment and interest. Let us ride forward, embracing the opportunities that lie ahead.

Warm regards,

Gisela Heimsath-Rhodes
President, HETI



A Letter from HETI Executive Secretary

Dear HETI members and friends of HETI,

Welcome to the July issue of The Global Gallop! It has been a very busy 6 months for the HETI office. I travelled to the UK in March to celebrate the 1st EAS forum hosted by HEIR UK. I then had the privilege of presenting at the HETI(UK) Forum in HorseWorld Trust in May. This very exciting event brought UK-based HETI members to one place for a day of sharing, learning and collaboration. You can read more about it in this issue.



This issue is packed full of great articles from all over the world. All of which show the great impact Equine Assisted Services have globally. It is truly inspiring to see the various modalities that incorporate horses. From palliative care to interactive vaulting to therapeutic riding and many more, there are SO many benefits to working with our equine partners. It is also fantastic to see a greater focus on Equine Welfare and an awareness of choice for equines.

We really hope you enjoy this issue of The Global Gallop. As always, please reach out to the contributors, share ideas and collaborate. There is power in connection.

If you have any feedback, would like to submit an article to our next issue or have any questions, please don't hesitate to get in touch with the office - office@hetifederation.org.

Kind Regards,

Kirstin O'Neill
HETI Executive Director/Secretary



CONTENTS

01

Lichtblickhof share about the amazing work they're doing in Equine Palliative Care.

05

Developers of the new Equine Assisted Services Qualification in the UK share about the course

08

HETI Update on our Educational Webinars

10

Member news -This issue hears news from members in Brazil, Croatia, United Arab Emirates, South Africa and the U.K

27

International Events - Hear reports about events from all over the world.

38

Research Corner - Learn about HETI's Research Committee and their goals for HETI.



Only those who learn to move the light, can conquer the shadow

Equine-assisted Palliative Care for Children and Families

Submitted by Anna Naber
Clinical Psychologist & Equo-therapist
Lichtblickhof



Image credit: Julia Salzer

The e.motion Lichtblickhof in Vienna, Austria, offers Equo-therapie(1) and is a place to recharge batteries that accompanies children and their families who are affected by progressive illness, disabilities, trauma and severe strokes of fate. The heart of Lichtblickhof are its therapy horses. Approximately 350 children and youth receive their weekly equine-assisted therapy. Families, who don't have much time left, can regain new strength with the horses and, together, create memories that last. Within sight of the horse paddock, we have a house in which three apartments offer a temporary home for families with terminally ill children.

If from a medical point of view there is no

longer a chance of healing and the last phase of palliative care follows, it is extremely important for families to experience beautiful, happy moments and participate in LIFE for the remaining time, in addition to relieving pain and hardship. A stay at the children's hospice is intended to enable families to have

I can't do it anymore. I say. valuable experiences and
Come on. Says the horse. revitalizing phases of
I'll carry you for so long. relaxation, when time
Until your strength awakens again. together becomes the most precious gift.

The WHO focuses with its definition of Palliative Care on the improved quality of life for everyone involved. They define Palliative Care as "an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness, through the prevention and relief of



Image credit: Lichtblickhof

suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial, and spiritual.”(2)

In this phase, everyone involved is exposed to a great deal of stress, as many current papers show. But they also show the improvement in quality of life and the life-prolonging help that palliative care can provide(3). It can be implied that equine-assisted interventions can be used very effectively in palliative care. Some children still love to ride, but many are in a hospital bed that has access to all the paddocks, riding hall and stables and enjoy the company of a horse that stands with them. The horses adapt very intensively to the children, breathe with them, snort and sometimes cannot be swayed from this "protective" role.

Humans in grief experience loneliness and feel that they are shunned. They fall

into a “circle of isolation and fear” which alienates them from the world. The “call for loving support”(4) which is mostly ignored by the environment, can be taken up by the therapy horses and therapists, especially through their holding and containing qualities (5) (Bowlby 2016, Fonagy 2015): Overpowering and bewildering feelings can be absorbed by them and given back in a modified way after internalizing them. Families get support to digest these unbearable feelings and experience constancy in times when ego strength is low.

Terminally or severely ill children (and their families) go through a rollercoaster of emotions. Even at a young age, they ask themselves many questions,

I'm not like the others. I say. And neither like you. Where do I belong? The horse looks at me. We are all different. And that's what we have in common.

“What happens to me?”, “Why me?”, “What’s next?”.

They experience that adults are "just hypocrites" because “they don’t have answers and can't save you.” “Nobody can help me!” They feel excluded, lonely and different from others. “Nothing is normal anymore!”. They lose their dignity and self-esteem bit by bit. They often experience a loss of language and motor skills.

With their countless characteristics and skills, horses are irreplaceable therapy animals in palliative care. Their incredible ability for non-verbal communication offers a relationship without words and a community and herd against isolation. They support the experience of self-efficacy to counteract the feeling of helplessness. They exemplify being in the here and now

and experiencing the moment with full presence, which is especially important when the remaining time varies greatly in duration. These strong, powerful animals endure all pain and despair and give pride and dignity – against the injustice of life.



Image credit: Lichtblickhof

Horses touch more than our skin- they touch our whole body and our soul! They even touch our heart and, in the relationship work with horses, even the heartbeats synchronize (6). They help with tensing and relaxing the body. They reflect the mood of clients. They give motivation for therapy and the courage to make changes. They provide an opportunity to form new skills and try out new ways to feel and express oneself.

The mother-baby-interaction is the basis

**I touch the horse. It is big. Brown.
And it shines in the sun. I feel.
how it breathes. It is so warm. And
pretty. Strong. And yet so gentle.
At this moment. I feel. THAT I AM.**



Image credit: Lichtblickhof

for our emotional and social development (7). Basal is very important to all of us, so it is also effective in dealing with a fear of death and farewell. Animals stay in the here and now and help to overcome too much thinking.

There is always something devastating about incurable diagnoses. They leave deep wounds in the identity and self-perception of those affected. Children often have traumatic experiences during hospital stays, because dying always causes panic and is deeply ashamed. Shame is not a good companion for these weeks, months, but also years. That horses WOULD oppose these experiences is irreplaceable and unique as a therapeutic effect. Because there is always something, where animals help children back to life.

They show us and encourage us, that only those who learn to move the light, can conquer the shadow.

For more information about this amazing organisation, visit:
<https://lichtblickhof.at/en/>



Image credit: Julia Salzer

References

- Hediger, K. & Zink, R. (2017). *Pferdegestützte Traumatherapie*, 1st ed.; Ernst Reinhardt Verlag: München.
- Zink, R. (2006). Equotherapie – Therapie mit Pferden. Aus dem Alltag eines Therapiepferdes. *mitSPRACHE* Fachzeitschrift für Sprachheilpädagogik, 4, 15-26.
- Zink, R. (2008). Evaluation of non-verbal communication patterns between horses and humans. *Scientific and Educational Journal of Therapeutic Riding*. FRDI (Federation of Riding for the Disabled International): Nunawading, Victoria, Australia, 2-8.
- Zink, R. & Deimel, R. (2019). Snapshot eight: Horses touch more than our skin: An example of equine-assisted palliative care. In: *Handbook on animal-assisted therapy. Foundations and Guidelines for animal-assisted intervention*, 5th ed.; Fine A.H., Ed.; Academic Press: Pomona, CA, US, 2019; 446-448.
- World Health Organization (2002). *National Cancer Control Programmes. Politics and managerial guidelines*. 2nd ed. Geneva: World Health Organization, 2022.
- Sitte, T. & Thöns, M. (2010): Sterbehilfe. *Palliativmedizin verlängert das Leben!* *Deutsches Ärzteblatt* 107(41): A-1984 / B-1731 / C-1704.
- Kast, V. (1994): *Sich einlassen und loslassen. Neue Lebensmöglichkeiten bei Trauer und Trennung*. 5. Aufl. Freiburg i. Breisgau: Herder.
- Bowlby, J. (1979). *The making and breaking of affectional bonds*. London: Tavistock.
- Bion, W. R. (1962). *Learning from experience*. London: Heinemann.
- Winnicott, D. (1960). The theory of the parent-child relationship, *Int. J. Psychoanal.*, 41:585-595.
- Naber, A.; Kreuzer, L.; Zink, R.; Millesi, E.; Palme, R.; Hediger, K. & Glenk, L.M. (2018). Heart rate, heart rate variability and salivary cortisol as indicators of arousal and synchrony in clients with intellectual disability, horses and therapists during equine-assisted interventions. *Pet Behaviour Science*, 7, 17-23. doi: 10.21071/pbs.v0i7.11801
- Gansterer, U.-D. (2011). *Equotherapie und Mentalisierung. Analogien frühkindlicher und equotherapeutischer nonverbaler Interaktionsprozesse*. Diplomarbeit an der Universität Wien.

