



# Newsletter

Horses in Education and Therapy  
International, AISBL

February 2017

## Equine-Assisted Therapy Takes a Step Closer to the World



By Jeong-Yi Kwon

**T**he Korean Academy of Therapeutic Horsemanship (KATH) opened the doors of therapeutic riding to the world by hosting its first International Therapeutic Riding Forum, gathering related experts from all over Asia.

The HETI Asia Forum, held on October 15-16, in Kintex, Ilsan, Korea was an arena to discuss the future of equine-assisted therapy in Asia. Among the international guests were Gisela Heimsath-Rhodes (Executive Director of HETI), Amanda Bond (Deputy Chair of the FEI Para-Equestrian Technical Committee), and Laurentia Tan (Paralympic Silver Medalist). Also present were Lee Cheon-il (Livestock Policy Bureau

Chief of the Ministry of Agriculture, Food and Rural Affairs) and Kim Yeon-hee (President of KATH).

Para-equestrian rider Laurentia Tan demonstrated a dressage routine to a rapt audience. Tan won the Silver Medal in the Individual Freestyle Test (Class 1A) at the 2012 London Paralympics. Having developed cerebral palsy as a child which affected her hearing and walking, she talked about her efforts to take up equestrianism. "I may not be able to dance

with two feet, but with my horse I can do the ballet," said Tan of the beauty she found in horse riding, which received a standing ovation.

Amanda Bond, Deputy Chair of the FEI Para-Equestrian Technical Committee, expressed her anticipation for para-equestrian in Asia. According to Bond, there is growing public interest in the sport, as seen from the sold-out sessions at the London Paralympics, but out of all

*Continued on page three*

**More Than Just a Break from Treatment:  
How Substance Use Disorder Patients Experience the  
Stable Environment in Horse-Assisted Therapy**

Ann Kern –Godal has published a new open access article:  
[http://la-press.com/article.php?article\\_id=5948](http://la-press.com/article.php?article_id=5948)

# XVI Congress Update

## Fresh Start

The Dublin 2018 HETI Congress is proud to announce a horse rehoming programme called Fresh Start. Fresh Start has two main aims:

To raise the profile of organisations that rescue, rehome and rehabilitate horses, including retired racehorses, with an emphasis on horses that return to work following rehabilitation and retraining

To create a network of these same organisations that will facilitate the exchange of knowledge and best practice at HETI 2018 and in the future

With patience, understanding, commitment, and of course skill, rescue horses can be rehomed, not only as 'pets' but as working horses in equestrian centres such as Festina Lente, as leisure horses, or as riding club horses. Rehomed horses find a new life giving hours of pleasure to those fortunate enough to ride them and work with them.

If your organisation is interested in participating in the Fresh Start programme, please let us know! We will be happy to feature the stories and images of horses you have rescued and retrained. Contact details for your organisation will be included on the HETI2018 website, to facilitate networking and give a little publicity to your hard work. You will also be able to attend a workshop during the HETI 2018 congress where you will meet others who work in this area, exchange knowledge and best practice, and perhaps even find new homes for some of the horses in your care.

We hope that Fresh Start will be a lasting legacy of HETI 2018.

More information can be seen at <http://www.heti2018.org/fresh-start/> or contact [Annmarie@festinalente.ie](mailto:Annmarie@festinalente.ie)

## Call for Actors at Special Performance

We have started the process of pre-

paring for the *Snow White and the Seven Dwarves* performance which will be shown during the HETI 2018 Congress and yes – all the actors of equines ! and handlers are young people and teenagers affected by socio economic disadvantage and other life challenges. This will be a not to be missed event with only one evening performance – so keep an eye on this when you are registering.

