



Newsletter

Horses in Education and Therapy
International, AISBL

April 2015

Reflections on Some studies: New and Old

By Ann Kern

Most of therapists I know who work with horses are busy people. While interested in research, they rarely have time to search for, let alone participate in studies. Some of us, on the other hand, have more time to engage in the joy of searching for new material (admittedly, the level of enjoyment depends on whether you would prefer to be sitting at a pc or out with the herd). Nonetheless, those of us who are researchers and keep reasonably up to date on recent publications have, perhaps, some responsibility to share our findings with practitioners working in the field. After all, without the practitioners we would not have the data we need to do our work.

With that in mind, I thought it might be useful to share some recent

research finds, rediscoveries and reflections.

But first, an easy way to keep informed of recent research is to register for alerts in Google Scholar. The database is a reasonably good source of available, up to date research in many fields including animal assisted therapy. Searching is simple and the results are increasingly comprehensive due in part to greater acceptance of open access publishing. But if you do not have time for that, the alerts which arrive as emails, can help keep you abreast of new studies.

Recently a Google Scholar alert arrived which reference an APA published paper on Equine-Facilitated Body and Emotion-Orientated Psychotherapy (EBEP) (Johansen, Arfwedson Wang, Binder, & Malt, 2014). It originated from a Norwegian researcher I'd met some years ago but lost track of. The paper describes a new manual-based treatment process for patients whose illness had not responded to more conventional psychotherapy. The EBEP mechanisms and the related psychological theories on which the work is based are described in a way which is easy to follow, to agree or disagree with, and provoke thought and discussion. It set me thinking, checking reference lists and searching for comparable previous work.

For some reason I was under the impression that few studies involving horses in psychotherapy and learning were manual-based or contained an adequate description of the manual used. This maybe because I search mainly for documents which relate specifically to addiction/substance misuse programs (there are few – despite many centre sites offering therapy for substance misuse). I found, however, that I had in fact a number of documents which did include good descriptions of the therapeutic process and/or manual on which horse assisted therapy was based. These include:

- Adventures in Awareness (Rector, 2005) <http://www.adventuresinawareness.net/>
- Horseback Miracle's (Kildow & Draper, 2006) <http://www.horsebackmiracles.org/>
- Bear Spot Foundation (Karol, 2007) <http://www.bearspotfarm.com/>
- Neznik & DePrekel's interventions for teen survivors of sexual trauma (Nezik & DePrekel, 2008)
- Rancho Bosque (Hamilton, 2011) <http://www.ranchobosque.com/team.html>
- EAGALA (Kane, 2007) (DiGiacomo, EAGALA, & Ranch, 2012) <http://www.eagala.org/>

- IN THIS ISSUE -

Reflections on Some Studies, New and Old	1
Yvonne Nelson, 1925-2015	3
From the President	4
Raffle Item at XV Congress	4
Level I Training and Other News	5

Reflections

Continued from page one

- Pendry & Roeter's child social competence work (Pendry & Roeter, 2012)
- HEAL (Shambo, 2013) <http://humanequinealliance.com/>
- Modum Bad (Thelle, Klouman, & Myraas, 2014) <http://www.modum-bad.no/nyheter/cms/2011/mai/hestekrefter-hjelper/248>

One can debate whether all of these are truly manuals but I've listed them because they may be a valuable resource which others can use in whole or as a guide when developing their own therapy program manual. They vary in terms of the target client group, level of detail and reference to use of underlying psychological theory. But they also share a lot in common and indicate an interesting progression over a decade. Three deal specifically with PTSD and one is related to development of social competence in non-ill children. There are, no doubt, many more particularly in the area of physical therapy and hippotherapy. Perhaps some of you would like to share them in the next Newsletter.

But is theory driven manual-based practice important and does it improve treatment outcome? The issue is not without considerable and interesting controversy. While they may not influence treatment outcome, manuals are often regarded as indicating increased professionalism and development in an evolving discipline. They give needed structure for education and I suspect added confidence to less experienced practitioners. They also provide a sounder basis for research directed at assessing the impact of the therapy as well as for comparative studies. So, by and large they are to be recom-

mended at this point in the development of therapy involving horses.

However, at the risk of appearing a little contradictory, I should mention that when looking again at Jane Karol's paper (Karol, 2007), the simplicity, practicality and common sense of the program she describes impressed me. It also led me to wonder whether our desire for professional acceptance may be pushing us to be too sophisticated and at risk of diminishing the inherent psycho/social value of the horse and herd which for generations was traditionally recognised and used in rural communities. But the possible contradiction raises difficult issues because to obtain recognition and the funding to enable more to benefit from therapeutic work involving horses, we need to develop and demonstrate how our work relates to mainstream psychological theory. And there is probably no better way of doing this than via a theory driven manual-based program. In addition, as one of the students I was working with last year pointed out, we lack good base line data on healthy people working with horses with which to compare our studies of ill populations. We do need to be able to compare the impact of horse assisted therapy for ill clients with non-therapeutic activities for healthy clients. Here, studies like Pendry and Roeter's (Pendry, Carr, Smith, & Roeter, 2014; Pendry & Roeter, 2012; Pendry, Roeter, Smith, Jacobson, & Erdman, 2013; Pendry, Smith, & Roeter) are important but easily overlooked. Because I search on therapy issues I'd missed their papers and only came across them by accident when searching for another non-therapeutic study! Not only do they provide a good basis for further comparative study of horse work with ill/healthy clients, they also describes a randomised wait-listed con-

trolled research protocol which is well worth reading if you are planning to do a "gold standard" study.