Equine Charities collaborate to launch a new National Qualification: Level 3 Diploma in Equine Assisted Services

Article submitted by Harriet Laurie (TheHorseCourse), Petra Ingram (HorseWorld Trust), Loes Koorenhof (Equilore) and Hannah Burgon (Sirona Therapeutic Horsemanship)



Image credit: TheHorseCourse

TheHorseCourse, HorseWorld Trust, Sirona Therapeutic Horsemanship and Equilore, who are all members of The Human Equine Interaction Register (HEIR UK), have collaborated to develop an Ofqual regulated Level 3 Diploma in unmounted equine assisted service (EAS).

The Diploma, a Level 3 Award, is an open access qualification aimed at individuals who are already working or intending to work as facilitators or coaches in the specialised field of equine assisted services (EAS). The Diploma course, which

can be accessed through OCN London, aims to ensure all facilitators of equine assisted services have the required level of horsemanship and other skills to carry out the role safely and effectively in the unmounted area of this expanding sector. This will qualify them to work with "moderate wellbeing needs" - covering a broad range of service users with non-medical needs such as resilience skills, thinking skills and re-engagement. With units covering horse care and welfare, service user care and welfare, scope of practice, coaching and horsemanship

(including natural horsemanship), governance and the basics of running a centre (whether as a business or a charity) - this qualification could also cover the missing areas for professionals in mental health, education, social work or other therapies to demonstrate sufficient horse-related skills for the sector.

TheHorseCourse is already taking the first cohort through the qualification and hopes to support other organisations to deliver this diploma across the UK. The goal of the participating charities was to create a credible qualification which becomes accessible and affordable through wide adoption. For this reason all the teaching and assessment materials will be shared with other centres once they are vetted by OCN London as appropriate to deliver the qualification.

HorseWorld Trust CEO, Petra Ingram said “Through our HEIR UK membership we have been able to collaborate with other service providers to put in place a ground-breaking recognised national qualification which will provide a solid foundation for anyone wanting to work in the unmounted area of EAS practice.



Image credit: Horseworld Trust

HorseWorld are extremely proud to become a Training Centre offering places to people wanting to study for this qualification working alongside our HorseWorld Discovery Programme team.”

Harriet Laurie, CEO TheHorseCourse said “Despite the fact that all the collaborating charities are running very different EAS programmes, we have worked together to create the first methodology-free qualification for the EAS sector. The



Image credit: Sirona Therapeutic Horsemanship

Diploma is the equivalent to an entry level teaching qualification or a BHS Stage 3 Coach and offers a comprehensive EAS qualification which will set up facilitators working in unmounted EAS practice with a safe, ethical and effective practice.

If appropriate, learners can choose follow on qualifications which are available in any number of specific EAS methodologies from providers across the UK.

Dr Hannah Burgon, CEO at Sirona says “this new qualification is an important step for the field of equine-assisted interactions in providing a comprehensive

foundation in the work, covering equine knowledge as well as legislation, safeguarding clients and health and safety. As it is not linked to any specific equine-assisted models, students can gain this initial Level 3 accredited qualification prior to embarking on further specific training in the area of their choice or expertise.”

Sirona is exploring initially delivering the course as an apprenticeship and details will be announced on their website and social media when this is available. For more information see their website www.sironaequine.org.uk.

Dr Loes Koorenhof, founder of Equilore said. "Equilore was honoured when invited by TheHorseCourse to contribute to this new qualification and it has been a pleasure working together with its other not-for-profit collaborators HorseWorld Trust and Sirona Therapeutic Horsemanship.

As a growing organisation finding its feet in this exciting field of Equine Assisted Services (EAS) we know how hard it is to recruit well-prepared staff who have a good understanding of the foundations that underlie running a safe, ethical yet efficient practice.

Most qualifications are modality-specific, meaning students learn how to facilitate certain exercises and/ or a particular style of working together with their horses. however, often students are presumed to have a certain amount of prior knowledge and experience.

The OCNL Level 3 Diploma in EAS aims to



Image credit: Equilore

fill a gap for those who either lack that prior knowledge, or who are keen to deepen their existing understanding. This course will help students be prepared not just for facilitating, but also how to safely and competently run a business in the field of EAS.

This was why Equilore was passionate about getting involved in developing this foundation course. Although Equilore is excited to be able to offer this qualification in the future, for now, we recommend contacting one of the other providers named above.

For more information about these organisations, visit:

TheHorseCourse-
www.thehorsecourse.org

Horseworld Trust-
www.horseworld.org.uk

Sirona Therapeutic Horsemanship-
www.sironaequine.org.uk

Equilore-
www.equilore.co.uk

Unleashing the Power of Knowledge: HETI Educational Webinars Gallop to Success!

Article submitted by **Beth Macauley, Ph.D., CCC-SLP, HPCS, FNAP**
Chair, HETI's Educational Webinar Task Force

Are you ready to embark on an incredible journey of equestrian education and exploration? Look no further than Horses in Education and Therapy International's (HETI) awe-inspiring series of free webinars! These virtual events bring together renowned international experts in the field of equestrian activities, providing a unique platform for equestrians, therapists, educators, and enthusiasts worldwide to deepen their knowledge and enhance their connection with these magnificent equine partners.

Since the launch of the HETI Educational Webinar series in March 2023, the response has been overwhelming. Each webinar showcases a captivating speaker nominated by individuals like you from around the globe, and approved by HETI's esteemed Educational Webinar Task Force. With a minimum of six

webinars scheduled per year, this vibrant initiative is bringing together a community passionate about horses, therapy, and education.

The inaugural webinar, held in March 2023, featured the incredible Andrea Wady, who shared her wisdom on "Enriching the Connection with our Equine Partners through Pure Liberty." With over 200 attendees, it was an astounding success, leaving participants inspired and eager for more. And now, get ready for an upcoming webinar on Sunday, July 9 at 1700GMT with none other than the esteemed Susanne von Dietze. Susanne will delve into "The Horse's Movement and How it Influences the Rider", a topic that is sure to captivate and enlighten. Believe it or not, there are already over 300 enthusiasts registered for this highly anticipated event!



Image: Adnrea Wady of Pure Liberty



Image: Suzanne Von Dietze - Equine Biomechanics specialist.

But the excitement doesn't end there! HETI has an exhilarating lineup of future webinars that will leave you yearning for more knowledge. Mark your calendars for Wednesday, September 20th, when the esteemed Dr. Andrew McLean will take center stage to discuss "5 Horse Learning Principles Applied to Therapy Horses." In October, we have the privilege of hosting the brilliant Dr. Helen Spence, who will unravel the mysteries of "Managing Equine Behavior." And in November, prepare to be astounded as Janet Jones reveals the wonders of "Equine Neuroscience." As if that's not enough, January 2024 will welcome Rupert Isaacson, who will share the incredible journey of his son with "PonyBoy".

The best part? YOU can be a part of this exhilarating experience! Anyone, from seasoned equestrians to curious newcomers, can nominate a speaker through the HETI website. This platform

ensures that the content remains diverse, engaging, and aligned with the interests and needs of the global equestrian community. Additionally, membership with HETI or being a member of an organization affiliated with HETI grants you exclusive access to these invaluable webinars. Don't miss out on this fantastic opportunity to expand your equestrian horizons!

