

Equine Assisted Programs

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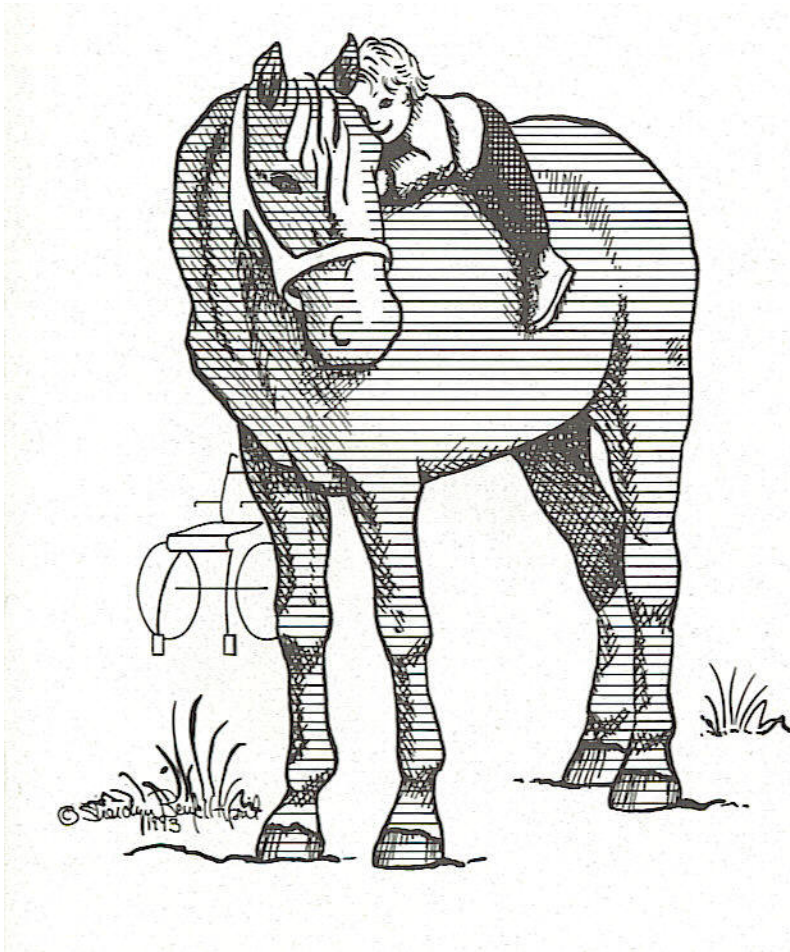
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What are equine assisted programs?



- Learning and development
- People of diverse needs
- Using the characteristics of horses, ponies, donkeys, or mules
- Abbreviated as “EAPs”

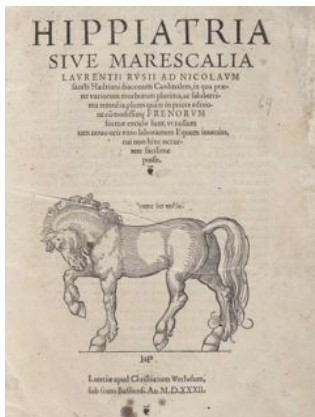
The History of EAPs



Ancient Horses and Man



- The use of horses for sport, recreation, and transportation is an old concept
 - First recorded interaction in cave drawings c.15,000-10,000 BC
- As early as 600 BC, Orbassis of Lydia documented the therapeutic value of riding



Routine horseback riding was acknowledged as a way to improve the health and well-being of people with handicaps



Turn of the Century EAPs

- With the advent of tractors and cars, there was a change in classification from 'work animals' to hobby horses
- In 1875, a French physician used horseback riding as a treatment for patients with neurological impairments
- Oxford Hospital used riding as a therapy for wounded soldiers of WWI



The rider who wouldn't give up

- Liz Hartel, an accomplished rider from Denmark, contracted polio
- Worked to continue horseback riding despite her physical limitations
- Won two Olympic medals against all male, able-bodied competitors
- With her physical therapist, began to use horses as therapy tool for others



EAPs in North America

- In 1960, the Community Association of Riding for the Disabled began in Toronto, Canada
- 1970: The Cheff Center in Michigan provided the first recreational riding programs for the disabled through a Kellogg grant



Opened in 1970 as the first therapeutic riding center built especially for the purpose of serving the disabled in the United States, the Cheff Therapeutic Riding Center strives to focus on what individuals can accomplish, not on what they cannot.

