



# HETI

## The Federation of Horses in Education and Therapy International

March 2012 Newsletter

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### Dear Friends of Heti,

It is done! The name change finally came through and we are proud to call ourselves now

### **The Federation of Horses in Education and Therapy International**

**with the acronym HETI.**

With this name we give credit to where it is due: the horse. Equines deliver those special ingredients, the movement, the special emotional connection, and the non judgmental disposition that make our work so effective.

While we have many opportunities to celebrate milestones, I am sad to report that Antonius Kroeger from Germany,

## Leonardo Project - Workshop 4



Sign up NOW! -

Click on:

[Congress Registration](#)

*Speakers must register  
to be included in  
official programme*



**2012 Congress for  
Therapeutic Riding  
Athens, Greece  
April 24-27, 2012**

**Keynote Speaker**

who was essential in introducing remedial vaulting to the therapeutic riding community, has passed away. My condolences to family and friends. I am deep in preparation for the upcoming congress. Despite political difficulties it promises to be a successful venture. The site is superb and the hosts are warm and welcoming. Please read Lela's letter below. I am looking forward to well over 100 workshops, round tables and presentations of cutting edge research from presenters of 36 countries!

If you are a speaker please make sure to register right away so your presentation will be included in the final programme. I am hoping to see many of you in Athens, Greece.

Sincerely,  
Gisela Rhodes  
Executive Director, HETI (!)

## President's Report

Greetings to all  
FRDI/HETI  
Members,

The 2012 Congress  
in Athens is drawing  
closer.

At this Congress I  
will have come to  
the end of my term  
of office and will be  
stepping down from  
the executive of HETI. I have spent some  
time looking back over my term of office and  
considering the time and effort the executive  
members have contributed to our  
organisation.

We have looked to the future to further



**Irini Papageorgiou,  
Archaeologist**

**Curator in the Department of  
Prehistoric,  
Ancient Greek and Roman  
Collections,  
Benaki Museum**

The Benaki collection in Athens is renowned as one of the most extensive of its kind in the world, spanning eight millennia of Greek history and prehistory

**Ms. Papageorgiou will speak  
about**

**The Horse in ancient Greece:  
Riding on old paths**



**Visit the official website at  
2012 Athens Congress  
and**

**The Congress Venue  
The Royal Olympic Hotel**

The scientific program will be published on the official [Congress website](#) shortly.

***Do we need more  
research?***

develop networks and structures to put our organisation in a position to further the goal of striving to be the force for spreading international understanding of Equine Facilitated work beyond its present boundaries.

We believe we are on the way forward to achieving this goal which is reflected in expanding our contacts into countries less developed in the field of therapeutic riding and we look forward to assisting them where possible.

We recognise the need to embrace the diversity of equestrian programs offered for people with disabilities throughout the world.

I look forward to seeing and talking with as many of you as possible in Athens for the April 2012 Congress, an informative and diverse program in a fabulous venue and setting. A must for all!

Pauline Perry  
President

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**A Letter from Lela Vavouraki,  
MD, PhD**

General Secretary, Therapeutic Riding  
Association Greece

Dear friends,

I'm writing to you on behalf of the Greek organizing team as a reply to some concerned messages that have been circulating these days about the situation in Athens.

First of all, we thank you for your interest and your support. We would like to assure all of you that life in Athens is going on as ordinary as always. Life in Greece is like

AETNA, an American Health Insurance company published a Clinical Policy Bulletin regarding Hippotherapy.

The conclusion was as follows:  
*More scientific evidence, especially controlled studies with outcome measures, is needed to ascertain the effectiveness of hippotherapy for the treatment of CP, MS, and other motor dysfunction.*

*The findings suggest that hippotherapy might improve head and trunk stability in children with CP. These preliminary findings need to be validated by well-designed studies with more subjects and follow-up.*

*Hippotherapy has also been used in the treatment of patients with autism. However, there is a lack of scientific evidence regarding its effectiveness.*

*Please click on the link below to read the complete bulletin:*

[AETNA Clinical Policy Bulletin: Hippotherapy](#)

Find us on Facebook 

everywhere else in Europe. The adults are working, the kids are going to school, the lovers offered flowers and cakes on the 14th of February and in the neighborhoods people are now preparing the Carnival parties.

It is not our job to explain why the media all over the world maximize the bad news. Yes, we had a big peaceful demonstration and after that incidents took place around the Parliament Square for 2-3 hours, but 200 meters away from the fires people were staying out at the cafes and the restaurants.

