

The Canadian Therapeutic Riding Association

L'Association Canadienne d'Équitation Thérapeutique

Patron: HRH The Princess Royal G.C.V.O

Registered Canadian Charity # 11883 6543 RR0001



Photo credit: S Friesen

**2019
REPORT**

*We're Celebrating 40 Years of Leadership
1980-2020*

Rider Annika (diagnosed with PTSD) and her horse RED are working together in the 'Sea to Sea' competition.

PRESIDENT'S MESSAGE



JoAnn Thompson-Franklin, PT
CanTRA President

2019 was a successful year of great work, for the well-being of many, provided across the country by our exceptional member programs, their dedicated staff, volunteers, and their incredible equine partners. Things certainly changed quickly this Spring, and we were so sorry to have had to cancel our 2020 CanTRA Conference – Celebrating 40 Years of Leadership, scheduled for May 29-31st at Olds College, Olds, Alberta. Our AGM was to be celebrated there, together, wrapping up a time of learning, sharing and networking. Not being dissuaded, we switched gears to connecting online through Zoom meetings and webinars, as well as this year's AGM, for continued education, camaraderie, and mutual support

This fiscal year is ending with one of the most challenging times in the history of our organization and its members. The international COVID-19 pandemic brought all programs to a sudden halt in March. Program suspension means eliminating much-required revenue streams; revenues that are needed to keep CanTRA member programs afloat. We are saddened to hear of programs that have had to re-home their most beloved equine partners and even some that have decided to close their doors, discouraged by the weight of uncertainty.

Some member programs have been working hard to create opportunities and innovative fundraisers that they are sharing willingly with all other interested CanTRA programs. This generosity and teamwork are the heart of what our members do. Whether it be their community and client base or another riding program in need of help, our members come through with meaningful assistance. They keep giving of themselves repeatedly, in countless ways, to help support the needs of others.

I am so proud of the place CanTRA and its members have made in our society across Canada. I urge all to reach out to help, or to ask for assistance, whatever the case may be, as we stay strong together through these challenging times. We must continue making strides into the future as we open our minds and learn to adapt to the new normal. **Stay calm and CanTRA on!**

ACCREDITATION

Committee members:

Ann Caine, Teg Harper, Margaret Tibbo, and JoAnn Thompson Franklin.

In 2019, the Accreditation committee was able to move forward in making new decisions regarding site visits to CanTRA member programs. We recognize the importance of personal site visits for accrediting member programs, and the benefit of having knowledgeable CanTRA personnel meeting with Program Managers, Head Instructors, and Board members in order to promote positive relationships. Therefore, our preference would be to keep 'remote visits' by Zoom conferencing, and videotaping to a minimum if at all possible. Yet, there are some programs in this vast country where it is not possible to send two qualified site visitors to meet and consult with members. A number of site visits were completed in many locations across Canada in 2019.

The Accreditation Committee works closely with the Certification Committee to ensure a fiscally responsible approach to site visits. Where possible, we combine them with CanTRA Technicals and Exams, which reduces travel expenses and provides the most knowledgeable site visitors for our member programs. We appreciate the visits that were made in several provinces last year, mostly by CanTRA Examiners, and are disappointed that plans for 2020 will now have to be put on hold due to the international pandemic. The decision to establish Exam Centres across the country has been quite successful and is still underway. The goal is to create a level of continuity for both instructor candidates and the CanTRA Examiners, in line with the EC system. There is much work to be done in several provinces and regions, but the goal is well worth the effort.

Ann Caine, Chair, Accreditation Committee



Therapy horses come from a variety of backgrounds, training, and breeds. Their temperament, movement, and size work together to deliver specific therapeutic benefits to multiple riders.

Photo credit: B Pickel



Photo credit: M Gallant

CERTIFICATION

Committee members: Margaret Rigby, Nicola Harman, Gay Wood, Linda Rault, Hilary Webb, and Jane James.