- 1971: North American Riding for the Handicapped Association Inc (NARHA) founded in Virginia

Standards and Regulations

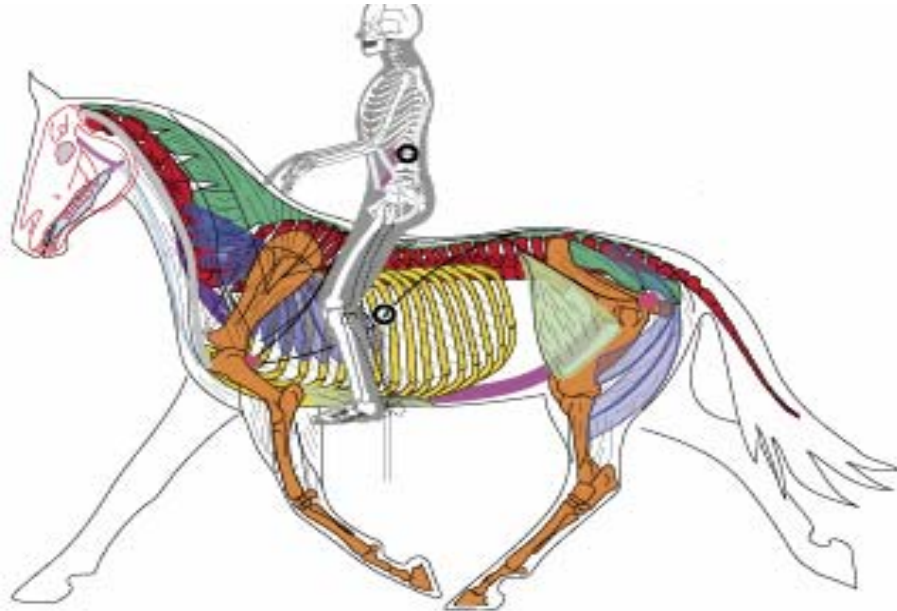


- Voluntary compliance with organizations dedicated to promoting excellence and quality
 - NARHA is the most popular organization in US
 - Center accreditation
 - Instructor certification
 - Different types of EAPs have different governing rules
 - Licensed professionals
 - Specialists
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The Expansion of EAPs

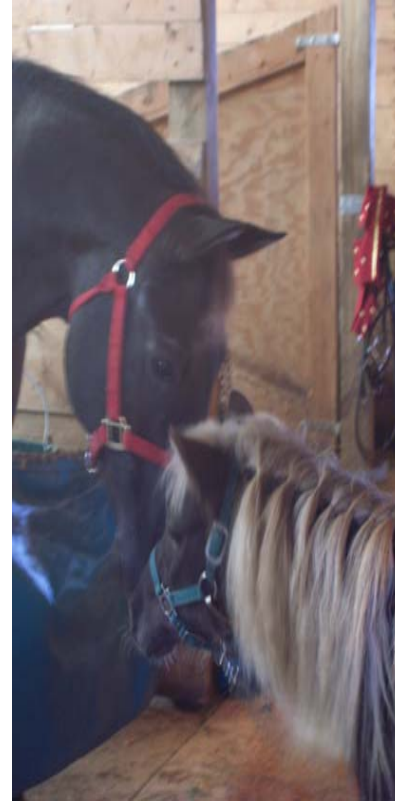
- EAPs can be generally classified based on the purpose of the provided activities:
 - Recreation
 - Can provide benefits that are therapeutic in nature
 - Therapy
 - Accomplish treatment goals with licensed professionals
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Principles of Equine Assisted Programs



Why use horses?