As we gallop into the future, the HETI Educational Webinar series promises to revolutionize the way we learn, teach, and connect in the equestrian world. So, saddle up and join us on this extraordinary journey of discovery and empowerment. Remember, the power of knowledge lies at your fingertips, waiting to be harnessed in the fascinating realm of equestrian education!

To register for the next webinar visit HETI's website today!

www.hetifederation.org/webinar



Susanne von Dietze
Equine Biomechanics
Author.
9th July 2023



Dr. Andrew McLean
Equine Cognition and
learning. Author.
20th Sept



Dr. Helen Spence
Animal Behaviourist
specialising in Equines.
October (Date TBC)



Dr. Janet Jones
Neuroscientist
Author.
November (Date TBC)

Member News



ABRE

Therapy and Learning



Submitted by Giulia Policastro
Director at ABRE



ABRE is a non-profit association, member of IAHAIO and Arenas for Change (ARCH), which began in 2016, whose mission is to contribute to the consolidation of Equine Assisted Services (EAS) foundations in Brazil. Located in São Paulo - SP and Atibaia - SP, ABRE's directors are Lilian Chateau, Giulia Policastro and Syllas Jadach and our journey with Equine Assisted Interventions started about 17 years ago.

Lilian Chateau is a psychomotor therapist, physical therapist, facilitator in EAS and certified by Arenas for Change

(ARCH), Horses for the Corporate World (HCW) and Equine Assisted Growth and Learning Association (Eagala). Over the past few years, she has worked as a manager of the riding centre and has been in charge of the Riding School and Equine Assisted Services (Hippotherapy, Interactive Vaulting, Equine Assisted Learning for Personal Development).

Giulia Policastro is an occupational therapist, facilitator in EAS, specialized by Associazione Nazionale Italiana di Riabilitazione Equestre (ANIRE - Italy), both in neuromotor/psychomotor and



Image (L-R): ABRE Team, Syllas Jadach, Lilian Chateau and Giulia Policastro



Image: Giulia Policastro & Alice Moraes - Hippotherapy Course - São Paulo, Brazil



Image: Interactive Vaulting Course - São Paulo, Brazil

learning interventions, in addition to EAGALA and ARCH certifications.

Our riding instructor is Syllas Jadach, national dressage judge and amateur rider, with FEI Coach Level I, specialized by Associazione Nazionale Italiana di Riabilitazione Equestre (ANIRE - Italy) in two different courses.

Our training and courses in the EAS area include horse training, health, education and management. ABRE offers courses such as Hippotherapy; Interactive Vaulting; Equine's Intervention Training; recreational riding for kids and Equine Assisted Learning for personal and organizational development.

We are proud to be consultants for Horses for the Corporate World (HCW) in Brazil and provide training for organizational development and personal development. Some of our books and equipment include a rehabilitation saddle and cushions and the book Best practices Manual for the Equine Welfare in Equine Assisted Therapies and Activities.

Our Motto:

**HORSES AND HUMANS TOGETHER
HAVE THE POWER TO DEVELOP AND
TRANSFORM LIVES.**

For more information about ABRE, visit: www.abreofficial.org or social media: [@abre_oficial](https://www.instagram.com/abre_oficial)



Image: Equine Assisted Learning Course - São Paulo, Brazil



Equestrian Association for People of Determination

Submitted by Stephanie Graf
Instructor at EAPD



EAPD, the Equestrian Association for People of Determination is based in Dubai in the United Arab Emirates and located in the Desert Palm Estate.

It all started in 1998 when our patron HH Sheikha Hassa bint Mohammed bin Rashid Al Maktoum donated three horses to be used for therapeutic riding. Under the CEO, Ali Albwardy, the Equestrian Association for People of Determination (EAPD) was born.

Formally known as Riding for Disabled Dubai until 2018, today, more than children with a variety of physical and developmental points of focus including autism, cerebral palsy, down syndrome and spina bifida, benefit from our programme.



Image: Simple acts like doing a 'high 5' can have a big impact and give confidence to the riders.

EAPD uses horse riding to help children develop their physical, cognitive and emotional abilities, allowing them to maximise their potential and is licensed by the UAE Community Development Authority (CDA).

We are lucky to have our center based in such a lovely environment as Desert Palm where the children can engage in 'animal spotting'! and find many different flora and fauna here on the estate. They can see peacocks and lots of different birds, cats and of course horses in almost every color imaginable! It is wonderful to see them so captivated with their surroundings, which has provided learning opportunities, cognitive stimulation, communication



Image: Aya enjoyed throwing a soft ball during our gross motor skill activity. We had the children lined up and pass the ball to each other from horse to horse and they loved it!

development and confidence building.

Our sessions at EAPD are certainly based around fun activities that the children enjoy. However, hidden amongst the fun, we challenge the riders with some precise tasks that work on both fine and gross motor skills, cognitive development and concentration. At EAPD we always focus on ability not disability. With our fun activities, the children naturally push themselves to complete tasks which in turn builds self-esteem.

Each of our lessons at EAPD comprise a mixture of entertaining, engaging and teaching activities along with therapeutic and relaxation elements. During the season, we alternate activities around different themes ranging from fine motor skills, gross motor skills, sensory input, riding skills and also fun seasonal activities.

Often at the end of sessions, after the children have completed their learning and cognitive tasks, we go on an outside

around the beautiful surroundings of the Desert Palm Estate.

In the morning we have schools coming to our center and in the afternoon, the children come privately with their parents. Each lesson has a group of 3 to 4 riders and horses. This is nice for the children as they can interact with each other and they love it especially when we do races. Social interaction is also part of the journey.

The UAE has a quite diversified population with a lot of expatriates coming from different parts of the world and our riders' nationalities range from Emirati to American, Indian, South African and European and more, with the communication language always being English.

We are happy to see our riders improve their confidence and self-assurance, as well as their strength, balance and coordination. Riding provides muscle stimulation, enables them to set and attain personal goals and, perhaps above all, it is enormous fun for both rider and horse.

Recently we have organised a Fun session at our yard where we invited another center to join our riders in a ridden gymkhana, art and crafts, games, and they even painted a horse. The children won rosettes, certificates and gifts and everyone had a fantastic time. This was a great opportunity for the riders to feel the thrill of a real life competition and to meet new friends.

In addition to our own team, we are lucky to have amazing committed and reliable volunteers that usually come to help us



Image: Riders enjoying an outside at the end of their session, which is often the highlight of their lesson.



Image: Our mounting ramp allows us to be effective to help our riders during the mounting stage of the horses.

once a week in our lessons as horse leaders and side walkers.

The weather is a challenge in our part of the world as it gets very hot during the summer and so our riding season runs from the end of October to End of April as we have our center outdoors. We'll keep our fingers crossed that we will one day have our indoor arena to be able to have children coming to ride all year long!



Image: Some of our riders develop a lovely bond with their horse. Each equine is matched with his rider taking into consideration his size, gaits and temperament.

To find out more about the Equestrian Association for People of Determination, visit their website:

www.eapd-dubai.ae or

their social media:

Instagram @eapd.dubai



Equestrian Association
for People of Determination

Want to share about your organisation in the next issue of **The Global Gallop?**

Get in touch with the HETI office today!
office@hetifederation.org



News from Sirona Therapeutic Horsemanship

Submitted by Dr. Hannah Burgon
CEO of Sirona

Author of Equine-Assisted Therapy and Learning with At-Risk
Young People, Palgrave Macmillan, 2014



We have been very busy at Sirona Therapeutic Horsemanship over the past year with a growing waiting list for our equine-assisted therapy and learning sessions for vulnerable young people and those struggling with their mental health. We have especially noticed a large increase in referrals for young people with high levels of anxiety resulting in them being unable to attend education and becoming increasingly isolated. In order to try and meet some of this growing demand we have been diversifying into other related activities central to our core ethos of bringing young people into closer connection with the natural environment. This is also aligned to our equine ethical policy of protecting our horses by limiting their

session time. New activities include animal-assisted sessions with our two lovely new goats, Pepper and Billy the kid, kindly on loan from our local farmers, together with some bantam chickens who joined our ex battery hen Henrietta. Alongside these new animal-assisted sessions our supported volunteer group and young people have been busy developing our wildlife orchard garden, led by trustee and gardener Laurel Ellis. A small pond has been dug in the garden and populated with pond plants which are already attracting more birds, dragonflies and other wildlife, with two wood ducks recently spotted investigating the area. It has been shown through research how important time in the natural environment is for both our mental and physical health, with it claimed that if you



Image: Billy the goat and Chaps the horse



Image credit: Shaun Denno

Image credit: Sirona Therapeutic Horsemanship

spend 90 minutes of your day outside in a wooded area, there will be a decrease of activity in the part of your brain typically associated with depression. Spending time in nature not only reduces blood pressure, anxiety, and increases happiness, but it also reduces aggression, ADHD symptoms, improves pain control and boosts the immune system (Environmental Research 166 (2018) 628–637). This is especially important in the case of young people who, since the Covid-19 pandemic, have been spending even more time indoors on electronic devices and become disconnected from nature.

