



Newsletter

Horses in Education and Therapy
International, AISBL

October 2016

A Life Well Lived

It is with a heavy heart that we share the news of the recent death of Dr. Gillian Lawrence. We can scarcely believe this day has arrived, for she was the heart and soul—the weft and warp—of the Canadian Therapeutic Riding Association (CanTRA) for its very beginning. As a founding board member, former president, and committee member (particularly developing the medical section of the instructors manual), Gillian's influence has been beyond measure. She raised a family, was a family physician, rode horses, ran a therapeutic riding centre, mentored other centres, became a para-equestrian classifier and Canadian para-dressage team chef d'équipe, and was honoured with many awards. Through it all, she was cheerful, energetic, fun, full of adventure (and the subject of many great stories). And always humble.

Gillian's interest in elite para-equestrian sport, combined with her love of medicine, led to her being involved in the development of the classification of disabilities. She became an International Classifier, serving as an official in that capacity at the debut of Paralympic Dressage competition during the Paralympic Games in Atlanta (1996), and again in Sydney (2000). Her experience and wealth of knowledge were a major influence in monitoring the success of the classification system. After retiring from the international scene in recent years, Gillian has continued to be a tower of strength to all the other international and national classifiers.



Dr. Gillian Lawrence, 1932—2016

In 1988, Canada hosted the 6th International Congress on Therapeutic Riding, held in Toronto. At the time, Gillian was a board member of CanTRA, the host organization, but she also served on the International Congress Committee and chaired the Scientific Committee that

chose the papers to be presented in sessions. Gillian went on to serve as president of FRDI from 1997 to 1999, as well as serving as the first editor of FRDI's Scientific Journal, which is now produced in 10 languages. Over the years, Gillian has attended FRDI meetings all over the world, always involved with the proceedings of the scientific sessions.

In 2013, CanTRA sponsored Gillian for the Governor General's Caring Canadian Award, which she received at the hands of the Govern General in Ottawa. But while we have lost Gillian in person, we are blessed with all the benefits of her contribution to CanTRA and to therapeutic riding in Canada and internationally. All her hard work lives on in what we all do today for children and adults with disabilities.

Daphne Davey
Past President, CanTRA

New Paper Published on Horses and Addiction Treatment

Ann Kern –Godal has published an open access article, “**Contribution of the patient-horse relationship to substance use disorder treatment: Patients' experiences.**” It is part of their major investigation of the impact of horse assisted therapy on addiction treatment and outcomes. It can be accessed on line at: <http://www.ijqhw.net/index.php/qhw/article/view/31636>

The Marriage of Research with the Riding Center Practitioner

All of us are dedicated to trying to ensure that the horses with whom we work have the most ethical management. But as we know – unless we are to have horses living out naturally – everything we do with horses is unnatural. Here’s the problem – even if we wanted horses to live out naturally there is insufficient land for this to happen in most countries and so it is beholden on those of us who manage horses to continuously try to replicate as natural an environment as possible. And so attending conferences such as the ISES is an enlightening experience and one I would encourage practitioners to attend – even if to simply take away a couple of possibilities to change.

In June 2018 a team of Festina Lente staff travelled from Dublin to the annual conference hosted by the International Society of Equitation Science in the Cadre Noir in Samur, France. We were not only attending as delegates but we were delighted to have been asked to present on how we manage horse welfare in a riding school environment. We also had a study which examined the differences between bitless and bitted bridles for therapeutic riding horses as a poster session. The event was attended by just over 100 people which was considered to be a good turnout for this conference. By chance, while wearing my HETI hat I met up with Sanna Mattila-Rautiainen, our HETI president who was also at this event and this proved to be a great chance to catch up.

The academic conference presented study findings which for me gave an interesting comparison to the research presentations at the HETI Congresses. With the exception of key note presentations each morning all other presentations were kept to 15 minutes each. Needless to say – keeping ones concentration for so long is difficult but a very well presented book of abstracts provided excellent information for each delegate.

An Irish study, conducted by veterinarian and animal behaviourist Orla Doherty presented her findings on an

investigation into noseband tightness levels on competition horses. Orla was awarded an award at the conference for her study. One particular study addressed the sleep deprivation experienced by horses that are stabled with no access to viewing other horses. Though we had already started to lower all stable walls following a research study conducted by Martine Hausberger, we very quickly moved swiftly to reducing all remaining walls and joyfully enjoyed how horses were able to peer over the walls. Again, in looking at social isolation of horses, a further study explored the relationship between heart rate variability and behaviour for these horses. The effects of classical music on horses in transit also inspired us to install speakers and classical music in our equine outreach van. Of particular interest was one study which examined the impact of ground work before riding with each rider and how this improved riding for the rider and welfare for horses. Again, this has been introduced into our coaching sessions. For further information on studies see this link:

<http://www.equitationsscience.com/documents/Conferences/2016/Proceedings%20ISES%202016.pdf>

And so, though the world of academia and practitioners may sometimes seem to be at polar ends – attending such conferences can help practitioners to learn new things to improve horse welfare – and can also validate some practices that we as practitioners have put into place because we thought it was the right thing to do. And of course – without the research findings being integrated into practice – research remains as a nice study – and so academia and practitioners have lots in common. The next ISES conference is in WaWa Australia – date to be confirmed. A definite date for the diary!

Jill Carey is chief executive officer for Festina Lente in County Wicklow, Ireland

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

HHRF Surveys Those Who Serve Military Veterans

Horses and Humans Research Foundation (HHRF) has developed a program called Focused Research Initiatives (FRI). HHRF will be selecting specific areas of interest and establishing teams to champion the initiatives. The end result will be the development of a specific call for proposals that will encourage research to support the focus interest, and a fund to award to the select research team.

The first research initiative is on equine-assisted activities for military veterans. The research team has established a survey for programs providing services to veterans with traumatic brain injury (TBI) or post-traumatic stress (PTS) symptoms. The survey results will be used by the HHRF Veterans FRI Team to inform their decisions about the directions needed in research. Your participa-

tion in this survey is invited as it will assist HHRF in understanding the scope of programs currently serving veterans with TBI and/or PTSD and help direct research goals to best serve them in the future.

The survey can be found at: <https://www.surveymonkey.com/r/3TSTGJT>

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.

Please contact journal editor Nina Ekholm Fry with questions.

Journal Editor: Nina Ekholm Fry
editorial@hetifederation.org
www.hetifederation.org





HETI-Asia Forum

**Sponsored by Korean Academy of
Therapeutic Horsemanship**

**Ilsan Kintex Korea International
Exhibition Center**

October 15-16, 2016

www.kath.kr

**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

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>