- Multi-dimensional motion
- Large and powerful animals
- Social animals
- Require work and care
- Have distinct personalities
- Can mirror cues from human body language



General Benefits of EAPs



- Special relationship through the human-animal bond

- Provide healthful and developmental benefits



Psychological benefits of EAPs



- Improve self-esteem
 - Improve interpersonal relations
 - Improve behavior
 - Increase confidence
 - Increase verbal and nonverbal communication
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- Teaches responsibility
 - Teaches impulse control

Physical benefits of EAPs

- Balance
- Posture
- Respiration
- Speech/language
- Circulation
- Strength
- Sensory input
- Perception
- Coordination
- Muscle tone

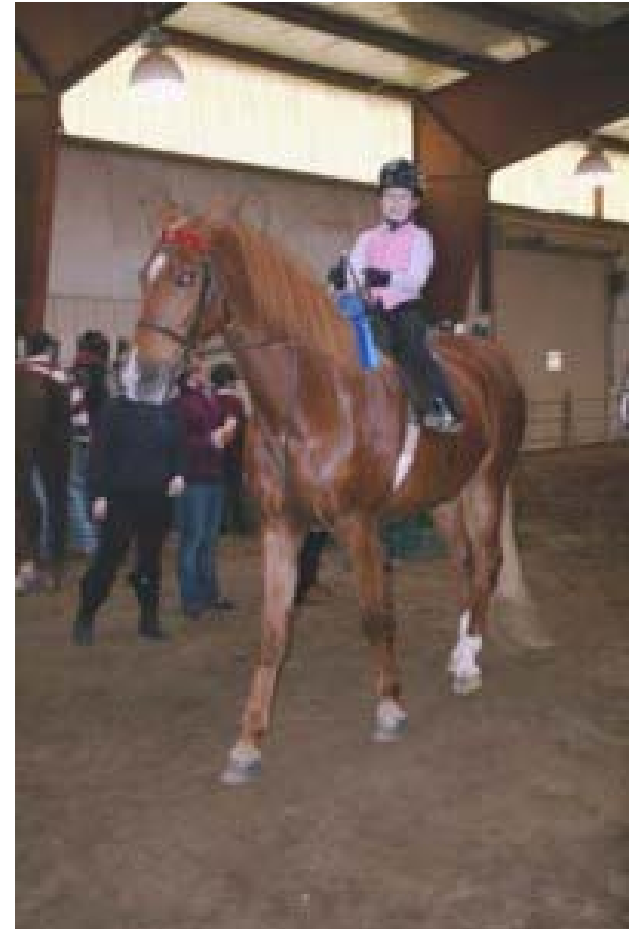


Specific Types of EAPs



Therapeutic Horsemanship

- “Adapted riding” that is purely recreational as a leisure activity
- Can be on the ground or astride
- Benefits can include:
 - Lower blood pressure
 - Unconditional acceptance and love, comfort
 - Trunk support, posture, balance



Therapeutic Riding

- Therapeutic intervention focused on skill development, facilitated by a qualified instructor
- Focused on goal progression
- Benefits can include:
 - Social team interaction
 - Physical, cognitive, sensory challenges
 - Learning riding skills



Therapeutic Riding Participants

- Many TR students have a wide range of disabilities
 - The multifactor experience of riding has a multifactor therapeutic impact
 - Muscle tone and development
 - Auditory, visual, and sensory input
 - Objective-centric lessons for focus
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Therapeutic Driving

- Use of any type of equine-drawn cart for recreation or therapy by a qualified instructor for those unable/unwilling to ride
- Physical limitations may prevent riding astride
- Benefits can include:
 - Personality development
 - Overcoming fear



Hippotherapy



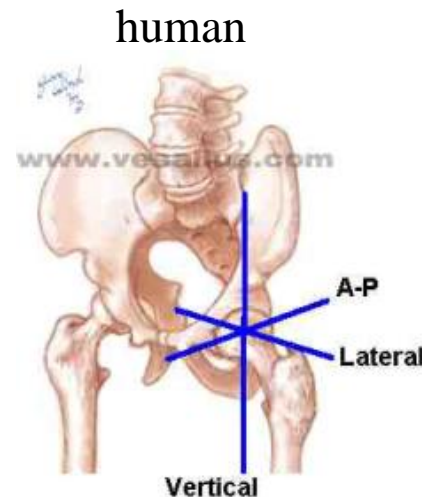
- Therapeutic intervention facilitated by credentialed professional
- Patient is positioned on the horse, and actively responds to the horse's movement

- Used as part of an integrated treatment program to achieve functional outcomes
 - Speech
 - Movement