Acknowledging our important work in connecting young people with animals with the environment we are very honoured that the respected campaigning environmental author and journalist George Monbiot has recently joined us as patron at Sirona. George writes; “If ever you need to restore your faith in humanity, take a look at what

Sirona is doing. It provides love and healing in a world that too often seems cruel and uncaring.”

Sirona has a number of events coming up including our annual open day on the 1st July, regular information mornings and a course on equine welfare in equine-assisted interactions in September.

To find out more about Sirona Therapeutic Horsemanship, visit:

www.sironaequine.org.uk

or on social media:

<https://www.facebook.com/sironaequine>

Or email:

info@sironaequine.org.uk



SAVING SARDA

LIGHTING UP AFRICA CONTINUES



Images and article submitted by Steven Lukey - SARDA Brand Ambassador



“Hey now, all you children, put your lights on, put your lights on, because there are monsters living under my bed.....” form part of the lyrics of Carlos Santana’s famous song “Put Your Lights On”.

You would be excused for asking, what has this got to do with Horses, Saving SARDA, and Special Needs; but those of you that follow South African News will know, that now we suffer additional power outages for up to 8 hours a day, due to what is now a common monster, called “load-shedding”.



Image credit: SARDA

Following our last article in the January 2023 edition of the Global Gallop, SARDA’s resilient spirit has been lifted by 3 incredible organisations that have come into our lives to invest in humanity.

As we speak; with the generous support of the Hans Fischer Foundation, SARDA has been able to procure a Hybrid Solar, Inverter, Battery plant that will help us keep the lights on and allow our administration to function, and our staff and volunteers to continue the sterling work with our 16 Special Needs Schools. An incredible thank you is due to Birgit, Uli and Martin who continue to pioneer SARDA’s cause. You’re amazing.



Dr. Hans Fischer Stiftung

In SARDA’s 50th Anniversary Year, Laureus Sport for Good South Africa, kindly invited SARDA to participate in the Laureus Incubation Hub Programme. This programme runs over a period of 1 year and will empower SARDA’s Management to grow and develop additional skills in Governance, Financial Management,



LAUREUS
SPORT FOR
GOOD

– SOUTH AFRICA –

Community Development, Child Protection, Employment Law, and Monitoring and Evaluation.

In April 2023, Laureus also

enabled SARDA to run 4 Workshops with Lead Up International, following on a greatly successful pilot project undertaken at SARDA in January 2023, focussed on Training Future Leaders with the emphasis on reducing Gender Based Violence in Society.

SARDA's call for participants was carried out through SARDA's management, volunteer, and beneficiary networks, to reach out to people and organisations living and working in at risk areas, and whose focus is on empowering leaders and youth.



SARDA was able to attract over 70 leaders and youth from a diverse demographic. Participants were sought from SARDA's disabled community, the Amy Foundation, Langa, GCU, Rainbow Dreams Trust, Positive Behaviour and Intervention and Resource Centre, and individuals from the public that requested to participate, due to their involvement in at risk communities.

The primary objectives of the workshops were to encourage and foster attitudinal and behavioral change of participants, resulting in improved conscious decision-making, solving interpersonal conflicts, and thereby contributing to a reduction in violence in at risk communities.

The workshops were designed to



Image: Keuen Roberts, Leader from Laureus at the round pen



Image: The Lead Up team and participants



Image: The Lead Up team and participants



Image: The join up moment

accommodate appropriately sized groups of approximately 10 persons per group. As the Lead-Up training deals with personal and emotional experiences in a group environment and involves one on one, and interactive lessons and group discussions. Smaller groups were encouraged to achieve the maximum benefit for all participants.

Workshops were facilitated by 2 Qualified Lead Up instructors and supported by Sarda's senior instructor and stable manager. Support staff included 2 grooms, a groundsman and SARDA Volunteers assisting with the horses and providing lunch and refreshments.

As part of the introduction to emotional intelligence, the participants received training on the use of the "emotional thermometer"; a tool to identify, measure and self-regulate their emotions, as well as diverse breathing techniques that could help them settle in their bodies to recognize, and process emotions. Their first meeting with the horses was extremely successful since many of the participants were initially wary and scared of them, but little by little they gained confidence to approach them and by the end of the session, they were all comfortable around the horses.



Image: Participants learning about breathing techniques and the use of the emotional thermometer.

Lead-Up Leader, Katie Cunningham from Guatemala, gave a Join-Up demonstration so that the participants could see this activity performed by someone they could identify with. In the afternoon the participants did several activities in SARDA's 2 round pens, including a silent meditation with the horses as well as leading exercises. There were observable changes in the participants behaviours, as many tended to self-isolate at the beginning. By the end of each day there were already visible differences in terms of self-confidence and self-expression amongst all participants. This was witnessed and supported in "sharing circles" where each participant was asked for feedback on their training experience.



Image: GCU and Rainbow Dreams Trust provide personal feedback of their workshop experience.

Apart from everyone's positive expressions, the most valuable outcomes of the workshops included:

- Requests by participants, team leaders and mentors to return to SARDA, and where possible to participate in its activities.
- The formation of a collaboration between each of the groups represented, where synergies existed. Lead-Up and SARDA representatives were post-workshop, able to visit and experience the work of the Rainbow Dreams Trust (15th April 2023) and the

Amy foundation at the Bongolethu Public Primary School (19th April 2023).

- An invitation to collaborate and form part of developing a new curriculum between the Positive Behaviour and Intervention and Resource Centre and SARDA.
- Lead-Up International has agreed to return to South Africa and in collaboration with SARDA plans to expand a joint initiative into the rest of South Africa and hopefully into other African Countries.



Image: Happiness and Tear after a phenomenal Join UP Experience "Oh what a day. God made everything for a purpose. Truly astonished and humbled".

SARDA invites you all to be part of our 50th Anniversary celebrations, and we look forward to your continued interest and support, in our consistent drive to achieve Equity, Inclusion and Diversity in Society. Please reach out to us and Join UP to live your dream.



To support SARDA'S crowd fund visit:
www.sarda.co.za



equi-scotia
Personal Growth Through Horses

Equine Facilitated Learning (EFL) Practitioner Study Progression Route

ONLINE LEARNING

BLENDED LEARNING

BLENDED LEARNING

Introduction
to EFL

Certificate in
Therapeutic
Groundwork

Diploma in
EFL &
Development



Updates from Equi-Scotia CIC

Submitted by Julie-Anne Griffith
Director of Equi-Scotia CIC



New Directors

Equi-Scotia is delighted to announce the addition of two experienced professionals who join Liz McGarvey and Julie-Anne Griffith on the Board of Directors.

Liz Nairn is a highly-respected equestrian coach with over 20 years of experience of assessment and verification of equine related subjects for British Horse Society (BHS) and Scottish Qualifications Authority (SQA). Liz brings a broad range of skills having trained in horse bodywork with Mary Bromley, and also a trained mental health counsellor. Liz leads on academic quality assurance.



Image: Liz Nairn

Dr. Judith Piggot is an expert in behavioural neuroscience with extensive experience as a senior mental health professional. She spent 10 years at Stanford University then University of California, Los Angeles studying how brains work, and has been an Equine Assisted Growth and Learning Association (EAGALA) practitioner for over 16 years. Judith is the founder of the SMARTS approach to supporting mental wellness, an introduction to which is now included in Equi-Scotia practitioner training.



