



Newsletter

Horses in Education and Therapy International, AISBL

March 2014

From the President

Dear Friends,

Since our last newsletter, I have been to Indonesia and Greece. At the Anantya Riding Club outside of Jakarta, Gisela Heimsath-Rhodes and I presented Phase I of the HETI Level I Education Program. It was really inspiring to work with so many dedicated individuals. We are so appreciative of the hard work that all of the candidates showed – helping each other with translations, supporting the others with application of skills, and sharing the wonders of their beautiful country with Gisela and I. I was home in time to be with my family briefly for Christmas and then it was on to ELETHIP in Athens. In Athens, we certified seven new Instructors through our educational collaboration with the HETI Federation member, the Pennsylvania Council on Therapeutic Horsemanship (PACTH).

We are so excited for the HETI Educational plan. We have success-

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Understanding Hippotherapy

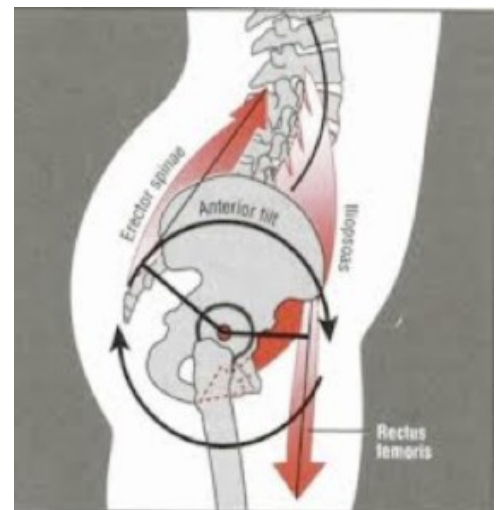
By Lauren Tate

Hippotherapy is a physiotherapy treatment using the movements of a horse to achieve the desired responses in a client, depending upon their disability. They can be placed upon the horse in a variety of positions, and they accept the movement of the horse passively. The horse acts as a dynamic base of support on which the client can coordinate and control their movements.

Hippotherapy is performed by a qualified Physiotherapist who has undertaken approved training, and can apply musculoskeletal, neuro-developmental and sensory integration techniques to help develop balance and postural reactions.

How Does It Work?

Gait is the pattern of movement of the limbs of animals, including humans, during locomotion over a solid substrate. The horse has a unique gait when walking, and this is used to influence a passive rider sitting generally on its back without a saddle. The



gait of the walking horse is three dimensional and when translated through the riders' pelvis sitting on the horse, resembles the pattern of gait that humans have, very closely. The horse walks with a 4 beat rhythm, with a sequence of 8 steps where the 3 leg stand alternates with a 2 leg stand, on alternate sides of the horse.

The rider experiences movements of posterior/anterior pelvic tilts (frontal-transversal plane), rotational

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Gisela Heimsath-Rhodes, left and Ann O'Shallie, right with a student in Indonesia.

**Supporting Petals
Floral Network
Supports HETI as well.**

During the month of April, as part of their Mothers' Day promotion, an increased donation will be made by Petals to HETI. Click below for details.

petals
FLORIST NETWORK

Show your support >>

Jenny Baillie, 1933-2014

Jenny Baillie (1933-2014) grew up loving horses and rode for much of her life. When she moved to the New Forest (in Hampshire, in the south of England) in the early 1960s, Jenny started and for many years ran a successful New Forest Pony Stud. She was involved in instigating New Forest Pony competitions in Holland and was also involved, through her children, with running The Pony Club in the New Forest. It was during this time (in the 1960s and 70s) that Jenny became a regular helper with a local RDA group and with riding for PHAB, often lending her children's pony 'Fortune' for the work...Jenny's interest grew and her meeting with Yvonne Nelson led to the founding of the Fortune Centre of Riding Therapy in 1976. Jenny's ability to organise and to realise a vision was also integral to the growth of what is now HETI; Jenny was the General Secretary of RDI/FRDI at an important period in the development of the Federation. Over the years, Jenny was instrumental in helping those who would benefit to access European Funding and was a leading light in the UK Southern Association of Voluntary Action Groups in Europe. Jenny was a school governor and combining her strong faith, her love of Church music and singing and her treasury skills, was an active member of the Church where she sang in the