## Abstracts

Abstracts can be submitted between February 2017 and December 2017. In addition, applications to conduct workshops involving equines during the congress can be made and facilitated by horses that work in Festina Lente and supported by Festina Lente staff. These workshops will be limited to between 5 and 6 throughout the week with a comprehensive and detailed application which will be available in February <http://www.heti2018.org/abstract-submissions/>

# HHRF Announces Grant

Horses and Humans Research Foundation has just awarded \$88,059 to Slippery Rock University for their investigation *The effect of therapeutic riding on stress levels in young adults with autism spectrum disorders*. In addition to measuring stress reduction impact through therapeutic riding and Heart Math interventions, they will also study equine stress levels related to participants stress levels. Additional information about this project can be found at HHRF's website: [http://horsesandhumans.org/Research\\_AwardedProjects.html](http://horsesandhumans.org/Research_AwardedProjects.html)

HHRF also announces the completion of a veterans focused research project awarded in 2014. Dr. Beth Lanning led the Baylor University team in its recently completed research project *Examination of the Effects of Equine Assisted Activities on PTSD Symptoms, Quality of Life, and Functioning in Combat Veterans*. The aim of this study was to investigate the effects of an 8-week structured therapeutic horseback riding (THR) on Post-traumatic stress disorder (PTSD) symptoms, depression, quality of life, and functioning of combat veterans diagnosed with PTSD.

Overall, the findings of this study support the beneficial effects of THR for veterans with PTSD. The participants reported clinically meaningful improvement in PTSD symptoms and mental health, and marked improvement in participation and overall functioning over the course of the program. The differences in PTSD and depression symptoms and overall mental health and functioning scores between the THR and Control group grew larger over time. More information is available at the HHRF website <http://horsesandhumans.org/>

**HETI Asia Forum**

*Continued from page one*

the FEI-registered para-equestrian riders, only 4 percent are Asian, with only one international-level competition held in the region.

The FEI is actively engaged in various efforts to develop para-equestrian in Asia, including scouting for new riders, training judges for FEI certifications, and managing funds. “We expect the 2020 Tokyo Paralympics to spark more interest in para-equestrian,” Bond said, adding that the FEI provides financial support through exchange funds and is always available for assistance. At the Asia Forum, participants from various countries shared the problems they were facing, such as volunteers, use of riding centers, and government support. Consultant Uta Rindfleisch-Wu of the Chinese Taipei Equestrian Association talked about

the difficulty of carrying out therapeutic riding without long-term volunteer workers, to nods of agreement.

The Federation of Horses in Education and Therapy International (HETI) is a global organization in therapeutic riding and para-equestrian, consisting of 54 associations from 48 countries. It supports the research for developing new programs and activities for equine-assisted therapy and provides the “HETI Certification” for therapeutic riding instructors.

Yoo-jin Cho from South Korea also gained attention with her jumping demonstration. Cho is a rider with level-3 intellectual disability who has been building her career not in para-equestrian competitions but in general competitions, and has become a star in the equestrian circles. Currently, she is competing in general competitions because para-

equestrian only has dressage, but she has won in various competitions. “Yoo-jin wants to learn dressage as well but circumstances are difficult,” said Cho’s mother Oh-seon Kwon. “Even now, it takes six hours to and from the riding center where she takes her lessons. We would like to see improved accessibility to equestrian activities in Korea.”

President of KATH Yeon-hee Kim said, “I hope this forum, which is being held in Korea for the first time, serves as a catalyst for cooperation and mutual development of therapeutic riding in Asia. KATH will also do all it can to extend its reach across Asia to the world.”

*Jeongyi Kwon is Associate Professor in the Department of Physical and Rehabilitation Medicine, Sungkyunkwan University School of Medicine, Medical Director of Pediatric Rehabilitation Program of the Samsung Medical Center, Seoul, Korea. She is a member of the Executive Committee of HETI.*

## Call for Manuscripts

The Federation of Horses in Education and Therapy International (HETI) publishes the **Scientific and Educational Journal of Therapeutic Riding (SEJThR)** annually. We are currently seeking submissions with the purpose of advancing knowledge in the fields of therapeutic riding and equine-assisted activities and therapies.

The SEJThR has several submission categories:

- ◆ **Original Research:** *An original research study conducted by the author*
- ◆ **Review:** *A comprehensive or systematic review of research on a specific topic*
- ◆ **Case Study** *A presentation of a single comprehensive case study or multiple case studies*
- ◆ **Theory and Practice:** *A discussion of a specific topic in the field*
- ◆ **Letter to the Editor:** *Comments on articles published in the SEJThR*

Manuscripts are reviewed through a double-blind peer-review system and submissions are welcome throughout the year.