Image: Dr. Orla Piggot

New Certificate in EFL for Practitioners

Positive endorsement from SQA about the academic standards on the Professional

Diploma (SCQF level 8 – English level 5) led the team to develop an entry level qualification for practitioners. This new ACCPH accredited Certificate is ideal for experienced equestrians wishing to gain skills and knowledge to support mental wellness through non riding activities. This blended learning course has a very practical focus and includes SQA and Ofqual accredited First Aid for Mental Health. Applicants to the Certificate course should have completed the 6 hour online Introduction to EFL. The next Certificate course begins online in July, and those wishing to progress to a more advanced level of study have the option to apply for The Professional Diploma cohort beginning in November.

Continuing Professional Development for EFL Practitioners

A growing number of graduates continue to join the Equi-Scotia Community of Practice (CoP) providing much needed services supporting mental wellness in local communities from the Isle of Lewis to the South of England. CoP members commit to engaging on ongoing professional development and supervision.

Senior practitioners tell us that they love the adaptability of the Equi-Scotia coaching model which is being applied effectively by equestrians, educators, and healthcare professionals.

Specialists delivering online CPD include Equi-Scotia Professional Diploma Graduates (Rhona Harkness & Jo Wood) and trusted colleagues whose experience adds value to the learner

experience.

Experienced senior practitioner **Mike Delaney** supports EFL and EFP practical training and assessment as well as providing professional supervision for practitioners.



Image: Mike Delaney

Mental Wellness for Service Users

Equi-Scotia provides training in mental health for a wide range of service users who want to gain a better understanding of how their brain works. His enables any member of the public to learn how to regulate themselves in order to achieve life goals. Learning includes simple tools and approaches to manage their own mental wellbeing and have a positive influence on the mental health of family, work colleagues, and local community members. Bespoke courses can be designed for organisations with specific need around mental wellness, and regular open courses available for booking on the website include:-

First Aid for Mental Health and SMARTS for Life

For more information visit:
www.equi-scotia.com or
email: hello@equi-scotia.com



Pegaz Rijeka

New HETI Business members introduce their organisation

Submitted by Petra Jardaš
Physiotherapist and instructor at Pegaz Rijeka



Located in the northern coastal part of Croatia, the Association for Equine-Assisted Therapy and Activities „Pegaz“ has been conducting equine-assisted interventions for over 20 years. It is the first association in its area to start this type of organized therapy. Since its foundation in 2001. Pegaz has grown in size and experience and today it uses a 13000 m² space in the city of Rijeka, equipped with paddocks, a barn, a round pen, a riding arena, communal facilities, a playground and some green areas. Pegaz Association is a member of the Croatian Alliance for Equine-Assisted Interventions. The association takes care of its own horses and other small farm animals for users to interact with.

assisted therapies and activities for children and adults with disabilities. Group programs are implemented in cooperation with local social institutions, including their members/users or residents in equine-assisted therapy. The association's therapy team is currently led by a certified physiotherapist with additional equine-assisted intervention education who has been working with horses, children and adults with disabilities for about 10 years. In addition to the therapist, our therapy team consists of several volunteers who have had informal training in horsemanship and equine-assisted activities, one of whom is a speech and language pathology student.



Image credit: Pegaz Rijeka

The therapy program of the association offers individual or group equine-

In addition to equine-assisted therapy, the association carries out various pedagogical, educational and recreational programs intended for different user groups and implements partner projects with related organizations at the national and international levels. Also, the association has a very successful volunteer program for the local community including young adults interested in working with horses. In cooperation with Home for adult people „Turnić“ Rijeka, the association started an inclusive volunteering program for people with mental health issues. Inclusive volunteering has many positive effects that result in improved mental health and



Image credit: Pegaz Rijeka

quality of life. Users report that volunteering in our association has improved their overall mood, work ethic, and given them a sense of purpose and pride in their achievements. Volunteers report having an overall good feeling because they had a good time being in nature and helping someone else.

Trying to include as many target groups of users in our activities, we organize 'Family day' events for families of children with disabilities. Such events aim to provide a safe and interactive environment where families can share their experiences, problems or just have a good time in nature, surrounded by friendly animals.

For the local community, Pegaz offers various programs organised mainly by age group. For our youngest group, there is a 'Riding for Kids' program where children can try riding and interacting with a horse for the first time. For our young aspiring riders (ages 6-10), there are 'Pegaz Pony Club

' workshops where they learn about horse care, ride, play and interact with like-minded peers. For ages 11 and up, we offer a 'beginner riding course' where a person can learn the basics of riding and work on their riding skills. The seniors in our community are also included in our programs. They help with the maintenance of our property and green areas through organised volunteer actions.

Overall, our association organises various therapeutic, educational and recreational programs that have a positive effect on our community and promote a healthy, active lifestyle. We are open to collaborations and education so if you think we would be a good fit as your partner, feel free to contact us.

For more information about Pegaz Rijeka, visit:

<http://www.pegaz-rijeka.hr/>

Email: pegaz.rijeka@gmail.com

FB - Udruga Pegaz Rijeka

Instagram: [udruga.pegaz](https://www.instagram.com/udruga.pegaz)

International Events



Nuestros Caballos Exposition in Buenos Aires, Argentina.



Article submitted by Vera Horne
Vice President of ANDE-Brasil

An annual public horses' exposition in Buenos Aires is also the venue for a meeting of professionals and interested persons on the conferences, debates, shows and presentations of therapeutic uses of horses being held in Argentina and in neighbouring countries and that usually happens during the first weekend of April at the Exposition held at "La Rural" the most important Exposition Center of the equestrian industry of Argentina.

The meeting of EAS professionals included the period of the so-called "Nuestros Caballos" Exposition ('Our Horses' in English) is organized by one of (or the) first Argentinian horsewoman that took an interest in working in the field of the EAS while living in a very cold and mountain region in Argentina where she's founded the 'Fundación de Equinoterapia San Juan'. A foundation that somehow financially supports a team of professionals that started to work with the therapies with equines a long time ago and even with mules, which are a traditional way of transport in that region.

In order to build a wide net of EAS professionals also from other places, besides Argentina, Liliana Aguirre, the founder and CEO of the 'San Juan Foundation of Equinotherapy' was able to

arrange an agreement with the directors of the "La Rural", so that the conference and presentations on EAS could occupy several rooms and arena during the determined weekend days and that has been happening for the last 17 years already!



Image: Liliana Aguirre (left) with a colleague

The last EAS meeting which received the title of "1er Cumbre Latinoamericana de Equinoterapia y Deportes Adaptados" in Spanish, meaning "1st International Conference of Equinotherapy and Adapted Sports", took place from the 28th March to the 2nd April 2023 and gathered the presence and presentations of professionals from Argentina, Brazil, Colombia, Mexico, Paraguay and Uruguay.

HETI's EC member Col, Gustavo dos Santos from Uruguay was responsible for a live presentation of a Para Equestrian training



Image: Presentation by a paraequestrian athlete



Image: Presentation by a paraequestrian athlete

(Adapted Sports) at the arena of ‘La Rural’ which received a great and varied audience from the exposition and not only from the EAS world.

A round table with professionals from all countries that attended the conference held a debate about the importance of the creation of a representative entity for Latin America’s work and studies about the EAS and the Para-Equestrian program also viewing the formation of the athletes. It was agreed that HETI

should be a party to such an initiative and that includes HETI having a more substantial presence in Latin America.

Liliana Aguirre has already proposed the membership of La Rural to HETI since the ‘San Juan Equinotherapy Foundation’ is already a member and she’s making plans to host a future International Congress of HETI.

