



Federation of Riding for the Disabled International

June 2010 Newsletter

In This Issue

[Support FRDI - Learn how to
make a rope halter](#)

[Last Call for the Annual
Directory of FRDI Members](#)

[The latest Scientific &
Educational Journal](#)

[XIV. International FRDI
Congress 2012 in Greece](#)

[Olympic Gold for Cat and Toby
- Book Review](#)

[Calendar Updates](#)

[How to finance horse assisted
Therapy](#)

[President's Report](#)

[HPOT & China: A Growing
Awareness](#)

[Barbara Heine - A Farewell](#)

[Silver Brumbies in Australia](#)

[Effects of EAAA on Social
Functioning with Children with
Autism - Research](#)

Dear Friends of FRDI,

'Gut Ding will Weile haben' or 'Rome wasn't build in one day' - there are sayings in probably all languages to remind us that projects take their time and don't always get done as fast as we had planned.

Nearly a year after the International Council voted to change the name of our organisation we finalised it:

HETI or The Federation of Horses in Education and Therapy International.

We hope you are as pleased as we are! To be more cost efficient we went with a different printing option for the 2009 journal, however this method came with a steep learning curve and delayed the delivery. The 2009 Scientific and Educational Journal is now in the mail and possibly already in some of your hands!

Thank you to the Full Members who responded promptly and sent in their information for the Annual Member directory! We understand that everybody is very busy, but we still need input from several Full Members! For the stragglers we extended the deadline to June 15th!

Enough talking about delays...time to send this newsletter off to you. Enjoy!

Sincerely yours,

Gisela H. Rhodes
Executive Director

President's Report

Quick Links

[News](#)

[About FRDI](#)

[Join FRDI](#)
[Our Sponsors](#)

[Calendar](#)

ROPE HALTERS

Learn how to make a rope halter and support FRDI at the same time

How does that work? Easy!
Click here: [Ropehalter](#)
Make a donation of your choice and receive a DVD with clear instructions how to make a rope halter.

This is a project of friends of FRDI in New Zealand.

LAST CALL for entries to the First Annual Directory of FRDI Members

The deadline has been extended until June 15th, 2010
Please submit your information to office@frdi.net

The purpose of this directory is to allow members to introduce themselves to their peers within FRDI and most importantly, to be able to show our sponsors and donors how widespread and beneficial the use of Therapeutic riding and Equine Assisted Activities is.

Greetings to all FRDI Members,

WE HAVE FINALLY DONE IT!

After hours of going through many suggestions from a large amount of the FRDI members and considering the translation in different languages we hope you approve of our decision

and We
The



International with the acronym: **HETI**

FRDI is registered in Belgium as most of you know, therefore we must include the word Federation in our name and wait for the registration of the new name to be finalised before we use it officially.

Thank you all for your help and the numerous suggestions.

I will be going to the World Equestrian Games in Kentucky to watch the Para Equestrian events in October and will take the opportunity to meet with Gisela there. Our aim is to network with other organisations and individuals and to spread the word of HETI and our aims and objectives. The FRDI Executive Director and some of the FRDI Board members met with the Greek organising committee recently and were very impressed with the plans, venue etc. for the next conference in Athens in 2012. We are all very excited about it.

Our plan for the near future is to review the old FRDI Constitution and review our current strategic plans to ensure that HETI is developing in the direction that will be of the most benefit to our members and we will be asking for your help



and will happily embrace the new name logo.

will be known as:
Federation of Horses in Education and Therapy

Each Full Member may introduce itself with a short description on one page including a photo and a logo. Details have already been sent to your contact address.

It will also include the names of our Associate and Concession Members, listed by countries.

Limited advertising opportunities are available. Please contact the office for details.

Please make sure that your membership fees are up to date to ensure your place in the directory.

The 2009 Scientific and Educational Journal is on it's way!

We are happy to announce that the journal is on route to the mailboxes of the FRDI members.

Non FRDI Members may order the Journal at [FRDI](#)

Please note that this issue is double the size as usual.

We raised the prize to \$ 60 to cover printing and shipping costs.

The good news is that FRDI members will from now on receive a 60% discount (instead of 40%) on all in house publications.

For more information please contact office@frdi.net

via your opinions and suggestions on these matters.

