

ARTICLE TEN

*USER INTERVIEWS ABOUT THERAPEUTIC RIDING WITH
ADULTS WITH LEARNING DIFFICULTIES*

Key words: therapeutic riding, user interviews, adults with learning difficulties

Therapeutic Riding can be a motivating movement activity for adults with learning difficulties. From this background I did several interviews, in which I talked to adults with learning difficulties. The main objective of my study was the active inclusion of the target group into the process of research. It was important to me to not only talk about, but also with adults with learning difficulties.

Over the period from February to March 2008 I did 31 interviews with adults with learning difficulties between the ages of 20 and 70 years. All those user interviews were done in the "Centre for Therapeutic Riding" in Lünen (near Dortmund/Germany).