Jenny Baillie, in back row, fourth from left, in 2010 with the HETI Board.

choir and acted as treasurer. Jenny was married to Peter for almost 60 years and together with their 4 daughters, Peter was with Jenny when she died peacefully after a short illness at their home since the early 1960's, Wootton. Jenny's contribution to Equine Facilitated Education and Therapy was significant and she will be fondly remembered by many for a long time for her important contributions. Jenny had attended the HETI International Congress regularly since the 1970's and her presence will certainly be missed.

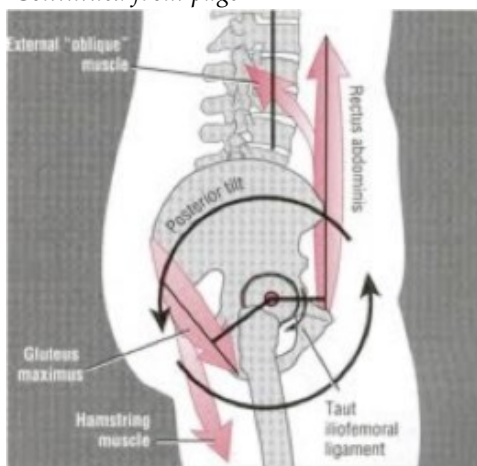
—Jennifer Dixon-Clegg

2014 Membership

Membership invoices have been sent to members for 2014. Please remember that the categories have been revamped. Full members are now known as Federation members. Associate members have had their dues reduced from \$110 to \$60 and there is now a new membership category for businesses. Details on these changes are available at www.hetifederation.org/membership.html

Hippotherapy

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pelvic movements (frontal-sagittal plane) and side-flexion (coronal-transversal plane) of the pelvis. As the horse moves its legs under its belly the horse back rises and lowers through a flexion/extension pattern of the horse's spine. This moves the rider up/down (longitudinal axis) and forward /backward within the previously described movements.

Hippotherapy will not suit everyone, as with all other therapies it depends upon the individual needs of the person, and which elements

would be the most beneficial. As always there should be in-depth discussions with a health care provider, as well as a qualified physiotherapist before beginning. Hippotherapy can benefit people with both physical and cognitive disabilities, below are only some examples of the medical conditions and disabilities that Hippotherapy can help:

- Autism spectrum disorders
- Cerebral palsy
- Cerebral vascular accident (a stroke)
- Development Delay
- Down's Syndrome
- Learning or Language Disabilities
- Multiple Sclerosis
- Personal Injury (e.g. damage to the body/mind after an accident)

Dr. Med Ingrid Strauss from Germany, who has been involved with Hippotherapy for more than 35 years, says:

"Hippotherapy is a physiotherapy treatment for people with upper motor neuron disorders with and on the horse, a child or adult that is unable to walk will be walked without the need of their legs".

Anna Will is a Specialist Physiotherapist with Interest in Child and Adult Neurology; she is also the Chair of the Association of Chartered Physiotherapists in Therapeutic Riding (ACPTR).

She says, "The Therapist will use her/his analytical and therapeutic skills to assess the clients' movements on and off the horse, and provides a specific movement therapy considering the speed, pace and directions of the horse's gait - whilst changing the clients' position and posture on the horse.

I work a lot with post-surgery cerebral palsy children, and often parents ask me if their children would benefit from Personal Trainer Fitness sessions instead of Physiotherapy. This is a similar situation; some clients do well with additional gym/RDA sessions, whereas some will benefit greatly from specialist therapeutic Hippotherapy sessions!"

