



CanTRA Caller L'Appel ACET

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

**CanTRA AT THE
ROYAL WINTER FAIR
NOVEMBER 3—12, 2006
TORONTO, ON**

**CanTRA CONFERENCE
THE POWER OF THE HORSE
MAY 4—6, 2007
DUNCAN, BC**

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Fair**

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2007**

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**Upcoming
Certification &
Education Events**

**Royal Winter Fair
Interactive Seminar
Registration
(insert)**



Brittany Janzen and Luke

INTERACTIVE SEMINAR

Saturday, November 4th, 10:45am — 12:45pm

Dr. Peter Physick-Sheard
Faculty Member, University of Guelph
presents
**AN OWNER'S OBLIGATION:
The Unspoken Deal Between You and
Your Horse**

See insert for details and to register, or visit our website.

THE CanTRA BOOTH

Visit the CanTRA Booth at the RWF. This year we have a much larger space providing a higher profile for therapeutic riding and enabling promotion of CanTRA's educational opportunities.

We look forward to seeing you there.

To register for the interactive seminar or to offer your assistance with the CanTRA booth please contact the CanTRA office. More information can be found on our website.

The Cowichan Therapeutic Riding Association has generously agreed to act as our host centre. They will be working closely with CanTRA staff and other conference volunteers to bring together a conference you won't want to miss!

This conference will include sessions on Equine Facilitated Mental Health presented by Sue McIntosh, MA CCC of Alberta (see article on page 2), as well as other relevant and exciting lectures and practical sessions.

Watch for more information and registration details on our web-site and in future mailings, or contact the CanTRA office. We look forward to seeing you at the conference.

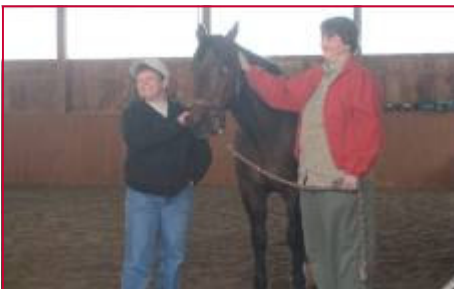
Don't forget to mark the date in your calendars.



EQUINE FACILITATED MENTAL HEALTH — CANADA

In October, 2005 at the Annual General Meeting CanTRA officially established a new branch designated *Equine Facilitated Mental Health – Canada*. A CanTRA committee was established, charged with the task of exploring this area and submitting recommendations to the CanTRA Board of Directors. The committee, co-chaired by Sue McIntosh and Susan Cressy, is comprised of professionals, both in the mental health and therapeutic riding fields.

Since October, much work has been done which culminated in the running of a pilot workshop in Spring 2006. The workshop, *“Connecting With Riders – Micro Counselling Skills for Therapeutic Riding Instructors”* was held in collaboration with the University of Toronto. The twenty-six participants benefited from three days of lectures and discussions, followed by a full day practical session where learned skills could be practiced. Response to the workshop was extremely positive and enthusiastic.



Joanne Chevalier, CanTRA Coach,
Northern Lights, Kapuskasing & Becky
Liddle, PhD, University of Toronto at the
EFMH Workshop
(Photo by. D. Naylor)

Sue McIntosh is a Certified Canadian Counsellor with a Masters Degree in Counselling Psychology. She has additional training, education and experience in Animal Assisted Therapy, (AAT), and in therapeutic riding. Sue has extensive equestrian experience. For the past six years she has operated **Healing Hooves**, providing Equine Facilitated Counselling Services to individuals, families and groups.

Sue McIntosh MA, CCC, will be one of the main presenters at CanTRA's Spring Conference

The Power of the Horse
Cowichan, BC
May 3—6, 2007.

Sue McIntosh writes —
EFMH is a form of experiential AAT, which incorporates interactions with horses into a counselling setting and relationship. There are a small but growing number of people practicing EFMH in Canada and each program is unique depending on the background and focus of the practitioners, and the client base served.

The approach followed at Healing Hooves brings together aspects of different fields including AAT, person centered counselling, play therapy, experiential learning, therapeutic riding and natural horsemanship. The result is a uniquely effective form of counselling, grounded in a growing body of research, which draws upon the human animal bond to facilitate healing and growth through contact with horses.

Each EFMH session is tailored to the specific needs and objectives of the individual client, family or group and so can vary greatly. Sessions may involve specifically designed groundwork exercises with the horses, grooming, riding or simply talking with the counsellor while doing horse related activities. Discussions may start in the context of the horse and the activity and then gradually transfer to the parallel issues/ learnings in the client's life.

Clients who can be reached through EFMH approaches also vary widely – for example, Healing Hooves' clients include children and adults with anxiety,

depression, attachment issues, eating disorders, parent-teen conflict, survivors and perpetrators of violence, abuse and neglect. Many of our clients have been non responsive to/ non compliant with more traditional counselling approaches.

EFMH sessions are delivered by a fully credentialed mental health therapist with specific training in EFMH, preferably in partnership with an appropriately credentialed horse professional, who also has specific training in EFMH. The challenge for many people entering this field is finding this 'specific training in EFMH'. For the past five years I have been providing both mental health professionals and horse professionals with training in EFMH, but as an individual organization I will not 'certify' people in this area (although the workshops do earn continuing education credits for many professionals). EFMH—Canada has been formed to develop a nationally recognized certification process for EFMH. This fall EFMH-Canada will be focusing on defining goals and timelines in the areas of standards of practice, training, certification, resources and research. It is expected that the certification process will mirror that already in place for therapeutic riding instructors, and will have separate, but coordinated, tracks for the mental health professional and the horse professional, and will incorporate the pre-existing Healing Hooves workshops.

