



# Federation of Riding for the Disabled International

March 2010 Newsletter

## In This Issue

[HHRF 2010 Call for  
Research Proposals](#)

[Congratulations to  
Barbara Heine](#)

[Schoolmasters  
needed for WEG](#)

[Check out our  
Resource page](#)

[Riding with  
Understanding and  
Feeling, Michael  
Putz](#)

[XV. International  
FRDI Congress  
2015](#)

[Calendar Updates](#)

[President's Report](#)

[Workshop in Taiwan](#)

[Turkish Equestrian  
Federation - New  
Full Member](#)

[Instructing and  
Mentoring](#)

## Dear Friends of FRDI,

I am delighted to present you with so many uplifting and encouraging news. Our new name is just about ready to be unveiled - see the President's report - , Barb Heine received a prestigious reward, several research opportunities are available, a report from a successful workshop in Taiwan and many other topics we hope you will find interesting. As always, we are very keen to support you by adding to our resource page on the website. Thanks to David Anderson we now have a bibliography for your perusal. Check it out!



A heartfelt welcome to our latest new Full Member - The Turkish Equestrian Foundation!

Sincerely yours,

Gisela H. Rhodes  
Executive Director

[opportunities in Turkey](#)

[Therapeutic Riding Research Opportunity](#)

[Quick Links](#)

[News](#)

[About FRDI](#)

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

[Calendar](#)

**HHRF 2010  
Call for  
Research  
Proposals  
Due May 15,  
2010**

Research Funding  
Available To  
Investigate the  
Therapeutic Effects  
of Horses on Humans  
Accepting  
applications for up to  
\$50,000

Chagrin Falls, OH -  
February 16, 2010  
Horses and Humans  
Research Foundation  
(HHRF) invites  
proposals to  
investigate the  
therapeutic effects  
of horses on humans.  
The Foundation's  
broad research  
agenda includes  
basic research as  
well as clinical  
studies that will

## President's Report

Greetings to all FRDI Members,  
And a special welcome to FRDI's new  
full member, The Turkish Equestrian  
Foundation.

We have nearly done it!  
After considering many suggestions  
over many long discussions the  
Executive Committee has come to a  
conclusion regarding the new name.  
However you will need to wait a little  
longer as we would like to release the  
whole package. That is the new name  
and the new logo together in the next  
edition of the newsletter. WATCH THIS SPACE!



We are very pleased to announce that our first FRDI task force  
has been formed to assist with the arrangements for the 2010  
FRDI Congress in Greece. This task force consists of people  
very experienced in this area and they are looking forward to  
working with the very hard working, organising committee in  
Athens.

As you will see later in this newsletter Australia has been  
informed of their successful bid for the 2015 congress. They are  
very excited and already have some plans underway.

As usual I remind you that we appreciate your communications  
and any suggestions you may have.

Pauline Perry  
President

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## Taiwan Studies the Efficacy of Therapeutic Riding on Children with Autism Spectrum Disorder

by Anita Shkedi

I was invited to Taiwan to speak about how therapeutic riding  
helps children with Autism. Like so many other countries, there  
has been a marked increase in the number of children  
diagnosed with Autism or some disability within the Autism  
Disorder spectrum.

ultimately impact physical and mental health and the quality of life for participants in equine-assisted activities/therapies.

Grants are awarded on a competitive basis, taking into account scientific merit, scientific and clinical significance and relevance to areas designated by the Foundation. Preference will be given to investigators with solid credentials and research experience. The average grant award is \$50,000 for up to a one year period.

More information at [HHRF](#)

## **Congratulations to BARBARA HEINE !**

Barb Heine received an OAM (Order of Australia Medal) in the Australia Day Honours list for Service to the community through the Riding for the Disabled Association, and to children and their families.

Barb has been a

Upon arrival I was met by Uta, the senior instructor of the Therapeutic Riding Centre Taiwan. Uta is a most generous and kind hostess who immediately put me at ease, making me feel at home. The Therapeutic Riding Centre Taiwan is a unique center situated on the grounds of an institution or "home" for the mentally challenged. The home belongs to a wonderful, caring Taiwanese family who has devoted their life to helping others less fortunate than themselves.