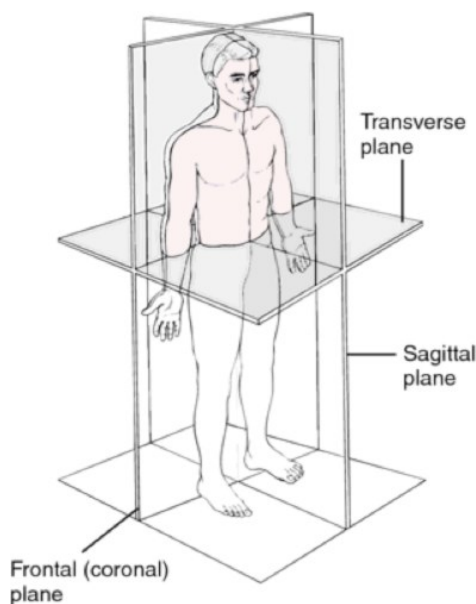
Vice President of HETI, Jennifer Dixon-Clegg, said, "Our mission is to enable horse-motivated students with special needs to relate more successfully to others and to have greater and more appropriate control over their own lives. This use of horses, to enable young people to learn and develop, is the core of our work" ..

Lauren Tate is a content and online public relations executive based in Leeds, UK.

HETI Certification

Congratulations to the following people who completed their certification during a pilot program in Taiwan. A new program has begun in Indonesia. If you are interested in this certification, please contact the HETI Office.

- Chao-Yuan, Chang (Taiwan)
- Chun-Mei, Chen (Taiwan)
- Jose Montilla (Phillipines)
- Yi-Hung, Chang (Taiwan)
- Ya-Hui, Li (Taiwan)
- Shu-Ya, Chan (Taiwan)
- Tsung-Hsin, Weng (Taiwan)
- Yu-Shan, Lu (Taiwan)



From the Director

Dear Friends,

Here in Maine, in the eastern United States, it has been a cold winter, colder than normal. My horses stand in the field, draped in their blankets, facing the sun as if beseeching spring to arrive. I was lucky to have had teaching opportunities this winter in Indonesia and Finland; the horses' only trips were from the barn to the field.

I am pleased to note that our new membership structure has been positively received. We have had many inquiries from individuals concerning business memberships. This is a good thing because the advertisements associated with this will bring added interest to our publications.

I trust you all received the 2013 issue of our Scientific Journal with excellent articles on seated postural differences, movement and motor problems with patients with ADHD and Hippotherapy. Printed copies of the journal will henceforth only be sent to Federation and Institute members; others may download it from our website. We are grateful to our new editors, Nina Ekholm Fry and Sue Cotton for their expertise.

While our Journal is a scientific publication, this newsletter is not. It is intended as a more frequent, informal method of communication. To that end, we invite our members participation with news notes, queries, anecdotes and announcements. Please send them to office@HETIfederation.org.

Let's be like the horses and keep our heads oriented towards spring!

Gisela Heimsath-Rhodes,
Executive Director

2015 Congress News

The "Call for Abstracts" has gone online! You can now submit your abstracts on line:

<http://heti2015.org/call-for-abstracts/guidelines/>

We are looking forward to receive the newest research and information from your field of expertise in the world of "Horses in Education and Therapy".

From the President

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fully certified Instructors in Taiwan and now we have candidates in Indonesia. My thanks go out to the HETI Education Task Force who have worked diligently on the educational plan – Uta Rindfleish-Wu, Mary Longden and Gisela Heimsath-Rhodes. If you are looking to have certified Instructors in your program, please contact the HETI office and we would be more than happy to work with you and your program in this pursuit. The more opportunities we have to present the educational plan, the more successful it will become.

We have also made the transition to the new membership levels for the 2014 membership year. I hope that you have found the levels to be more representative of your needs from HETI. If you have not renewed your membership, or you are not sure where you might best be represented in the membership levels, please contact the office as soon as possible.

Enjoy the year of the Horse – and don't forget – the HETI Congress in Taiwan in 2015!

Ann O'Shallie
President