Our thoughts and prayers go out to all the people who are suffering from either natural disasters or man made political tragedies in many parts of the world at the moment. Some of our own board members countries have been affected. We can all consider ourselves very lucky if the part of the world we live in remains unscathed.

Please feel free to contact Gisela, myself or a board member at any time for information or with any constructive suggestions relevant to our organisation. We always appreciate hearing from you.

Pauline Perry
President

HPOT & China: A Growing Awareness

by Priscilla Lightsey

A New Concept for Many in
Mainland China



Horse in
Chinese Art

Hippotherapy (HPOT), therapeutic riding (TR), and Riding for the Disabled (RDA) are terms used in relation to various equine-assisted activities. In mainland China, where this type of therapy has recently been introduced, the words to describe such therapeutic practices are just now emerging. The term in Mandarin is "mǎshù zhìliáo" (马术治疗), which roughly translates into equestrian (or horsemanship) therapy. Four years ago when I began doing HPOT in China, I learned that the therapists and doctors here in Beijing had borrowed that term from the Taiwanese. I understood that there had been no word(s) for it in mainland China because the practice simply did not exist here.

The XIV. International FRDI Congress April 2012 in Greece !



Akropolis at night

Preparations are in full swing.
Mark your calendar to enjoy
the next International
Congress in a beautiful city
with plenty of history.



Watch this space for the Call
for Papers in the Fall 2010.
Details will be available in
time on the website at
www.frdi.net

Olympic Gold for Cat and
Toby
by Sharon Kay Roberts

In 2005, when I learned that my husband would be transferred from Texas to China, I searched for horseback riding programs for special kids in Beijing or anywhere in mainland China. I found none. I did learn from the late Barbara Heine, former president of the American Hippotherapy Association (AHA), that a physician at China Rehabilitation and Research Center (CRRC) had contacted AHA for information. Soon after we arrived, I met with the physician, LiXin, and she and I began to develop a plan for her hospital to start an HPOT program. In the summer of 2006, CRRC began offering HPOT to some of its pediatric patients.

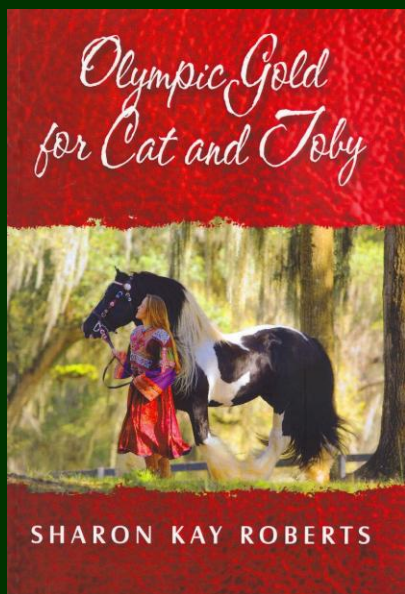
Typical Challenges

There are challenges to maintaining the success of CRRC's program, just as there are challenges to promoting the general growth of RDA in China. Finances are a cause of concern for the program at CRRC, as for other programs I have worked with in Asia. Money for transporting patients from the hospital to the stable and for leasing the horse is difficult to obtain. Location is another problem. Finding stables convenient to the population in need is no small feat in Beijing - a city of over 18 million people.

In Asia horses have typically been accessible to only a small portion of the population, primarily due to the expenses involved. Thus individuals who wish to start a TR or HPOT program may have limited horse knowledge, including the fundamentals of horsemanship, ground work and basic riding skills. The need for a skilled horseperson as a team member is key. I emphasize this point when I work with programs that are just getting established and try to convey that this is critical to the program's success.

Positive Aspects

Recently I was in South Korea to consult with Sungduk College. Some of the professors had



Reviewed by Carol M. Upton

What am I doing? I've never jumped a horse before! I don't know what to do. What if he refuses and I fall off. I don't have a hard hat on. No! Mustn't think that way. Jessie says throw your heart over the jump and the horse will follow.