They make it look so easy!

In conclusion, I hope this short piece might encourage controversy and prompt others to contribute their views and favourite studies to the Newsletter.

*Ann Kern-Godal
PhD Student*

*Department of Addiction Treatment
Oslo University Hospital, Norway*

References

- DiGiacomo, M., EAGALA, & Ranch, S. B. (2012). *Equine Assisted Psychotherapy Activity Manual: 22 New Basic Activities Created for EAP*: EAGALA.
- Hamilton, A. (2011). *Zen Mind Zen Horse: the science and spirituality of working with horses*. Mass.: Storey Publishing.
- Johansen, S. G., Arfwedson Wang, C. E., Binder, P.-E., & Malt, U. F. (2014). Equine-facilitated body and emotion-oriented psychotherapy designed for adolescents and adults not responding to mainstream treatment: A structured program. *Journal of Psychotherapy Integration*, 24(4), 323.
- Kane, B. (2007). *The manual of medicine and horsemanship*: AuthorHouse.
- Karol, J. (2007). Applying a traditional individual psychotherapy model to equine-facilitated psychotherapy (EFP): Theory and method. *Clinical Child Psychology and Psychiatry*, 12(1), 77-90.
- Kildow, C., & Draper, T. (2006). *One Quarter Horse... Three Quarters Heart - Horseback Miracle's Comprehensive Guide to Successful Equine-Assisted Psychotherapy Program*.
- Nezik, K., & DePrekel, M. (2008). *Animal Assisted Therapeutic Group Interventions for Teen Survivors of Sexual Trauma*.
- Pendry, P., Carr, A. M., Smith, A. N., & Roeter, S. M. (2014). Improving Adolescent Social Competence and Behavior: A Randomized Trial of an 11-Week Equine Facilitated Learning

Prevention Program. *The journal of primary prevention*, 35(4), 281-293.

Pendry, P., & Roeter, S. (2012). Experimental trial demonstrates positive effects of equine facilitated learning on child social competence. *Human-Animal Interaction*, 1(1), 1-19.

Pendry, P., Roeter, S., Smith, A., Jacobson, S., & Erdman, P. (2013). Trajectories of Positive and Negative Behavior During Participation in Equine Facilitated Learning Program for Horse-Novice Youth. *Journal of Extension*, 51(1).

Pendry, P., Smith, A. N., & Roeter, S. M. Randomized Trial Examines Effects of Equine Facilitated Learning on Adolescents' Basal Cortisol Levels.

Rector, B. (2005). Adventures in awareness: Learning with the help of horses.

Shambo, L., Young, D., & Madera, C. . (2013). *The Listening Heart. The Limbic Path Beyond Office Therapy*. USA: Human-Equine Alliance for Learning

Supporting Petals Floral Network Supports HETI as well.

Every time you order floral products from Petals Florist Network, a portion of the proceeds benefits HETI! Thank you, Petals, for this generous offer.



Yvonne Nelson MBE, BHSI 1925 – 2015

Yvonne Nelson, teacher, equestrian and co-founder of the Fortune Centre of Riding Therapy (FCRT) in the UK died in January 2015 aged almost ninety. Yvonne (or as she was so often called “Mrs N”) was herself and a wonderful example to the last...

Yvonne had continued to work at the FCRT and will be particularly missed by staff and many current and former students. Originally trained as a teacher of English and Drama at the Central School of Speech and Drama in London, Yvonne then trained and qualified with horses becoming a passionate, effective and inspirational educator. She worked in many areas of the horse world but teaching was her love. After a period in the early 1970's as the chief instructor at the Porlock Vale Equitation Centre (formerly 'Porlock Vale Riding School') Yvonne co-founded (with a small group including Jenny Baillie) the Fortune Centre of Riding Therapy (www.fortunecentre.org).

Yvonne's dedicated mission to work with horses to improve the lives of young people with difficulties was outstanding. Yvonne was made a Member of The Order of The British Empire (MBE) in 2003.

Yvonne was known to many in the field of Equine Facilitated Educa-



tion and Therapy and thoroughly enjoyed her work, always keen to raise awareness of the value of transferable skills in a full time setting thus enabling an impact on growing life skills and independence in every area and forever.

She was extremely grateful for the good wishes and affection of many colleagues over years and especially in the last months of her life. Having attended Congress on many occasions since they began in the 1970s Yvonne would particularly have wanted her best wishes to go to the organisers of - and participants in - the 2015 HETI Congress in Taiwan.

From the President

Dear Friends,

I would like to take my “space” in this edition of the HETI newsletter, to acknowledge and thank the members of the Executive Committee who have served this organization with distinction over the last six years.