To find out more about the Nuestros Caballos exposition, visit:
<http://www.nuestroscaballos.com.ar/>
 or social media:
<https://www.facebook.com/nuestroscaballos/>
<https://www.instagram.com/exponuestroscaballos/>

With Horses CIC
 Everything Equine Assisted

COURSES **CURRICULA** **CONSULTANCY**

WHY CHOOSE US?
 Do you want a career in Equine Assisted Services?
 Are you an equine assisted practitioner looking for fresh new session ideas, CPD training and resources?
 We have something for you at **With Horses!**

SERVICES:
 -Accredited Therapeutic Riding Instructor and Equine Assisted Learning Practitioner Training
 -Award-winning curricula
 -Consultancy and supervision
 -Careers advice for the EAAT industry.

CONTACT US:
 ☎ +44 1387 375924 ✉ Info@withhorses.org 🌐 www.withhorses.org

How can we ensure our Equine Assisted Services provide a positive experience for our equine partners?



our equine partners?

HETI(UK) Forum

Article submitted by Kirstin O'Neill
HETI Executive Director/Secretary

All images provided by HorseWorld Trust and Kirstin O'Neill.



Image: HETI(UK) members gathering for the first in person meeting since the COVID 19 pandemic.

At the end of May, the HETI(UK) Forum was held in HorseWorld Trust, Bristol, England. This was the first in-person national forum meeting for HETI members in the UK since before COVID and it was a very welcomed meeting. The HETI(UK) forum had been meeting online over the past few years but, I think everyone would agree, that there is something so special about being able to meet in person. The theme of the meeting was “How can we ensure our Equine Assisted Services provide a positive experience for our equine partners?”

The day began, as every day should, with a cup of tea (or coffee for those inclined). Despite the wonderfully warm weather that had greeted us the day before, the morning was cold making the warm cups

even more needed. HETI members from all over the UK huddled into the barn and, even from the beginning, there was great chat amongst everyone. Petra Ingram, CEO of HorseWorld Trust, started the day by expressing her excitement for the day to come and the opportunities there were to share learning, practices and to support one another. The first presentation was by HETI Executive Director, Kirstin O'Neill, who shared updates about HETI, in particular about the HETI Congress.



Image: Getting set up in the barn before the participants arrived.

Dr. Carol Hall of the National Equine Welfare Council gave the keynote presentation, "Living the Good Life?". She spoke about the research surrounding equine welfare and the different approaches to assessing equine welfare in EAS. This raised many questions regarding equine welfare - Do we recognise when a horse has had enough and are we taking appropriate action? Do EAS clients respect the equine as an individual sentient being? If not, what effect could this have? What is the cumulative effect of EAS sessions on a horse? Dr. Hall outlined a number of studies that had looked specifically at these areas and shared how negative experiences, particularly in young horses, can have a long-term impact on Quality of Life.

After the keynote presentation, the group ventured to an outdoor arena for a practical workshop facilitated by Dawn Neil & Sarah Jane Williamson of the Mare & Foal Sanctuary. The session focused on equine well-being and choice within an EAS session. To begin the session, the

group were guided in a mindfulness activity. Following this, the three equine partners (Kyra, Skylar and Flower) were released and the facilitators moved away from them. The group were then given a set amount of time to watch the equine as they moved around the arena and engaged with each other. This was a powerful time of observation and reflection and showed how impactful simply watching our equine partners can be. The group were then asked to discuss how each equine can be supported in the session – how are they coping? Are they willingly/voluntarily engaging? How do individuals differ? How does location affect their behaviour? We also discussed the obstacles and opportunities for supporting our equine partners in a session.

The dedicated 'Discovery' team from HorseWorld Trust then discussed their programme which supports over 200 children, young people and adults who are at risk of exclusion or who are experiencing life challenges due to their social, emotional, mental health and learning needs. Discovery work through the 'Thrive'

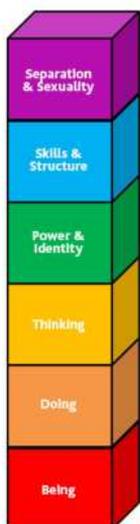


Image: Dawn Neil (right) explaining the activity



Image: Horses grooming each other during the activity

Education Model, for social and emotional development, as one-third of the schools they partner with use it and it is scientifically based. Within their sessions, the participants observe their horses and their well-being. Understanding the horse's experience can help children understand their own experiences, e.g. the impact of new environments, enrichment, and the importance of feeling safe. The team also discussed how they have been thinking about potentially using the Thrive model to assess the Horses' well-being and create programmes for them to improve this.



The six developmental strands are:

1. Learning to be 0-6 months **(Being)**
2. Learning to do 6-18 months **(Doing)**
3. Learning to think 18 months – 3 years **(Thinking)**
4. Learning to be powerful and have an identity 3-7 years **(Power and Identity)**
5. Learning to be skilful and have structure 7-11 years **(Skills and structure)**
6. Learning to be independent and secure in your sexual identity 11-18 years **(Separation and sexuality)**

Image: Thrive developmental strands



Image: Group discussing what they had observed during the activity

Following a lunch break, the group then reconvened in the barn to have a discussion on the topic “We all believe we are doing the best for the horse, but how can we prove that?” This was a crucial and interesting conversation where practitioners from so many different modalities got to share their experiences and practices. Some of the ideas from this discussion were:

- have someone there for the horse (an equine advocate) – an extra person to have overview of the situation and the horse's behaviour.
- have an external person review and critique your practice regularly and routinely. This enables us to get another perspective and to look at the welfare of the horse through new eyes. We must be willing to adapt our approach and embrace change, especially in line with emerging evidence regarding how EAS can be improved.
- Hold space to pause, observe, and consider the participant's perspective.
- Allow for flexibility in a session. This can be a learning experience for the participants, as adapting to change is a vital life lesson.

- If the equine is not coping, not responding willingly, or showing engagement, we should not be afraid to re-evaluate their suitability and, if necessary, move them off the programme, for their own welfare. Suitability should ideally be re-assessed at every session and the equine should always be allowed choice.

Dr. Carol Hall then shared the draft standards for Equine Welfare which is currently being devised by NEWC. Once developed, these standards will become mandatory within the Human Equine Interaction Register (HEIR) UK.

After this, each HETI member was given time to update the group on any developments for their organisations. Something that stood out during this time, was that there is clearly a huge need for services within the UK, as every organisation spoke about how they were over-subscribed. It also highlighted the many different areas of EAS that are available.

To close the amazing day, Chair of HorseWorld Trust, Desi Dillingham MBE, spoke about her excitement for the future of EAS and the importance of sharing the magical human-equine bond and ensuring both enjoy a good life.

The next HETI(UK) Forum will be held in HorseBack UK, Scotland in October. This will be a hybrid meeting but, as many of us have found, there is something very powerful about attending these things in person.

A huge 'thank you' to the fantastic team



Image: Chair of HorseWorld Trust, Desi Dillingham MBE addressing the group

at HorseWorld Trust for hosting a brilliant day and also a big thanks to all of the participants who engaged so wholeheartedly, respecting each others' modalities and experiences and allowing for learning to take place.

HETI would also like to recognise and thank Jennifer Dixon Clegg, who for many years spearheaded the HETI(UK) Forum and has recently chosen to step away from this. Without Jennifer's efforts, the forum would not have developed into such a safe space for collaboration and learning and we are so grateful for her input, time and passion.

To find out more about HorseWorld Trust, visit:

<https://www.horseworld.org.uk/>

For information on the Thrive model, visit:

<http://implementingthrive.org/>



1st International Congress of Equine Assisted Services in Colombia



Article submitted by Vera Horne
Vice President of ANDE-Brasil

On 15th to 17th March 2023 Latin American EAS Associations, professionals and interested public attended the 1st International Congress of EAS in Bogota, Colombia's capital city, organized by the "Fundación Tequendama Horse Connection" which is an Equestrian Center in Bogota under the leadership of Alejandro Vela, a Colombian horseman and Veterinarian with much interest in spreading to the world the outcomes of the studies that are being made throughout Latin American over the therapeutic use of horses. The 'Fundación Tequendama Horse Connection' also received the support of a Colombian university, the "Universidad La Salle" in order to provide the certifications to all attendees and speakers which were signed by the directors of both organizations.

The three day conference could also be accessed by ZOOM and some of the invited speakers showed their preference for using such a tool as did a number of registered persons from all over Latin America.