Some of you probably have been in Copenhagen (07), Paris (07,09), Hamburg and Berlin (08, 09) as well as in London (2011) and USA (2011), An interesting and more comprehensive lists of riots incl. graphic pictures can be found here:

[Wikipedia, List of riots](#)

It is obvious that riot pictures do not represent the situation in those cities . People's eyes are not journalist's camera. Ordinary people are taking photos of friends, sunsets, museums, gardens, and happy moments.

This is our view of Athens, Acropolis at sunset.



Greek people do not only enjoy the good part



Like our Facebook page  
HETI - Horses in Education and  
Therapy International  
(formerly FRDI)  
[www.facebook.com/HETI.international](http://www.facebook.com/HETI.international)

## \$50,000 Awarded to Study Effects of Hippotherapy on Children with Autism Spectrum Disorders

Horses and Humans Research  
Foundation (HHRF) awarded its sixth  
\$50,000 research grant recently to a  
team from the Washington University  
of St. Louis, Missouri.

The team will measure outcomes from  
Occupational and Physical Therapy using  
horse movement (Hippotherapy) for children  
with Autism Spectrum Disorder (ASD).

The proposed project will follow fifteen  
children with Autism Spectrum Disorder as  
they participate in 12 weeks of weekly  
hippotherapy sessions. The project is  
especially innovative because it will use  
objective quantitative data collection instead  
of the qualitative standard-ized clinical scales  
that are typically used for such studies.  
"Hippotherapy is commonly used for children  
with ASD," said Principal Investigator Tim L.

of life but they try to offer it with generosity  
to their guests.

Standing in the center of the biggest financial  
crisis that we have experienced during the  
last decades, we are trying hard to organize a  
Congress that will have big scientific interest  
and joyful social life.

The venue of the Congress is a 5 star hotel,  
close to Acropolis, in a very peaceful part of  
the city (and in any case, out of the  
"demonstrations' area"). During the coffee  
and lunch breaks participants will enjoy  
marvelous views of Acropolis.

The keynote lecture of the Opening  
Ceremony "The Horse in ancient Greece:  
Riding on old paths" will be given by Irimi  
Papageorgiou, archaeologist, Curator in the  
Department of Prehistoric, Ancient Greek  
and Roman Collections, Benaki Museum.  
In addition to the oral presentations, the  
congress will hold 4 round tables with  
lectures by highly educated and experienced  
scientists and professionals.

Within the next week you will receive as well  
the details of the round tables and the profile  
of the speakers.

At the beginning of March 2012, the detailed  
program for the oral and poster presentations  
will be posted on the website of the Congress  
as well.

We strongly believe that our efforts and your  
enthusiastic participation will create a great  
Congress.

April is a wonderful month in Athens - you  
can stay outdoors all day and night, you  
can enjoy walking and visits to the museums  
and archaeological sites, you can also travel  
to the islands of Saronic Gulf and much  
more.

We are looking forward to meeting you in  
Athens!

Our warmest regards,  
Eleni (Lela) Vavouraki, MD, PhD  
TRAG General Secretary

Shurtleff, OTD, OTR/L. "However, no systematic evidence has been published on the impact of hippotherapy on children with ASD."

Autism Spectrum Disorders affects 1 in 110 children and 80-90% have motor control impairments which impact their ability to participate in activities of childhood affecting their lifelong participation.

"No studies of Hippotherapy have been reported about children with ASD but many children with ASD participate in hippotherapy," continued Shurtleff. "Evidence is needed to support treatment planning, and to support reimbursement for intervention with children with ASD."

Age and gender-matched children without disabilities will provide a neurotypical comparison in the study. Assessments will be taken 12 weeks before, immediately before and 12 weeks after the hippotherapy interventions. The team hypothesizes that static and dynamic postural control will significantly improve over three months and that after 12 weeks, social responsiveness, sensory processing, occupational performance and participation in age-appropriate activities will be significant.