CanTRA Certification has had a outstanding year. Moving forward into 2020, we are hopeful for an end to the COVID-19 lockdown measures that are currently in place, and are eager to continue CanTRA Certification and Educational events.

With the 2020 National Conference being cancelled, we have focused on continuing education Webinars online.

On behalf of the Certification Committee we wish everyone a safe and healthy future.

**Margaret Rigby, Chair,
Certification Committee**

Mentors Clinic

April 2019– Sunrise, ON

Certification Workshop

May 2019- Sunrise, ON



Certification Events 2019

British Columbia

July North Fraser

Sept Cowichan – in house

Ontario

March - Sunrise – in house

June – TROTT

July – TEAD

July – Sunrise – in house

Sept - TEAD

Nov – Sunrise

Quebec

July - Centre de Services Centauria

Oct - Centre de Services Centauria

Mentoring/Certification

Workshop

June 2019

The Joyriders, PE

Congratulations to all our new Certified Instructors!

Alberta

Brenda Spanier CTRSI

British Columbia

Megan Juurlink CTRBI
Rachel Kirkpatrick CTRBI-2
Penelope Harper CTRBI-2
Erica Sutfin CTRII



Margaret Rigby (left) and Jane James (right),
CanTRA Examiners outside an Accredited
Exam Centre on Vancouver Island.



Photo Credit: B Pickett

Ontario

Jennifer Murphy CTRBI
Kathryn Mathysen CTRBI
Vicky Smith CTRBI
Ann Marie Finn CTRBI
Fiona Ryder CTRBI-2
Merle Fast CTRBI-2
Aimee Baker CTRII
Camilla Giffen CTRII
Emily Smart CTRII
Emily Schinko CTRII
Sue Browne CTRII
Danyle Harvey CTRII
Lydia Prabucki CTRII

Quebec

Myriam Breton CTRBI
Émile Fortin CTRBI
Erika Gauthier CTRBI
Jennifer MacWilliam CTRBI
Nancy Théoret CTRBI

Newfoundland

Sarah Evans CTRBI-2
Erin O'Reilly CTRBI-2
Erin O'Reilly CTRII
Ashley Butt CTRII

2019 Para-Dressage Development Coach Christine Ross, Sanaca, BC



Christine Ross (left) and Luanne Armstrong (right).

Photo Credit: M Whiteaway

The title of 2019 Para-Dressage Development Coach of the Year was awarded to Christine Ross by Equestrian Canada (EC). CanTRA Coach and Head Instructor at Creston and District Society for Community Living (CDSCL) in BC, Christine serves as a CanTRA Zone Representative and on the CanTRA Board as 1st Vice President. Congratulations Christine!

EQUINE FACILITATED WELLNESS

Committee members: Katlyn Wildfang, Dr Anne Barnfield, Daphne Davey, Dr Angela Fountain, Tricia Mellor, Kathleen Murphy, Andrea Plesko, and Jessica Pyc.

The Equine Facilitated Wellness Committee welcomed Kathleen Murphy to the committee in January 2019. Kathleen is a Clinical Social Worker who specializes in attachment and trauma responsive treatment. Kathleen is trained in three different modules of Equine Assisted Psychotherapy (EAP) and practices EAP to augment her office work with her clients. We are happy to have her involved with the EFW Committee.

The committee received three applications for certification in 2019; two Equine Professionals (EQP) and one Mental Health Professional (MHP). Victoria R. successfully obtained the Equine Professional Advanced Certification. The two other individuals are currently working towards their certification.

Over the course of 2019, the EFW committee also received nine inquiries. Most of the inquires were related to clarifying information about the certification system and what steps were needed to obtain certification.



Photo credit: K Clancey

Based on the inquiries we received, and with input from committee members, it was apparent that a deeper conversation around the EFW certification system was required for some apparent changes. The EFW Committee together with the CanTRA Board, the Certification Committee and the Accreditation Committee will be working on this project during 2020.