Among the countries that were represented at the International Congress, there were only 8 speakers from Colombia itself. Two other speakers from South America presented their work from cities where they'd been living in



Image: Congress advertisement

the USA and Spain.

There were also speakers from nine (9) other countries who did their presentations through ZOOM or live. 15 professionals of EAS were invited altogether from Argentina, Brazil, Chile, Costa Rica, Ecuador, Mexico, Panama, Peru and Uruguay.

HETI's EC Member, Gustavo dos Santos from Uruguay presented the Equine Therapy work in Centers, promoted and partly supported by the Uruguayan Government and also explained about the Para Equestrian program that's being implemented in his Country.



the USA and Spain.

Image: Participants of the International Congress in Bogota, Colombia, with their certifications.

Ms. Vera Horne, a Brazilian psychologist and also a former vice-president of HETI (2015-2018) presented a study on the influences/benefits that the children's practice of EAS may have over their parents and caretakers' feelings of burden.

Mr. Alejandro Vela has made a commitment to all participants that next year, 2024, the 2nd International Congress of EAS will also happen in Bogota, with the presence of many more representatives of Latin America. He has also expressed his wish to have the presence of one of HETI's directors.

For more information about the congress organisers, visit:

www.tequendamahorseconnection.com/
or FB:

<https://www.facebook.com/TequendamaHorseConnection>



Image credit: Fundación Tequendama Horse Connection

Exploring the Universal Language of the Horse at the Horse and Human Research Foundation Symposium



Article submitted by Vera Lantelme-Faisan
HETI Executive Committee member



Image: War veterans sharing how working with horses has helped them to overcome PTSD and live

The Horse and Human Research Foundation Symposium, held in the beautiful town of Deauville, France, at the prestigious Pôle International du Cheval Longines on 30 May 2023, was an inspiring and informative event for professionals in Equine Assisted Services (EAS). The symposium, themed "The Universal Language of the Horse" covered a range of topics, including EAS research, equine welfare, war veterans and PTSD, and the involvement of thoroughbreds in equine-assisted therapy.

Experts from France, the United Kingdom, Ireland, the United States, Israel, the Czech Republic, and Australia came together to share their knowledge and best practices, all with the goal of

providing the best possible care to clients while prioritising the well-being of the horses involved. The symposium fostered a spirit of collaboration and a friendly atmosphere, highlighting the importance of sharing experiences and knowledge to enhance EAS practices.

I had the privilege of attending this event on behalf of HETI to introduce the organisation, its goals, and its work. As the symposium emphasised the significance of research in equine-assisted services, I focused on the HETI Journal. This internationally renowned journal, established in 1994, is dedicated to publishing research on Equine Assisted Services. Through a rigorous double-blind peer-review process and an expanded

range of submission categories, the HETI Journal continues to contribute to evidence-based research for scholars and practitioners in the field.



Image: HHRF and HETI material, including the 2023 issue of the HETI Journal: International Research and Practice.

HETI and the Horse and Human Research Foundation have collaborated closely for several years. They are currently working on an exciting project to create a digital hub, an open-source platform that consolidates all EAS-related research and studies. This user-friendly hub will provide easy access to the latest treatment strategies, promote and support future research, and encourage international cooperation and knowledge sharing.

During the symposium, I had the opportunity to share information about Therapy Equine Certification Systems with the audience. One notable system was implemented by the Czech Equine Facilitated Therapy Association (CEFTA) in 2011, with a focus on improving the quality and safety of EAS. Equines involved in this field must pass a specialised exam tailored to their specific tasks, and a committee of experts evaluates their skills and characteristics. This certification system ensures high standards in EAS and serves as a foundation for recognising therapy

equines.

In addition to the Czech system, attendees also discussed an ongoing ERASMUS+ project 2020-1-CZ01-KA204-078277, which aims to develop an assessment tool for therapy equines. Collaborating experts from six countries are working together to create a comprehensive evaluation system that considers factors such as conformation, movement mechanics, and human interaction. This project, set to conclude soon, holds great potential for standardising the evaluation and certification of therapy equines across borders.



Image: Vera sharing about HETI



Image: Vera with HHRF Executive Director, Pebbles Turbeville.



Image: Panel of specialists discussing engaging retired thoroughbred racehorses in EAS.

As the symposium came to a close, participants left with a deeper understanding of the universal language of the horse and a shared commitment to advancing EAS. The event reinforced the importance of connecting, sharing, learning, and collaborating to establish essential competencies, standardised terminology, and outcome measures in the field. These efforts ensure the well-being of therapy horses and enable clients to receive safe, effective, and evidence-based treatments. The Horse and Human Research Foundation Symposium was not only an opportunity for learning and exchanging ideas but also a testament to the passion and dedication of individuals involved in EAS. By promoting research, certification systems, and international cooperation, the symposium served as a driving force behind the transformative power of the horse-human bond. It paved the way for further advancements in EAS.

In conclusion, the symposium was a resounding success, propelling progress



Image: Vera with HETI Associate member, Dr. Anita Shkedi.

in EAS and safeguarding the welfare of the horses that play a crucial role in this field.

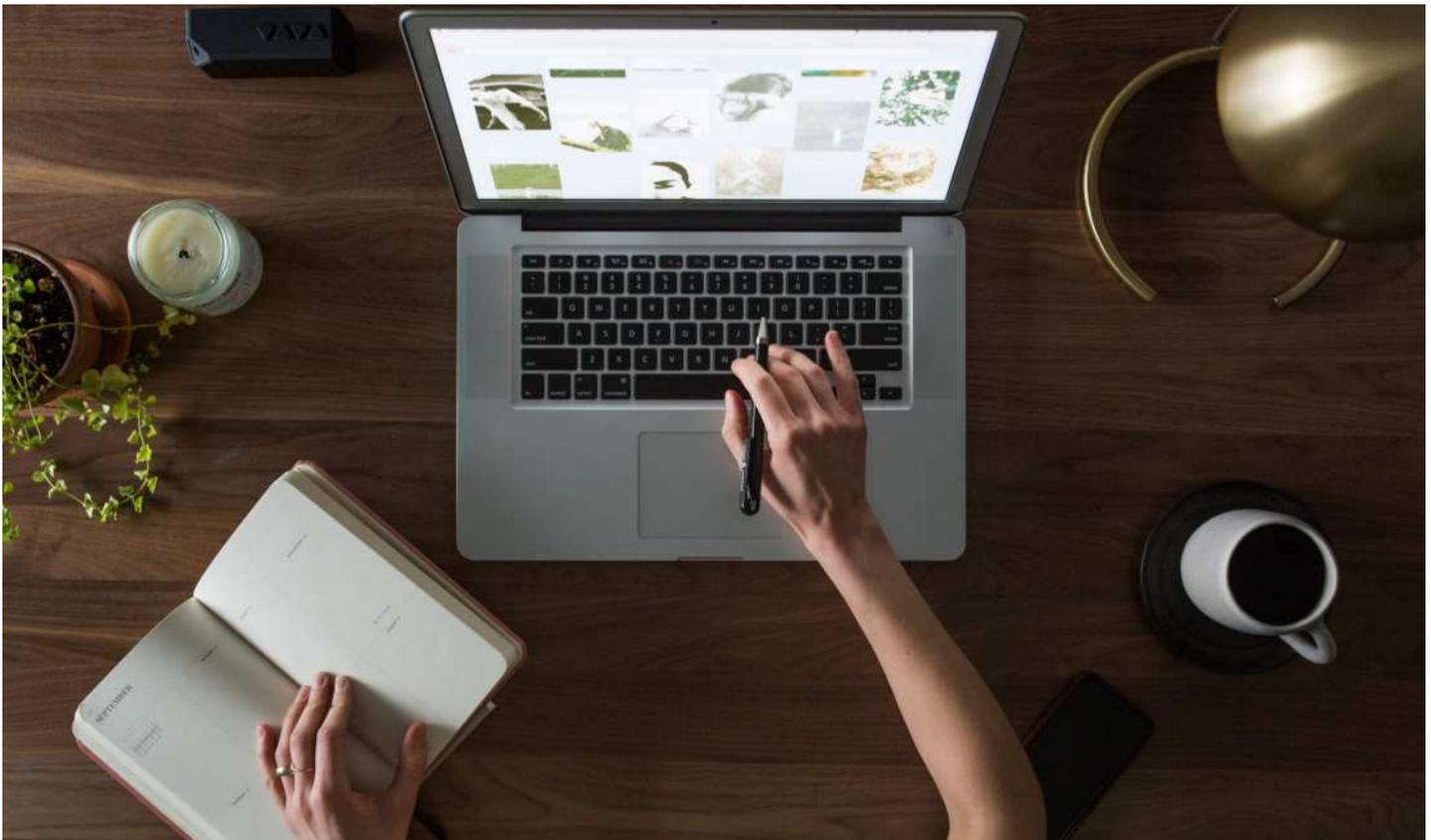
For more information about the Horses and Humans Research Foundation, visit: <https://www.horsesandhumans.org/>