~ Sharon Roberts

This engaging book is unusual in the world of teen horse fiction, since fourteen-year-old Caitlin is not horse-addicted nor does she even have any interest in them. She has devoted her life to figure skating in the hope of capturing Olympic Gold. After a deadly car accident in which her father is killed and her own leg amputated below

been to the U.S. to take classes offered through AHA and all of them grasp the basic principles of HPOT. They are confronting the typical challenges in getting the program up and running, including finding a suitable stable for therapy, however it is clear that they are committed to developing their HPOT program.

In Beijing, even skeptical stable hands have been convinced! Before an initial session, the grooms expressed concerns about putting special needs children on the horse despite having witnessed the extensive training of the horse and the hours of preparation ahead of time. But when they saw the positive effects of an HPOT session on the children they told visitors the therapy was a success.



Rider with Program Hope

One look at the member list of FRDI reveals that equine-assisted programs exist throughout Asia, including Japan, Taiwan, Shanghai, Hong Kong and South Korea. In fact, the Hong Kong RDA was founded in 1975, has 20 horses in its program, and is very well established. In Taiwan, the RDA organization now has access to a lovely barn and indoor arena, in the township of Erlin. In Taipei, Taiwan there is a highly-regarded TR program, whose Program Director is a NARHA certified instructor. Clearly this type of therapy is not new in Asia, but it certainly has room to grow!

to recovery. When her doctor suggests equine-assisted therapy, Cat initially shrugs it off as a waste of time.

Cat's attitude shifts, as she spends more time with the horses, learning to groom and ride. Jumping becomes her dream, one that is far too ambitious from her mother's point of view. Cat is spirited and determined to prove herself, yet keenly disappointed over her first attempts in the show ring. When an abused pinto arrives at the stable, Cat is drawn to him and sets out to win his trust. Toby has natural athletic ability, but he is also challenging to handle. Cat struggles with doubt, yet she believes in Toby. Together, they develop the skills to attempt Cat's goal of competitive jumping.

Olympic Gold for Cat and Toby is skillfully written and flows easily with a strong pace. Schooling and show sessions are highly realistic - the rider's body gets sore and falls do happen. Teen and adult readers alike will find a lifetime of inspiration in this story, where difficult obstacles, both literal and figurative, are overcome, and a young girl's personal dreams realized.

Sharon Kay Roberts has a lifelong passion for equines, starting with the ponies that

I feel truly fortunate to be in Asia at this time. My fledgling Mandarin skills and growing understanding of the culture are aiding my ability to share my experiences as a therapist who practices HPOT. Though I have much to learn, I count myself as among the most enthusiastic supporters of this type of therapy. My goal is to give others confidence and a firm belief that success is possible.



Last spring I established a small non-profit in Beijing named HOPE, or Horses Offering

Communication with a volunteer

People Enrichment. My intent was to provide HPOT to special needs children, including those in orphanages. Despite the obstacles, I remain committed to the idea of partnering with the horse to enrich the lives of children and am encouraged by the continued growth of this field in China.



"yi, er" - A rider gives verbal cues to the horse for the first time

fairs when she was just four. Reading about horses filled the hours she couldn't be with them. An independent author, Roberts has created a website for independent equestrian authors at www.horse-books-pony-stories.com.



Calendar Updates

Remember to send your important dates - workshops, trainings, competition etc. in English to the office.

We will promptly publish them on the website!

**Financing horse-assisted therapy
Article by Marianne Gäng, Rita Hölscher-Regener, Christian Robier:**

Barbara Heine - A Farewell

It is with great sadness that we record the death of Barbara Heine on March 30, 2010 after a courageous battle with cancer.

The family notice records that " Barb died on her own terms giving, loving and strong to the very end. She loved life, loved a challenge even more and took on this illness the way she took on everything... with boundless energy, humour, generosity and unparalleled tenacity."

Barb was a much loved and respected member of the FRDI, a former member of the Therapeutic/Medical Committee. Her professional skills were much in demand as she conducted training courses in Hippotherapy in many different countries. An inspiring presenter at our International Congresses, her enthusiasm, professionalism and willingness to share her skills was a great encouragement to those seeking to establish new programs. Many members will recall her cheerful outgoing personality and the ability to work in different countries and cultures.

