

Quick recap

The team discussed the importance of tracking progress in equine-assisted services, with Selçuk highlighting the use of observational, qualitative, and quantitative methods to evaluate impact and tailor services. They also explored various methods for tracking changes and improvements in projects, including the use of technology to monitor stress or relaxation levels. The conversation ended with discussions on the effectiveness of different approaches in equine state services, the challenges of research, and the importance of collaboration and creativity in providing quality services.

Next steps

- [Carlos to share more details about the Equitedo app with interested participants.](#)
- [Selçuk to share the link for the goal attainment scale adapted for hippotherapy with Jana.](#)
- [Mariana to continue working with teachers to gather accurate information when using assessment tools with families who may have difficulty reading.](#)
- [Xenia to explore using smart watches or similar devices for measuring heart rate variability in sessions.](#)
- [All participants to consider implementing simple observational methods \(e.g. throwing balls into baskets\) to track client progress in their sessions.](#)

Summary

Equine-Assisted Services Networking and Collaboration

In the meeting, Selçuk introduced Lawrence, an executive committee member at Heti, and briefly asked each participant to introduce themselves. The participants included Carlos Hernandez, Xenia, Margaret Walsh, Carol Hugel, Laurence, Anne, Maria, Audrey, Aimee, Cathrin Wilbanks, and Mariana. The group discussed their interests and experiences in the field of equine-assisted services, with many participants expressing interest in research and educational standards. Selçuk also mentioned his work at a university and the development of an equine-assisted services major. The conversation ended with an invitation for further networking and collaboration.

Tracking Progress in Equine-Assisted Services

In the meeting, Selçuk discussed the importance of tracking progress in equine-assisted services. He highlighted the use of observational, qualitative, and quantitative methods to evaluate the impact of their work and tailor services to meet client needs. Selçuk emphasized that tracking progress is not only a best practice but a necessity, as it allows for the evaluation of impact, identification of areas for improvement, and reinforcement of the evidence base of their services. He also mentioned the benefits of tracking progress for clients, accountability, and transparency, especially for governmental purposes. Selçuk focused on three approaches:

observational methods to capture real-time behaviors, qualitative methods to give voice to clients and practitioners, and quantitative methods to provide measurable data for scientific validation. He also introduced the goal attainment scale as a useful method for setting individualized goals and tracking progress.

Tracking Changes and Improvements in Projects

In the meeting, Selçuk discussed various methods for tracking changes and improvements in projects. He highlighted the use of observational methods, goal attainment scale, and qualitative and quantitative approaches. Selçuk also mentioned the use of technology to monitor stress or relaxation levels through heart rate variability and surveys. He emphasized the importance of these metrics in applying for funding or publishing studies. Additionally, Selçuk mentioned the use of electromagnetic sensors in their university's research center. He provided an example of how heart rate variability data can be used to measure the improvement in relaxation and autonomic regulation after a session.

Equine State Services Approaches

In the meeting, Selçuk discussed the effectiveness of various approaches in equine state services, including hippotherapy and equinostic psychotherapy. He emphasized the importance of integrating these methods to increase their effectiveness. Selçuk also highlighted the challenges of research, including the need for ethical approval and the time-consuming nature of qualitative interviews. He suggested starting simple and building capacity gradually. Anne expressed interest in incorporating these methods into her course on research methods. Selçuk also explained the use of heart monitoring in equine state services, noting that it could be a costly process.

Data Privacy in Equine Services

In the meeting, Selçuk discussed the ease of interpreting data from a monitor, which comes with simple software. He also mentioned that the software is easy to use and can provide overall heart rate variability or average heart rate during or after a session. Carlos shared an interesting tool called Equitedo, an app that measures physical and social aspects, and he also mentioned the importance of qualitative feedback from parents in assessing the effectiveness of equine-assisted services. Maria highlighted the issue of data privacy and the need for consent when using free apps for monitoring sessions.

Challenges in Unmounted Activities and Tools

In the meeting, Mariana discussed the challenges they face in working with unmounted activities and the need for collaboration with school teachers to gather accurate information from families. They also highlighted the importance of having tools to measure their impact on the population, particularly children. Selçuk emphasized the importance of creativity in using tools for quality service and shared examples of their use. Xenia shared their experience with questionnaires in project evaluations and the need for standardization. Selçuk also mentioned the difficulties in getting governmental support for their work. Lastly, Jana expressed interest in the goal attainment scale used in hippotherapy and requested the link for further exploration.

Potential Project and Scale Discussion

In the meeting, Selçuk discussed various topics, including a potential project or event, and the importance of a certain scale. Jana expressed gratitude for the discussion. The team also shared their experiences and thoughts on the matter. The conversation ended with Selçuk thanking everyone for their participation.