The home is self supporting, in that its members, the mentally challenged students, contribute to their living costs by working in a bakery and coffee shop on the premises founded by the owners. All house members learn to bake, take care of the facilities, or work in the coffee shop serving customers who enjoy the pleasant atmosphere and homemade food. In addition, those who are able are expected to assist in the therapeutic riding center, by either walking alongside a horse during a lesson, or assisting with stable duties.

At the Therapeutic Riding Centre Taiwan is a strong sense of purpose, a soul, and enthusiasm that few centers could match. The Center is very active, providing therapeutic riding sessions to about 90 riders per week. The horses there are reliable and kind. They have good rhythmic movements that make them suitable for the many different kinds of treatments that are provided by both instructors and physiotherapists.

Amongst the riders at the center are several children with Autism Spectrum Disorders. The goal of instructors and therapists is to apply techniques that persuade non-speaking children to speak, and combat lack of relatedness, sensory motor problems and communication skills by lowering the problems of interference with input information, processing and response. Ultimately, they seek to help these children find a way to relate to their world via the horse. During my time there I was able to demonstrate some of the techniques that I have found in my experience to be very successful.

longtime member of FRDI and was a former member of FRDI's Medical/Therapeutic Committee. She often assists with professional advice to various enquiries FRDI receives.

## Do you have a Horse for the 2010 Alltech FEI World Equestrian Games in Your Barn?

by Joanie Morris

Adapted from an article published on the website

[www.usef.org](http://www.usef.org) of the UNITED EQUESTRIAN FEDERATION

Release: February 17 2010

Lexington, KY - The United States Equestrian Federation (USEF) will field a Para-Equestrian Dressage Team for the 2010 Alltech FEI World Equestrian Games (WEG), and for the first time this world championship will be run concurrently with the seven other



*Anita demonstrating*

It is a fact that when autistic children are able to develop a normal, warm and trusting relationship with a horse, they then have the potential to develop such relationships with others who enter into their life. I was able to show how an autistic child can be helped to relax through the horse's rhythmic movement, allowing time for both verbal and non-verbal interaction that both arouses and releases imagination. During the second day of the clinic attended by physiotherapists, we had the opportunity to discuss the importance of sensory integration, input and processing from the horse to the rider. This important issue is often the key to achieving successful rhythmic connection with the horses movement, rehabilitation and remedial training for riders who are physically challenged. While at the center we spent time analyzing the horses' rhythmic movement.

Many countries will be seeking out horses for use in the upcoming months before the WEG begins in September. They will be looking for horses for riders in all five of the Para-Equestrian grades. Anyone who has a horse available and is interested in participating in the WEG movement is encouraged to visit:

[www.USPEA.org](http://www.USPEA.org)

where available horses will be listed. All arrangements will be made between the horse owner and the rider; this is a great opportunity to make horses available to potential international riders.

This is a chance to experience the WEG from the inside and be an owner of an international superstar that can change someone's life.

Please contact Hope Hand at [wheeler966@aol.c](mailto:wheeler966@aol.c)



*Physiotherapists try different positions*

During the afternoon I not only had the opportunity to work with some of the disabled children from the center, but also enjoyed teaching the instructors and therapists some exercises that can be used to help their clients. I would like to say thank you to the Therapeutic Riding Center of Taiwan and the Society of Cerebral Palsy who most generously sponsored the clinic.

questions.

Check out  
our Resources  
page!

We would like to  
thank David  
Anderson for  
making his  
bibliography  
available to the  
public.

New information is  
added frequently.