Research Corner



An Introduction to HETI's Research Committee

Article submitted by **Alexandra Stergiou**
Chair, HETI's Research Committee & Vice-President of HETI



HETI's Research Committee is a newly formed Task Force that was established in August 2021 by the HETI Executive Committee. I had the great honour to be given the chair position by HETI President, Gisela Heimsath-Rhodes.

The overall aim of this committee is to encourage and embed a research culture within HETI. To encourage robust research in order for this work to be accepted nationally and internationally we need evidence-based research.

The individual objectives of this

committee, are the development of a research agenda, collaboration with other organizations, institutions or individual academics/researchers who share the committee's general goals, and also to support HETI members, service providers and researchers- bridging the science to service gap. We also aim to undertake an international data collection that will contribute to global research.

According to the research agenda, some suggestions are to compile a list of research that has been completed to date (from the international bibliography), to explore

differences between countries e.g. horses, history, different ways of working from country to country, or to compare US and European progress with Asia for example, as well as to explore international measure/standards/comparison and develop a common knowledge base of research at an international level.

We are seeking to present some research webinars each year – to lessen the science-to-service gap, utilise themes that are topical and relevant in order to assist student HETI members and to encourage collaboration, and sharing of ideas.

Regarding international data collection, the aim is to contribute to global research - common ground/ difference between each country, funding, culture, routines etc.

We have a strong connection and cooperation with HETI Journal:

International Research and Practice. We have recently added DOI numbers to the journal's articles and added the journal's metadata as a result. For the first time in the upcoming XVII International Congress in Budapest next year, we have discussed creating a special issue of the HETI journal that will include proceedings from the Congress and authors will have the opportunity, if they wish, to publish their oral presentations as a short communication, or short paper.

HETI Research often liaises with the HETI education or terminology Task Forces or their representatives. They meet and share what work they are doing/cross reference etc.

Members of the committee are Dr. Alexandra Stergiou, Prof. Heffa Jormfeldt, Prof. Selcuk Akpinar, Dr. Ines Pereira Figueiredo and Dr. Anne Barnfield. We have started to meet once a month. Researchers and academics are welcome to join our team.



To join the Research Committee, contact
Alexandra Stergiou:
alexandra@hetifederation.org



*Share your research
with the international
community and
together lets bridge the
science to service gap!*

HETI JOURNAL : INTERNATIONAL RESEARCH AND PRACTICE

The focus of this international double blind peer review journal is to advance knowledge about equine interactions in education and therapy services.

HETI Journal: International Research and Practice (*formerly the Scientific and Educational Journal of Therapeutic Riding*) has nearly 30 years of archived articles and is the oldest running international journal specifically dedicated to the area of human and equine interactions.

HETI Journal is focused on practitioners and our international journal team are here to support and guide you through the editorial process. We especially welcome submissions in the areas of case study and theory and practice, in addition to original research and letters to the editor.

Get in touch and find out more about how you can publish your research or visit our online repository to browse over 120 abstracts.

**Online Rolling
Publication
Schedule**

**Double Blind
Peer Reviewed**

**International
Editorial team**

**Get support
and guidance**

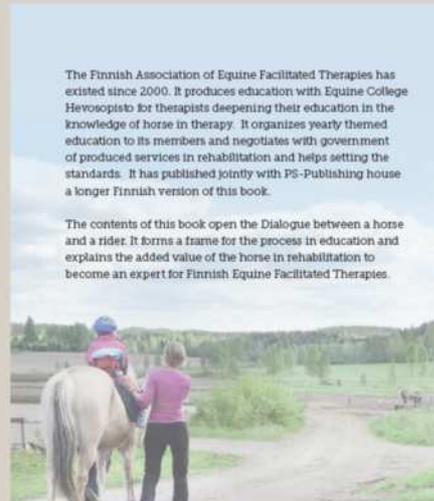
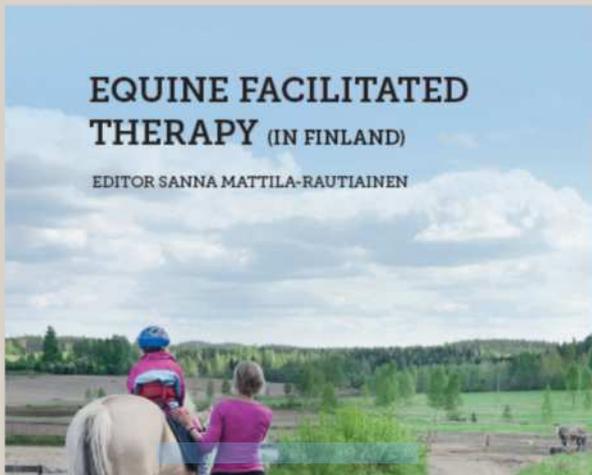


www.hetifederation.org/journal



editorial@hetifederation.org

Finnish Equine Facilitated Therapies have an holistic approach to rehabilitation where the Rehabilitee, the Horse and the Therapist work together towards goals assessed by a medical rehabilitation team. The education has developed from *Hippotherapy* and *Heilpädagogisches Reiten* combining them both with education. The basis is a strong horsemanship skills. This renders it possible for the therapist to reach wider goals in the physical, psychological and social field according to ICF (International Classification of Functioning).



When undergoing therapy in an open environment in the presence of and with the help of a horse, the rehabilitee gets positive experiences and becomes more aware of his or her agentive potential – a sense of being in control and leading one's own life. As more positive feedback is received from the therapist, the rehabilitee's self-concept becomes clearer. One's self-concept is essential to all learning. Every time you learn something you also learn about yourself.

Contents:

- 1 How Riding Influences Well-Being – Sanna Mattila-Rautiainen
- 2 Movement of the horse and its biomechanics - Sanna Mattila-Rautiainen
- 3 The anatomy of the Human Spine and its behaviour during the movement of the horse
- Sanna Mattila-Rautiainen and Marita Sandström
- 4 Horse as a Facilitator in Psychotherapy - Marja-Leena Yrjölä
- 5 Equine Facilitated Therapy in Treatment of Depression - Terhi Purola
- 6 A Child with a Conduct Disorder in Equine Facilitated Therapy - Pauliina Tuomivaara

Order: suomenratsastusterapeutit@gmail.com
or <https://suomenratsastusterapeutit.fi/product/book-of-ridingtherapy-equine-facilitated-therapy/>

Price 30 €+ postage

Meet the HETI Executive Committee 2021-2024



HETI President
**Gisela Heimsath-
Rhodes**
GERMANY



HETI Vice President
Alexandra Stergiou
GREECE



HETI Treasurer
Marilyn Sokolof
USA



Anton Saratov
RUSSIA



Renate Deimel
AUSTRIA



**Prof. Henrika
Jormfeldt**
SWEDEN



**Vera Lantelme
Faisan**
CZECH REPUBLIC



Kiginu Nakata
JAPAN



**Gustavo
Dos Santos**
URUGUAY



**Marie Therese
Kuypers**
LEGAL REPRESENTATIVE
BELGIUM



Kirstin O'Neill
EXECUTIVE
DIRECTOR/SECRETARY
IRELAND



www.hetifederation.org