The following individuals will be completing six years of service at the International Congress in June: Ann O'Shallie (United States), President, Jennifer Dixon-Clegg (England), Vice-President, Joanna Dzwonkowska (Poland), and Uta Rindfleish-Wu (Taiwan), XV Congress Chair. I would like to personally thank these members for their dedication to HETI's mission and vision – they have served you well. I will always be indebted to them for their support, friendship, and dedication.

Lorenzo Lucarelli (Spain) and Vera Horne (Brazil), Treasurer, have graciously agreed to a second three-year term of service on the Executive Committee. Sanna Matilla-Rautiainen (Finland), who has served on the Executive Committee in previous years has, once again stepped forward in a HETI leadership position. Lorenzo, Vera and Sanna, we are so lucky to have you to carry on the projects that have been instituted over the last six years and to carry the vision of the HETI organization and its membership, forward. Joining Lorenzo, Vera and Sanna are: Jill Carey (Ireland), Irene Kapari (Greece), Jeong-Yi Kwon (South Korea), Werner Wecker (Germany) and Roswitha Zink (Austria) who were elected to a three-year term on April 8, 2015. We can expect great things with this multi-talented and diverse team representing us.

I would be remiss if I did not recognize Marie-Thérèse Kuypers (Belgium). Marie-Thérèse is the de jure officer for HETI, a position that she has held for 24 years. She has maintained the historical memory of the organization as well as serving as the official liaison between HETI and the Belgian government, the country which holds our Articles of Incorporation. And lastly, but certainly not least, we all owe Gisela Heimsath-Rhodes (United States), Executive Director, our most heartfelt gratitude. Gisela is truly the heartbeat of this organization. Without her support, wise counsel, and humor, neither the sitting Executive Committee, nor I, could have accomplished what we have to-date.

I encourage all Federation members to send a representative to the XV International Congress in June to thank those Executive Committee members who have served HETI so well. Equally important, will be your attendance at the HETI forum to ensure that your voice helps to guide the new Executive Committee in planning for the future of HETI.

My fondest regards,

Ann O'Shallie, President



Raffle Item at XV Congress

Since ancient times there were songs and poems about heavenly horses in China, they were praising the war horses on the battle fields, horses able to carry heavy loads and travel long distances. There were also many famous horse painters. After the fall of the last dynasty, the most famous horse painter in China was Xu Beihong, while in Taiwan General Ye Zuibai founded the Tianma (Heavenly Horse) Painting School, which is characterized by a quite free style. His student Sun Jinqing has held exhibitions all over the world and founded the "Tianma World Painting Federation" in 2007, which is now holding an exhibition of 100 Heavenly Horses from painters around the world in Taipei. This exhibition includes also works by Master Wang Qinghai, who is heading the Taiwan chapter of the federation and created a horse painting for the HETI raffle at the Congress.



*Celebrating 35 Years
of CanTRA in 2015!*

CANtra Celebrates 35 Years

Thirty-five years ago, a small group of determined people came together to launch a Canadian national organization to develop and promote therapeutic riding across the country. In 1980, CanTRA was born. In 2015, we celebrate our thirty-fifth anniversary.

We are in party mood! While we will not be holding a national conference, a series of regional 35th anniversary workshops will take place throughout the year, each one encouraged to celebrate with an anniversary cake. These workshops will be advertised on our website (www.cantra.ca).

I am sure a celebration cake will materialize also at our 2015 Annual General Meeting, set for Sunday, May 31, hosted by SARI (Special Ability Riding Institute) in London, Ontario. SARI was a founding member centre of CanTRA and hosted one of the earliest national conferences.

To all the pioneers of those early days (a few of whom are still going strong!), to everyone in the intervening years, and to the newest generation of dedicated participants in this field, congratulations on your contribution to therapeutic riding in Canada and to our international reputation. Let's celebrate this year!

Submitted by Daphne Davey, President

Newest Federation Member

Please welcome The Welsh Institute of Therapeutic Horsemanship as HETI's newest Federation member.

www.therapeutichorsemanship.org



Bronze Sponsor

HETI thanks Elizabeth Haarts for being a Bronze Sponsor with her \$250 donation in honor of Vern Rhodes

Level I Training in Taiwan

Immediately following the XV Congress, on 28 and 29 June, HETI is offering two levels of instructor certification. The Level I Course is divided into 3 phases, followed by the certification:

Organizer: Qi Zhi Vocational Training Center, The Therapeutic Riding Centre of Taiwan, 77, Yu-Ying Road, 32057 Zhongli District, Taoyuan City. For information, please contact Uta Rindfleisch-Wu at uta.rindfleisch@gmail.com

New HETI Board Members

The HETI Executive Board, at its meeting on March 8, 2015, approved the nomination of the following slate of people to serve on the Executive Board:

- Jill Carey, Ireland
- Irene Kapari, Greece
- Jeong-Yi Kwon, South Korea
- Sanna Mattila-Rautiainen, Finland
- Mag. (Dr.) Roswitha Zink, Austria
- Werner Wecker, Germany

They join Board members Lorenzo Lucarelli and Vera Horne. These were accepted by a vote of Federation members completed on April 12, 2015.