



HETI

The Federation of Horses in Education and Therapy International

Spring 2013 Newsletter

In this issue

[From the Director](#)
[From the President](#)
[A weekend with Gundula Hauser](#)
[Remembering Charlotte von Arbin](#)
[Journal News](#)
[Book Review](#)
[HHRF 2013 Call for Research Proposals](#)

From the Director

Dear Members,

As I sit in snowy Maine, in the northeastern US, reading your emails and hearing of the amazing work all of you are doing, I am again struck by how lucky we are to live in an age when we can share so much valuable information with one another. Not so many years ago, the idea of therapeutic work with horses was virtually unheard of. Now HETI hears on a daily basis from people all around the world who are doing this work, writing with questions, wanting to know more, desiring to be put in touch with others. Because of HETI's ever-expanding reach we are able to connect members with one another and advance the spread of therapeutic knowledge. The article at right about Gundula Hauser is a prime example. How wonderful that this truly

A weekend with Gundula Hauser

It's a Friday evening in October and it is raining cats and dogs. A slim, sporty, elegant lady wearing glasses, is getting off the train at the main train station in Havlíčuv Brod. She is about seventy years of age and she is approaching us resolutely with a broad smile on her face. After spending only a few minutes with her on the way to her hotel I have the distinct feeling that we will have an interesting meeting.



To my great surprise, the weather the next morning is beautiful, the sun is shining in the blue sky, and it remains like this until Sunday, although the weather forecast was somehow different.

After the first theoretical meeting I am sure that Gundula Hauser is indeed not only a very skilled professional but also a systemic therapist, and

original teacher is able to take her philosophy to new places to heard by new ears!

We look forward to our next Congress in two years' time when we will next have an opportunity for face-to-face discussion and sharing.

In the meantime, please continue to add to this rich, ever-thickening soup of knowledge that is our passion and work.

Sincerely,

Gisela Rhodes, E.D.
HETI
P.O. Box 134
Damariscotta, ME 04543
USA
office@hetifederation.org

From the President

Since the publication of the last newsletter, I flew to Taiwan with a multi-faceted agenda. My first task was to go to the Therapeutic Riding Centre of Taiwan in Zhongli. I was there as a faculty member for HETI's Instructor training module. Once there, I met an incredible group of people who are dedicated to improving all aspects of life for the riders and, equally importantly, the horses, they serve. I am quite proud to say that I have made many new friends and cannot wait until we meet again for the next training module and certification!



Then it was on to meet with governmental officials in New Taipei City to confirm support for the XV Congress followed by a meeting with the Sports Management faculty from Aletheia University in Danshui (the site for the XV Congress). We toured the University and confirmed meeting and gathering rooms. It is a beautiful campus

thus together we share the same paradigm. It's amazing how things in life often come along without planning. However, at the same time I am starting to worry about the workshop participants, who have not come across any psychotherapeutic paradigm and I can imagine their growing confusion and uncertainty. I realize that it's not easy. No one becomes a psychotherapist in one weekend, after all it is a very often a painful process. But everyone has to start somewhere at a certain time. When Ms. Gundula begins to talk about energy and intuition, it is clear that her teaching goes beyond the structured information that many of the participants expect.

Before practice sessions Ms. Gundula gets acquainted with our six horses and excludes two: "Tondou" who is rather tired, and the somewhat controversial "Sarah". The way she treats the other horses, the way she talks about them, how perceptive she is towards them, is certainly inspiring for most of those present. The way she views the partnership between a man and a horse offers endless possibilities for refinement of communication, respect, trust and cooperation.

During that weekend in October we hear many ideas from Ms. Gundula and we are given a lot of inspiration. It reflects off each of us differently, and it depends on how our personal openness and previous knowledge will permit us to absorb them.