The study will take place from January to December of 2012. Since its founding, HHRF has invested \$300,000 in professional research efforts led by six research teams in the United States, Canada and Germany. This is the second grant award the Washington University team has received from HHRF. Read more about this and other HHRF-funded research projects at [www.horsesandhumans.org](http://www.horsesandhumans.org)

**CONGRATULATIONS**

**90 Years**

## Hippotherapy- Shared learning opportunities

July 22-24, 2011

hosted by ACPTR, UK

SUMMARY OF THE WORKSHOP  
3

by Lynne Munro

Attendees:

**UK:** Christine Bowes, Anita Claridge, Claire Creasey, Lynne Munro, Carolyn Walker,  
**Finland:** Anne Rokka, Sanna Mattila-Rautiainen, Pia Pulli, Satu Selvinen, Anne Rautio-Honkavaara,  
**Poland:** Anne Kurcis, Joanna Krzosek, Milena Kawka, Joanna Kozik, Anna Brzezinska, Liwia Krzesszowiez, Joanna Dzwonkowska

The workshop was held the day before the two day ACPTR conference "The Dynamic Pelvis" began. The focus of the workshop was to demonstrate how hippotherapy course learning objectives are evidenced through taught sessions and independent study in Finnish, Polish and UK hippotherapy courses. The Project Lead informed delegates of each country prior to the workshop to ensure that all delegates attending had knowledge of the discussion topics and had working knowledge of their own hippotherapy course.

The delegates worked with given tasks in small discussion groups. It was highlighted throughout the workshop that there are significant differences between Finland, Poland and the UK in recruitment and entry requirements to the courses, the duration of the course and the structure of the courses. However the production of the consensus points shows that whilst individual differences exist for a variety of reasons there are the common broad themes of the horse (Equine selection and movement), the practice (Hippotherapy techniques, assessment, planning,

Dr. Carl Kluewer

Co founder of FRDI  
Happy Birthday!

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50 Years

RDA New Zealand

RDA NZ February 2012  
Newsletter

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30 Years

ATE Luxembourg  
For information about the  
celebration [click here](#)

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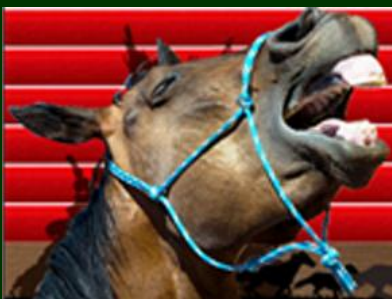
facilitation and handling) and risk management (health and safety, risk assessment, best practice) in each course.

Students on the ACPTR hippotherapy course have to construct a written case study which is formally assessed. This is taken as evidence of formal and informal learning and forms an important part of the training. These case studies were available for delegates to view over lunch time. A Cultural Visit to Greenwich had been planned by Chris Bowes. We had a walking tour around Greenwich alongside the River Thames with a climb to the Royal Observatory and viewing of the Greenwich Meridian. Greenwich Park is the site of the equestrian Olympic events in 2012.

On Saturday the Leonardo delegates were joined by 21 conference delegates most of whom were ACPTR members. Congress was opened by President, Pauline Pope, and continued with current chairman Lynne Munro allowing us to bring our knowledge of the human pelvis to the front of our brains, with a very clear presentation. Stephanie Cawker, a clinical specialist Physiotherapist in movement disorders at Great Ormond Street Hospital, took us through the biomechanics and pathology of ilio-psoas in children. Research was demystified by a stimulating talk from Professor Ann Moore, Professor of Physiotherapy and Head of Research at the University of Brighton, and Research Lead for the Chartered Society of Physiotherapy. We were all encouraged to recognise the need to formalise our research.

Our Finnish delegates introduced us to the multi sensory input (neurophysiology) in Hippotherapy. Polish delegates introduced to horse riding training with people with Cerebral Palsy. On the break there was the belly dancing we joined in to learn some moves and control our own pelvic movement. This was followed by a presentation by Ashley Shepherd, MCSP, with principles of the Alexander technique, applied to sitting postures and in to riding. Dr. Diana Hodgins, PhD in Mechanical

goes toward FRDI's fundraising efforts.



Learn how to make a rope halter and support FRDI at the same time. For more information, [click here](#).

## The Mary Selway - Swift Development Fund

This fund was established from a bequest to FRDI from the estate of the late Mary Selway-Swift. Mary was involved in the field of therapeutic riding over many years - in the United Kingdom and in South-East Asia (specifically in Hong Kong and Singapore). It was Mary's wish that this fund be used to promote and improve the educational opportunities, training and quality of riding therapy through the development of therapeutic riding programs internationally. She was particularly concerned for those in developing countries or in places which have limited access to training opportunities.

Any payments from the fund will be made annually on 7 OCTOBER on the recommendation of the Planning Committee of the FRDI Executive Committee.