While resident in the USA she established the National Center for Equine Facilitated Therapy (NCEFT) in California where she also produced many training materials/videos etc. to assist in the development of good practice in this field. Barb's vision, energy, expertise & dedication were responsible for the introduction of Hippotherapy into Australia. She presented the first training course in Canberra in 1994 & has conducted many more since - all in a voluntary capacity. She introduced new training methods for personnel and established standards for best practice for treatment delivery as well as horse management and care. Just prior to her death she was awarded the Order of Australia (OAM) in recognition of her work with children and in the field of therapeutic riding.

Barb was a humble person with the rare gift of affinity with horses and people, particularly children. Her innovative treatment techniques have made a significant difference to the lives of her many clients, and also those of the therapists and horse handlers who have attended her many

2010, 20-25

Summary: Already in MuP issue 3/2009 our series on financing horse-assisted therapy has started off with the topic of "Hippotherapy". Now we are going to turn to the next big issue in the area of special education and therapy with horses: horse-assisted therapeutic pedagogical special education, also known as therapeutic pedagogical vaulting and riding.

Mensch und Pferd
international
Zeitschrift für Förderung und
Therapie mit dem Pferd

Heft 1, 2010.

Article available from:
[Reinhardt Verlag Germany](#)

courses around the world.

The large number of people who attended her memorial service was a tribute to the wide range of professional and community activities with which she was involved.

We pay tribute to her life and its influence for good and extend our deepest sympathy to her family - Marc, Peta & Kate, sister Nan & the extended family & friends.

Norma Pearce

NCEFT (near San Francisco/San Jose, CA, USA) is planning a memorial for Barb on August 7th. For more information please contact Rosi at NCEFT directly (rosi@nceft.org).

Silver Brumbies Trek across Australia in Aid of Riding for the Disabled Association (RDA)

RDA Australia is launching a dedicated Grey Nomad Volunteer Program called 'The Silver Brumbies' to coincide with Volunteer Australia's National Volunteer Week beginning 10-16 May 2010. This website has been developed with the help of a grant from the Sidney Myer Fund.

Who are the Silver Brumbies?

The RDA Silver Brumbies are two very special grey nomads Joan & Bob Lemmon, who are currently travelling around Australia sharing their skills and experience with local RDA Centres across Australia.

Joan & Bob are travelling across Australia calling in at RDA Centres to:

Volunteer their time, skills and expertise to local RDA Centres
Help raise awareness and funds for the work of RDA
Carry out general maintenance and administrative tasks

Support RDA coaches and volunteers.

"We love what we do and are passionate about RDA and the benefits they bring to families across Australia."

Visit the new Silver Brumbies website at www.SilverBrumbies.com.au to find out more about their journey and how you can play a part in helping RDA.

The Effects of Equine Assisted Activities on the Social Functioning of Children with Autism

The following article was published in the newsletter from the Horses and Humans Research Foundation. The full final report can be found at www.horsesandhumans.org

Horses and Humans Research Foundation's mission is to facilitate universal understanding and appreciation of the significant influence of horses on humans.

HHRF's funds and promotes research that will 1) Benefit special program participants by improving equine assisted activity best practices; 2) Educate the public, including professional affiliates, regarding the value and benefits of horses and equine assisted activities.

Final Research Study Report - Margaret M. Bass, Ph.D. & Maria Llabre, Ph.D.
HHRF Grant Recipients
April, 2010

To date, there have been few studies that have been implemented to assess animal assisted activities on the cognitive, physical, psychological and social domains of individuals with developmental disabilities. The goal of this study was to replicate our 2006 pilot study by further investigating the effects of equine

assisted activities on social functioning in children with autism (ages 7-12), using a larger sample size, additional controls, and an extended assessment period. We hypothesized that the experimental group (n= 25) exposed to twelve weeks of equine assisted activities would exhibit improvement in social functioning and attention relative to control participants (n=25) at the completion of the intervention. We further hypothesized that the effects would sustain two months following the intervention. The data was collected from the participants' parents and teachers and the analysis was performed using SPSS.

During the intervention phase, the participants were provided twelve consecutive EAA activities, each session lasting one hour and fifteen minutes each week. The weekly sessions provided the project participants training within the following program facets: grooming and tacking assigned equine, mounting/dismounting, warm-up exercises, riding skills, & mounted games (individual/group). The EAA activities utilized were selected to target the participants' vestibular processing while also allowing the children to engage in physically demanding exercises to increase attention, cognition, communication and sensory processing.