During the gentle awakening of the inner child inside of us at the riding-hall, the sparkling laughter echoes, workshop participants are relaxed and so are the horses. It seems to me that this experience will be common to most people present and that even our horses: Mr. Alan, Jana, Opera, Mates understand it. Ms. Gundula adds with a smile, that it would be good to express joy the way horses do, rolling in the sand, but that would probably look strange, so it is recommended only in privacy.



Ms. Gundula leads the whole seminar with incredible ease,

and I believe everyone will be pleased. There are historic buildings to tour, lovely gardens and winding walkways - something for everyone on campus.



Once all of the official business was completed, my next task was to be a tourist! Could I purchase tickets? Could I navigate the train system? Were there sites and activities that I could walk to that would enhance the experience for anyone attending the Congress? I DID IT! The people were welcoming and helpful. The history was compelling. And the beauty of the area was unsurpassed.



I cannot wait to return to Taiwan for the XV International Congress. I hope you will join me.

Best regards,

Ann O'Shallie
President
ann@HETIfederation.org

Save the date!

2015 HETI Congress

Taipei, Taiwan



professional, yet still with great care and humanity. It is obvious that none of us will be doing therapy as Ms. Gundula does. She is original, and yet so are each of us in some ways also an original. Her statement, "I'm me, I cannot afford not to love/like, take care of myself, in order to be useful for my patients or clients" comes to me as one of the most important messages she tried to pass along to us during her seminar.

On Sunday afternoon, when I sit with Kate and Ms. Gundula on the platform sharing final thoughts before the train arrives, it is like leaving a familiar and beloved person.

For me it has been a remarkable experience.

All the best, Ms. Gundula!

Andrea Masková,
Psychiatris, Family and systemic therapy
Leader of hipprehability team in psychiatric
medical institution Havlíčkov Brod, CZ

Gundula Hauser is the director of the Osterreich Initiative - Pferde helfen Menschen in Austria
Visit her website at: <http://www.pferde-helfen-menschen.at/>

In Memoriam: Charlotte von Arbin



Charlotte von Arbin passed away on January 15 2013. She was one of the pioneers in Therapeutic Riding in Sweden and in FRDI/HETI. We miss her and we will always remember her devotion towards the needs for disabled children and her understanding

of how to use horseback riding in physiotherapeutic treatment. Charlotte was the founder and chairman of Gothenburg Riding Club for the Disabled (GHRK) and for [Intresseföreningen för Ridterapi](#) (IRT), the national organization for health care personnel devoted for therapeutic riding. As the chairman in both organizations, she was involved in the development of TR in Sweden from the 1970s and till the end of her life. She also participated in the first board of FRDI, thus influenced on

Chinese Taipei Equestrian Federation



Quick Links

[News](#)
[About HETI](#)

[Join HETI](#)
[Our Sponsors](#)

[Calendar](#)

Find us on Facebook 

Like our Facebook page
HETI - Horses in Education
and Therapy International
(formerly FRDI)

www.facebook.com/HETI.international

Support our Sponsors!

Support HETI

when you send flowers with Petals Network in December
25% of the flower value of your order
will be donated to HETI (normally 20%)

Choose from our magnificent range of over 100 products.
There's something to suit every occasion
and every budget

To order please visit:
www.petals.com.au/frdi
or phone: 1800PETALS (738 257)
and quote 9093



Petals delivers Australiawide & over
90 Countries 

development of TR locally, nationally and internationally.

She initiated the first world championship in dressage for disabled riders in 1987 and has also been involved in developing the systems for classifications of disabled riders. In Paralympics she was one of the team leaders for the Swedish dressage team

She attended most congresses and conferences of TR around the world and was well known by board members from different countries. She was not afraid of sharing her opinions or criticizing what she did not approve of. She truly combined practical skills with curiosity on new aspects from research but with a critical mind.

Charlotte was a physiotherapist at heart and with a big heart for children and for horses. She had friends all over the world, sharing her devotion for the development of physical, mental and social abilities that horses are able to influence on. In order to share her and others knowledge she hosted education and conferences nationally and internationally at GHRK. Thanks to her, the international courses on the concept "Balance and movement" have been developed since 2001 and will hopefully continue as a further education in physiotherapy and movement science.