**Katlyn Wildfang, Chair
EFW Committee**



HIPPOTHERAPY

Committee members: Pippa Hodge, Judy Todd, Devra Rich, Sandy Redden, Amy MacKay, Sarah Michelle Senecal, Kristin Churchill, Sandra Hall, and Ruth Isaac.

The Hippotherapy committee meets regularly to support and direct the various CanTRA hippotherapy programs across Canada. We have representation in BC, Alberta, Manitoba, Ontario and Nova Scotia. The therapists are a combination of Physiotherapists (PT, Occupational Therapists (OT) and Speech Language Pathologists (SLP). In 2019, we held 3 Skype meetings, with an average attendance of 4 to 5 therapists.

Reports from various courses our therapists have attended are shared to disseminate information. One committee member is on the American Hippotherapy Association (AHA) Board of Directors, and keeps us updated from that angle. I am on the AHA faculty and update the group regarding educational activities and new courses coming up. Much of the discussion centres around contemporary concerns and successes.

A sharing of activities from all of the various therapy programs represented is helpful for a balanced approach to advising CanTRA members.



Photo courtesy: VTEA

Some important issues have been raised in regards to training therapists, differences in practices across the provinces, and how best to support therapists who are involved in hippotherapy.

There was also much discussion around the CanTRA conference, and a planned meeting at the conference, which sadly was cancelled due to the COVID-19 pandemic. Two committee members were scheduled to be on a hippotherapy panel to inform CanTRA members about this field of therapy that uses equine movement to assist treatment. For 2020, we aim to redevelop our objectives and goals, and fine tune our direction for the future.

**Pippa Hodge, Chair
Hippotherapy Committee**

BOARD OF DIRECTORS

JoAnn Thompson Franklin, President, New Brunswick
 Eliane Trempe, Past President, Quebec
 Christine Ross, 1st Vice-president, British Columbia
 Margaret Tibbo, 2nd Vice-president, Newfoundland & Labrador
 Sonia Koczekan, Secretary, Ontario
 Jane James, Treasurer, British Columbia
 Tricia Mellor, Director, Ontario
 Kathleen Murphy, Director, Nova Scotia
 Shelene Williams, Director, Alberta

HONORARY DIRECTORS

Lisa Burd, Australia
 John Davies, USA
 Jim Elder, Ontario
 Kara Grant, Prince Edward Island
 Mary Longden, Australia
 Dr. Ian Millar, Ontario
 Mea Renahan, Ontario
 Dr. Bob Wright, Ontario

ADVISORY COUNCIL

Ann Caine, Ontario
 Daphne Davey, Prince Edward Island
 Bernard Gluckstein, Ontario
 Margaret Rigby, British Columbia
 Jeff Tiessen, Ontario
 Dr. Bob Wright, Ontario

ZONE REPRESENTATIVES**British Columbia, Yukon**

Christine Ross, CanTRA Coach
 christineross@telus.net

Alberta, Northwest Territories

Brenda Spanier, CTRSI
 brendaspanier@gmail.com

Saskatchewan, Manitoba, Nunavut

Brenda Godin, CTRSI
 bgodin@outlook.com

Ontario

Paula Bernard, CanTRA Coach/Examiner
 purpletruck164@gmail.com

Quebec

Eliane Trempe, CanTRA Coach
 trempe.eliane@videotron.ca

**New Brunswick, Nova Scotia, Prince Edward Island,
Newfoundland & Labrador**

Ruth Carter, CTRII
 ruthcarter506@gmail.com

MISSION STATEMENT- Promoting Excellence throughout Canada in Therapeutic Riding and Equine-Assisted Therapies through Certification, Accreditation and Education.

GENERAL ENQUIRIES

Email: ctra@golden.net
 Mailing address:
 5420 Hwy. 6 North
 RR5 Guelph, ON N1H 6J2
 Canada
 Phone: 519-767-0700
 Fax: 519-767-0435



Follow us online

www.cantra.ca