Measures

The Social Responsiveness Scale (SRS) and Sensory Profile (SP) were used in the analysis to assess social functioning at three times during the study: pre-and-post intervention and a two month follow-up. The Social Responsiveness Scale (SRS) (Constantino, 2002) is a 65- item questionnaire that measures the severity of autism spectrum disorder symptoms. Raw scores were computed for five treatment subscales: social awareness, social cognition, social communication, social motivation, and autistic mannerisms. The SRS has high overall internal consistency ($\alpha = .97$), and retest temporal stability in males and females ($r = .85$ and $r = .77$, respectively). Internal consistency for each treatment scale was also tested and yielded high Cronbach alpha scores, with social communication being the highest ($\alpha = .92$) (Constantino, 2002).

The Sensory Profile (SP) (W. Dunn, 1999) is a 125-item questionnaire that is administered to

parents or teachers (School Companion, W. Dunn, 2006). This measurement uses a 5-point Likert scale ranging from 1 (always) to 5 (never). The questions address overall social functioning and the degree to which children exhibit problems in (a) sensory processing, (b) modulation, and (c) behavioral and emotional responses. The SP for parents is composed of nine subscales: sensory seeking, emotionally reactive, low endurance/tonic, oral sensory sensitivity, inattention/distractibility, poor registration, sensory sensitivity, sedentary, and fine motor/perception. The School Companion is scored in four quadrants: registration, seeking, sensitivity, and avoiding.

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Data Analysis and Results

Pretest

Means and standard deviations were computed for all subscales from the SRS and SP administered to the parents and the teachers at each of the three time points (pretest, posttest, and follow-up). We first compared the groups on their means at pretest using independent group t- tests. We then compared them at posttest and at follow-up. All t-tests were conducted at the .05 level of significance. A comparison between the treatment and control groups on the SP subscales administered to parents revealed no significant difference ($p > .05$) between the means on any of the subscales. Similar results were obtained when comparing the means between the two groups at pretest for the teachers' subscales based on the four factors and the four quadrants. With respect to the SRS, a comparison between the treatment and control group subscale means at pretest indicated no significant difference ($p > .05$) on the parent or teacher data. We concluded that the randomization rendered the two groups comparable with respect to the outcome measures at pretest.

Posttest

For the parent data, t-tests comparing the means between the treatment and control groups at posttest indicated significant group differences on the following SP scales: sensory seeking, emotionally reactive, inattention/distractibility,

and sensory sensitivity (p 's $< .05$). Group differences were not statistically significant at posttest on the following SP scales from the parents: low endurance/tone, oral sensory sensitivity, poor registration, sedentary, and fine motor/perceptual ($p > .05$). For the SP teacher data at posttest, all four quadrant scores: registration, seeking, sensitivity, and avoiding; as well as all four factor scores: need for external supports, awareness and attention, tolerance for sensory input, and availability for learning yielded significant mean differences between treatment and control groups ($p < .05$).

In terms of the SRS parent data, significant group differences at posttest were observed in all but one subscale. There was no significant group difference in the awareness subscale ($p > .05$). However, the differences in cognition, communication, motivation, and mannerisms were significant ($p < .05$). For the teacher SRS data, significant group differences in the means were observed on all the subscales.

More specifically, compared to wait list control participants, autistic children in the experimental group improved in critical areas such as sensory seeking, emotional reactive, inattention/distractibility and sensory sensitivity. The experimental subjects also demonstrated improved cognition, communication as well as motivation following the intervention. Both parents and teachers observed treatment effects at the first posttest. Although there was a significant difference following the initial posttest for the experimental group, these effects had subsided for most of the subscales except for three scales of the SP completed by parents. This study is the second of its kind to evaluate and quantify the impact of EAA on the social functioning of children diagnosed with ASD. Our results indicate that EAA services are a beneficial intervention for this population. We are very appreciative to the HHRF for funding this research project and we hope the results will provide important evidence for the effectiveness of EAA activities.

We welcome your feedback!

Share your information, stories and photos with us!
I look forward to hearing from you!

Sincerely,

Gisela Rhodes, E.D.

Federation of Riding for the Disabled A.I.S.B.L.

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