Her work will be continued by all of us who benefitted from her and had the possibility to learn from and with her. She will be missed by many persons, patients, colleagues and friends. May she rest in peace!

Margareta Håkanson, PT, Associate member of HETI

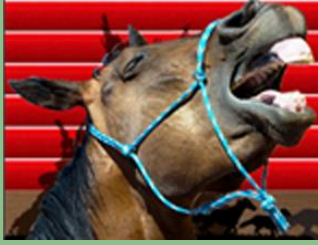
Victoria Kolm, PT, chairman of IRT

Journal News

The Scientific and Educational Journal of Therapeutic Riding welcomes its two new editors. **Nina Ekholm Fry** is Director of Equine-assisted Mental Health; Associate Professor of Counseling Psychology at Prescott College, USA. **Sue Maree Cotton, Ph.D.** has a very successful career spanning and integrating the fields of biostatistics, clinical research methodology, psychology, and psychiatric research.

Both of them are excited about the future of the journal and look forward to continuing the development process that the former editor, Ann Kern, had begun.

Order your flowers through [Petals Network](#) and a portion of your purchase goes toward FRDI's fundraising efforts.



Learn how to make a rope halter and support FRDI at the same time.

For more information,
[click here.](#)

Remember to send your important dates - workshops, trainings, competition etc. in English to the [office.](#)

We will promptly publish them on the website!

HHRF 2013 Call for Research Proposals

HHRF announces an open call for proposals to investigate the therapeutic effects of horses on humans. The Foundation's broad research agenda includes basic research as well as clinical studies that will ultimately impact physical and mental health and quality of life for those engaged in equine-assisted activities/therapies (EAA/T). The deadline for submission proposals is June 15, 2013. Up to \$50,000 is available to researchers investigating the therapeutic effects of horses on Humans

More information is at the [HHRF website.](#)

Their immediate goals include having the journal become peer-reviewed and more known and accessible. Additional goals are to introduce new sections with the primary focus remaining on research but also containing reviews, case presentations, letters, commentary with increased clarity around the standard and quality of manuscripts.

In order to accomplish these goals, they will need help from the EAAT community and are thus putting out the call for reviewers who are experienced in editing and reviewing research/scholarly texts as well as submissions for the 2013 journal (the call for manuscripts will come later this year). The 2012 edition is currently being finalized.

Book Review

The Listening Heart: The Limbic Path Beyond Office Therapy - A Manual for the HEAL Model for Equine-facilitated Psychotherapy and Learning


by Leigh Shambo

This is a "how to" manual for a well-researched and tested model of psychotherapy involving horses. But it is much more besides with touching and thought provoking personal accounts and a useful outline of the inter-relationship and differences between office based and horse habitat psychotherapy. It is a technical yet highly readable book directed at practitioners. As such it adds a much needed contribution to the growing volume of horse and health literature.

But this book is not aimed primarily at the equine market. Its target audience is the health and social work practitioners and it certainly belongs on the bookshelves and desks of innovative professional psychological therapists.

Shambo's model includes a six part sequential process for partnering with horses to facilitate psychological and emotional healing with people, particularly those suffering from PTSD. The format is simple, easy to follow and interesting reading with good illustrations and personal accounts. It would however, present quite a challenge for the therapist unfamiliar with horses. One would hope that in due course Shambo might produce a companion video illustrating the equine related terms and her examples of exercises used in Heal's 6 keys to psychological work involving horses.

The book will I am sure be of interest and value to



equine specialists also, particularly those engaged in therapeutic work and/or interested in the human-horse relationship issues. However, as Shambo cautions equine specialists could not undertake this work alone with clients, they would need to combine with a qualified psychotherapist or social worker familiar with psycho/social illness.

Ann Kern-Godal is a Ph.D. Fellow at Oslo University Hospital, Norway. She is past editor of HETI's *Scientific and Educational Journal*.