For more information about manuscript requirements and the submission process, please visit [www.hetifederation.org/journal.html](http://www.hetifederation.org/journal.html).

Please contact journal editor Nina Ekholm Fry with questions.

**Journal Editor: Nina Ekholm Fry**  
[editorial@hetifederation.org](mailto:editorial@hetifederation.org)  
[www.hetifederation.org](http://www.hetifederation.org)



## TRAG Launches Erasmus+ Project

Therapeutic Riding Association of Greece is launching the new Erasmus+ program called *Horses teach me how to find "my way"*. It's a 3-year program in which TRAG is the coordinator and has the following five partners:

- Festina Lente from Ireland
- AEDEQ Asociacion Espanola de Equinoterapias from Spain
- Anche noi a Cavallo from Italy
- Krila Terapijsko Jahanje from Croatia
- Nevsehir Haci Bektas Veli University from Turkey

The project consists of three parts, covering different aspects of Therapeutic Riding:

- Horse Leading Techniques, Safety Issues, Educational Applications
- Psychoeducational Play
- Remedial Vaulting

The main objective of this project is to create a space for professionals to exchange and gain essential knowledge and therapeutic methods/techniques in Equine Assisted Therapy. The updated knowledge and techniques applied in such intervention organizations can be very effective in providing: a) professionals with alternative working tools b) horses with more interesting ways of contributing to therapy and c) clients with pleasant, enjoyable and

exploratory strategies in their therapy.

The participants will obtain knowledge and defined practices with the aim of changing the way of working with disabled people, impacting social and economic parameters. They will experience new training methods for the horses which are used in Equine Assisted Therapy and they will create a more participatory and cooperative environment for the clients.

The project's suggestions (trainings) in updated approaches plus the opportunity for all partners to provide feedback that can help develop those therapeutic tools, can provide all participating countries with the knowledge to build up a common glossary and strategy in Equine Assisted techniques.

For more information, contact:

Dimitra Karouzaki  
President of the Board  
Therapeutic Riding Association  
of Greece

P. Kanellopoulou  
10, GR 115 27 Athens  
Tel/Fax: +30 210 7488566

[www.trag.gr](http://www.trag.gr)  
[triding@otenet.gr](mailto:triding@otenet.gr)



## Membership in HETI

HETI has several membership levels with specific features. Choose the membership level that suits you or your organization's needs.

**Federation Member** – This member is any organization (including for-profit organizations) desiring to be a formative member of the HETI federation. This member has voting rights (one vote per organization) and full access to all materials (journal, triennial membership directory, on-line journal articles, advertising, discount for Congress, etc.). Federation Members have a specialized area of the HETI website as well. All IEC nominees need to be affiliated with a Federation Member, so the history, foundation, ethos and governance of HETI would be continuous. Federation membership needs to be approved the International Council. For more information, please contact the HETI Office at [office@hetifederation.org](mailto:office@hetifederation.org)

**Institute Member** – This membership category for colleges and universities, research institutes (physical, cognitive and emotional) and organizations, and organizations with educational and/or certification capabilities. It does not confer voting rights. These members will receive hard copies versions of materials. Institute Members can also apply to become a Federation Member if they met the criteria established by the IEC.\*\*

**Business Member** – This level is for organizations, businesses and individuals who are active in equine assisted activities, therapy and education, or related fields such as an equipment vendor, or other equine service provider. This non-voting membership level receives publications electronically.

**Associate Member** – This member level is for individuals, organizations, and institutes whose interest in HETI is primarily to stay abreast of what is happening in the field of equine assisted activities. These members will receive the journal and the directory in electronic form.

**Honorary Member** – This membership is an *electronic* membership, granted by the International Executive Committee, to affiliated organizations and individuals.

*Download an application, make payments through PayPal, and get further information and news at our website:*

<http://www.hetifederation.org/membership.html>