If you are a  
member of FRDI  
and would like to  
add any resources,  
please contact the  
office at  
[office@frdi.net](mailto:office@frdi.net)

Riding with  
Understanding  
and Feeling  
Practice  
related  
Training for  
Rider and Horse  
by Michael Putz

Available through  
FRDI  
Read on at



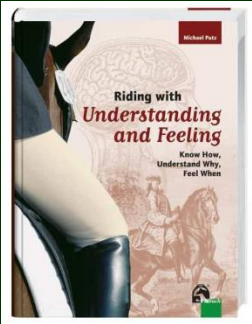
*Anita with the workshop participants*

## Please welcome our new Full Member - The Turkish Equestrian Foundation

Our project name is 'My horse, my wing'.  
We have a Narha certified instructor teaching adaptive riding  
lessons in one of our clubs. Our goal is to put the regulations  
and the rules of this adaptive riding and hippotherapy in the  
international standarts to raise new riders for the paraolympics.  
We have signed a protocol for our project with a sports club at  
the international day of disabled people on 3rd of December.



## Resources



The book offers enormous support to trainers and riders of all classes in their striving to achieve the challenging training aim of "throughness". This book makes successful implementation possible and guarantees great pleasure in daily work with horses.

**The XV.  
International  
FRDI Congress  
in 2015 will be  
in Australia!**

**Congratulations  
to RDA  
Australia**

The name of this sports club is Galatasaray and you will find more information at [www.galatasaray.org](http://www.galatasaray.org).

GS is well known for its football team nevertheless it is a giant club that is dealing with many branches of the sports including riding.

The president of the club is shown in the picture to demonstrate the importance of the adaptive riding and hippotherapy. GS is very important for us because this club is our first sponsor for our project.

Sinem G. Sengel

## Attention skilled and adventurous Advanced Level Instructors

We are in search of motivated Advanced Instructors to assist in developing EAA programs in Istanbul, Turkey. The role will include developing and expanding programs as well as training/mentoring instructors and staff. This will be a challenging and rewarding international experience. We would like these persons to live and work in Turkey for one year; and housing, food as well as a modest compensation will be provided.

I look forward to hearing from qualified instructors dreaming of an opportunity to live and work abroad.

Trisha Williams  
Turkish Equestrian Federation  
Istanbul, Turkey  
[trishawilliams22@live.com](mailto:trishawilliams22@live.com)

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## Therapeutic Riding Research Opportunity

Therapeutic horseback riding is used as a means of physical and psychological therapy for individuals with a very wide spread of developmental, neurological and behavioural disorders. While great strides have been made over the past 15 years, there is little evidence-based research in the field that supports therapeutic riding as a viable alternative therapy.

Samantha Case is a graduate university student in New York, USA and is the granddaughter of Mary & Lyttleton Gould,

submitted the successful bid to host the 2015 congress.

The XIV. International FRDI Congress will be in Athens, Greece in 2012.

Details will be available in time on the website at [www.frdi.net](http://www.frdi.net)



## 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!

founders of High Hopes Therapeutic Riding, Connecticut, one of the top riding centres in USA.

### **Are you an RDA parent or do you know one?**

Samantha is asking for RDA parents input for her current research project to 'help determine whether or not equine-assisted activities have any links with aggression and social competence in children with special needs'.

Many NARHA Accredited Centres (USA) and RDA UK Centres have already agreed to participate. Samantha would like to include RDA Centres in Australia. She has already carried out a pilot survey with parents of participants of a therapeutic riding center in the United States in an attempt to determine whether or not equine-assisted activities had any links with aggression and social competence in children with special needs. Her results, despite the small response, were phenomenal and have prompted her to continue this line of research. Samantha is now distributing a survey for parents of children & adolescents 17 years of age and younger to complete. This survey will be accessible as an online form and she will be asking parents worldwide to complete it. The survey will only take about 15 minutes to complete and no personally identifying information will be asked so that confidentiality is maintained.

Samantha's would like to receive 1,000+ responses from participating countries (i.e. Australia, UK and USA) and hopes that this study will produce evidence-based research to support passionate parents & professionals claims that equine assisted activity can assist children with special needs. The more parents who participate in this international study the more powerful the outcome.

[Click here for Samantha's survey](#)

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

**Sincerely,**

***Gisela Rhodes, E.D.***





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