Principles of Hippotherapy

- The natural 3-dimensional movement of the horse is within centimeters and 90 degrees of natural human pelvis movement
 - Lateral
 - Rotational (vertical)
 - Anterior and posterior tilt



- The movement of the horse promotes responses in the patient for improved functional capabilities

Equine Assisted Psychotherapy

- An emerging field focused on emotional growth and learning through experience, involving a licensed therapist and a horse professional
- Can be any type of horse-related lesson conducted by a therapist



- Benefits can include:
 - Assertiveness
 - Creative thinking, problem solving
 - Attitude (motivation, reward)
 - Responsibility and work



Interactive Vaulting


- Gymnastic exercises on horseback
- Provides a unique opportunity for development of communication, cooperation and trust
- Benefits can include:
 - Coordination and balance
 - Strength
 - Team work
 - Different, more intimate interaction with the horse





Equine Facilitated Experiential Learning (EFEL)


- Activities incorporating the experience of horse interaction in an environment of learning or self-discovery
- Goals may be related to self-improvement, social interaction, and education
- Usually focused on school groups but corporate programs can use EFEL to promote and facilitate change within businesses


Name _____

1. How much did the carrot weigh? _____ 

2. How much did the apple weigh? _____ 

3. How much did the peppermint weigh? _____ 

4. Draw or list one plant that a horse eats. 

5. Draw or list one plant that you eat. 



Principles of EFEL

- These activities allow people to reflect on their thoughts, feelings, and behaviors
- Participants may feel comfortable in this setting
- Interaction with the horse may provide motivation or interest



The Future of EAPs



Science and Research



- While the field is respected by supporters, it still remains a relatively unscientific area
 - Humans and Horses Foundation
 - Center for the Human Animal Bond

- Continued investigation on aspects like:
 - Changes in horses through EAPs
 - Learning abilities of students, riders, and horses
 - Long term impact of EAPs

Education

- Interdisciplinary programs require advanced education and training
- Presence of EAPs usually based on ‘subscribers’ to the programs
- Outreach for diverse or uninformed populations through a community of supporters



Serving
wounded service personnel and veterans



The Horse Industry



- Concerns and current trends in the horse industry have an impact on EAPs and their future

- Cultural values
- Hay prices
- Economic recession
- Land management
- Fuel prices



- The same issues affecting mainstream programs can have even bigger impact on EAPs



- Sustainability, proper welfare and worthy operation is paramount
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EAPs in Indiana



Equine Assisted Activities in IN

- Most horse industry activities are in part overseen by the Indiana Horse Council (IHC)
- They have established a committee for Equine Assisted Programs which helps promote and protect these centers
- In 1993, there were 3 EAPs in the state
- Currently there are over 30 centers that operate equine assisted activities



EAPS in Indiana

- Most EAPs in the state (and the US) are classified as 501c3 non-profit organizations
 - Horses are generally on their 4th or 5th ‘job’, and are typically donated specifically to programs
 - Usually employ large, loyal volunteer bases, to assist in many aspects of the program
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Program Participants

- Many EAPs target specific clientele
 - Individuals with special needs
 - Youth at risk
 - Survivors
- Requirements for participation are based on qualification and documentation
- Experience many opportunities for competition and rider development
 - Indiana Youth Challenge
 - Special Olympics Inc



Helping EAPs

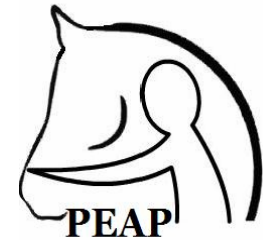
- Many EAPs in the state are tax-deductible for donations of equipment, horses, goods, and money
- Operating budgets can come from donations and grant writing
- Volunteers are always needed for something!



EAPs in the Area

■ Purdue Equine Assisted Programs Club

- A Purdue student organization dedicated to promoting the mission and goals of EAPs in the community through fellowship and education



■ Therapeion

- A therapeutic riding center in Brookston, IN serving children who have been victims of abuse or violence, for battered women, and youth at risk.



■ Equiventure

- A therapeutic riding center in Kokomo, IN providing equine assisted activities to individuals with special needs and providing information on principles of therapeutic riding



The End



Thank you!
Questions?