Engineering and Solid State Physics demonstrated gait analysis method for horse and rider. Frederika Stenning, Category A member of Association of Chartered Physiotherapists in Animal Therapy, gave us a very good insight in to physiotherapy applied to horses, working on one of the RDA ponies at The Arrow Centre. Demonstration of Free Dressage and training by a Para rider, and their trainer, Jamie Burnham was given. Saturday included 'The Strictly Saxons' and demonstration by some of the younger riders. A written evaluation of the workshop and conference was not undertaken. The verbal feedback was positive and comments were sought from representatives of each organisation.

## Hippotherapy- Shared learning opportunities

November 15-17, 2011  
hosted by Equine College  
Hevosopisto Ypaja, Finland  
**SUMMARY OF THE WORKSHOP 4**

by Sanna Mattila Rautiainen

### Attendees:

**UK:** Christine Bowes, Denise Thompson, Anna Will, Irma Prins, Wendy Turner, Lynne Munro,  
**Finland:** Anne Rokka, Sanna Mattila-Rautiainen, Pia Pulli, Satu Selvinen, Anne Rautio-Honkavaara, Annette Lindroos, Satu Halonen, Tina Jaervinen, Ulla Kempainen,  
**Poland:** Anna Struminska, Joanna Dzwonkowska, Natalia Smagacz, Grazyna Sawicka

The partnership project Manager Anne Rokka started Workshop 4 with explaining briefly the working objectives and working levels: Personal and professional level, organizational level, project level. The working groups started to work according instructions. Lynne Munro was conducting the Horse in therapy. group, Equine Check list. Joanna Dzwonkowska was the chair to the Communication in Hippotherapy, Pictionary working group



Please contact the FRDI office for an application.

### Upcoming Conferences

May 26 - 27, 2012  
International Seminar on  
Therapeutic Riding  
Warsaw, Poland  
Hippotherapy - shared learning  
opportunities for 2012  
Location: Warsaw University of  
the Life Sciences

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July 8 - 12, 2012  
HELLENIC ASSOCIATION FOR  
THERAPEUTIC RIDING  
International Seminar for  
Therapeutic riding  
LEVEL 2  
The second part of a three-Level  
course, which will be completed  
within 12 to 18 months in Athens.

Location : Olympic Equestrian  
Centre, Athens, Greece. ( next to  
the airport )

Information : [www.elethip.gr](http://www.elethip.gr)

Phone : (0030) 6977 20 11 86  
Contact : Irene kapari  
Email : [info@elethip.gr](mailto:info@elethip.gr)

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July 30 - August 19, 2012  
Courses in Therapeutic Riding

and Anne Rokka was the chair to the Teaching methods in Hippotherapy education working group.

The new Principal of Equine College, Jukka Kujala introduced himself to the international group. He told about his previous jobs and knowledge of Hippotherapy.

The core group stayed to prepare Congress material for Athens when the rest went for a Equine College tour with College's Counsellor Ulla Kemppainen.

After breakfast three tables were set for "LEARNING CAFE" with ready discussion material. This working method enables participants to produce many points of view and core elements in Hippotherapy and to have open and critical approach to the material produced. This work was not completed and will continue. After lunch Practical Session was started. The topic was: "What means does a therapist use in Hippotherapy?". The participants were divided into three groups working Equine Colleges' Finnhorses. Two of them were led and one was longreined. Each group was given a different approach to the main topic. From Equine point of view Sanna Mattila-Rautiainen, from psychosocial point of view Annette Lindroos and from Physiotherapeutical view Anne Rautio-Honkavaara. This method was selected to present the teaching method used in Finnish Hippotherapy Education. Then Ulla Kemppainen came and took us to Equine art shop and Ypäjä Country Club where we had sauna and outdoor hotbath under the stars (-3 degrees Celsius)! A year ago a wish was said aloud to see Santa Claus. This wish was completed after a year and after dinner Santa Claus hurried to bring Christmas presents.

We had a visit to a specially designed Hippotherapy and Equine training Center HEVONKEIDAS near Turku. From National Agency for the Lifelong Learning

Gothenburg, Sweden  
A series of training opportunities  
for 2012  
Location: Gothenburg Riding Club  
for the Disabled, Rödbo Lunna väg  
10  
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### 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!

Program in Finland office our contact  
Hannele Nevalampi was invited to spend  
the day with us. Tiina Järvinen introduced  
us to Hevonkeidas and had two  
hippotherapy client demonstrations.

Lunch was eaten in a birth home of our  
wartime president Marshal  
Mannerheim. We closed the workshop 4  
to evaluation questionnaire. We were  
welcomed to WS 5 which will be held in  
Wales.

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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