BIG BEN—OUTSTANDING HONOUR

Later this year Jump Canada will be launching its new Hall of Fame to honour outstanding contributions to hunter/jumper sport in Canada.

Congratulations to CanTRA Honorary Director and 'Captain Canada' Ian Millar as his jumping partner, Big Ben, is inducted into the Jump Canada Hall of Fame on November 5, 2006 at the Royal Winter Fair.

COMMUNICATION AND TEACHING SKILLS WORKSHOP *By Eliane Trempe*

On March 11 and 12, CanTRA held a group teaching workshop at the Agro-food Institute in La Pocatière — “Communication and Teaching Skills in Therapeutic Riding”.

Participants benefited from the knowledge of Lelia Sponsel, experienced CanTRA trainer. This workshop aimed to develop the skills and abilities of those involved in therapeutic riding projects in Québec. The majority of participants were Instructor or Assistant Instructor candidates, preparing for their CanTRA exams.

The training was presented in an interactive format, as everyone role-played different scenarios; the themes were numerous and included: volunteer training; mount/dismount techniques (using a block or access ramp); group lesson structure and flow; voltage techniques; observation and evaluation of teaching techniques using both a video clip and a real-life situation and self-evaluation of teaching techniques.

Lelia's advice was greatly appreciated; her expertise and in-depth knowledge of the subject kept everyone on track all weekend. This workshop was rich in content and quite dynamic thanks to participant involvement.

This training was made possible through CanTRA and FQET. In addition, the

workshop conforms to the FQET's mandate to offer members access to therapeutic riding training in French. This was accomplished through the translation support provided by Anita Lemaître and Mrs. Eliane Trempe who acted as interpreters all weekend. Thanks also go out to Ferme École Lapokita de La



Lelia Sponsel, CanTRA Coach, leads the workshop. (photo by E. Trempe, compliments of FQET)

Pocatière who helped contribute to the success of this event by offering access to the ITA equestrian facilities and Danielle Champagne, Occupational Therapist, for her useful advice on teaching techniques for mounting and therapeutic voltage exercises.

Don't miss the FQET's latest news...visit our website at: www.geocities.com/f_q_e_t

THE RIDE FOR DREAMS CONTINUES — AN UPDATE ON KIMBALL FOORD *By Louise Niven*

As some of you may know Kimball Foord has been fulfilling his lifelong dream of riding across Canada with his horse, Cody. Leaving Guelph, Ontario on May 6, Kimball began this epic journey.

Not only is this adventure all about the journey but Kimball has been a CanTRA ambassador along the way. We are very grateful to him for all his hard work and to the people who have made generous donations to CanTRA.

Kimball's horse Cody, a 7 year old Quarter Horse of 'old foundation' stock, who is a reining horse, a roper and long distance trail horse, has been enjoying every moment - well except perhaps for the black flies. Many kind individuals have offered a place to stay along the way, as well as water and food for both Kimball and Cody.

On July 25th Kimball reached Ignace, Ontario, within five days ride of the Manitoba border. Due to personal reasons Kimball decided to return to Guelph to be with his wife.

After some time at home, Kimball has now been able to make the decision to continue his trek across Canada. Needless to say, with the days getting shorter and colder, and the inevitable snow sure to arrive, Cody and Kimball will begin their adventure again in May, 2007.

Kimball is planning to arrive in Calgary in time for the Stampede in the hopes that he will generate a lot of interest for CanTRA. He anticipates reaching Vancouver by September 2007.

We will continue to provide updates on Kimball & Cody's journey on our website.

You can also visit Kimball's website at www.ridefordreams.com

We wish you well Kimball and look forward to seeing you at the Royal Winter Fair!



Kimball and Cody meet Haley Veit, a fellow rider. (photo by D. Naylor)



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BE PART OF CanTRA'S STRATEGIC PLAN

Watch for your member input package in the mail.

Send in your comments and/or attend our

Strategic Planning Brainstorming meeting

Nov. 4th, 1:30pm, Room 106

Royal Winter Fair

Ricoh Colliseum, National Trade Centre, Toronto, Ontario

ANNUAL GENERAL MEETING

November 4th, 5:00 pm—6:00pm

Ricoh Colliseum, National Trade Centre

Toronto, Ontario

Voting on:

- the inclusion of 'Hippotherapy —Canada' Committee under CanTRA's mandate.

Presentation of CanTRA's new Centre Accreditation Program and updated CanTRA mission statement

UPCOMING CERTIFICATION & EDUCATION EVENTS

Please contact the CanTRA office for more information on registering for an event or visit our website

Workshops

- September 21-22—Workshop with Pippa Hodge, Regina TRA, Regina, Saskatchewan
- November 4—**AN OWNER'S OBLIGATION: The Unspoken Deal Between You and Your Horse** with Dr. Peter Physick-Sheard, Royal Winter Fair (*See detail inside this Caller*)
- November 18—CTR II Workshop, Cowichan TRA, Duncan, BC

Certification

CTRAI—Technical Evaluation

- October 12-13—ITA de la Pocatiere, La Pocatiere, Quebec—*tentative*
- October 20-21, - Sunrise T.R. & Learning Centre, Guelph, Ontario

CTRAI Examination

- October 14-15—ITA de la Pocatiere, La Pocatiere, Quebec—*tentative*
- October 20-21—Sunrise T.R. & Learning Centre, Guelph, Ontario

CTR II – Technical Evaluation

- October 20-21, - Sunrise T.R. & Learning Centre, Guelph, Ontario

CTR II – Examination

- September 23-24—Regina TRA, Regina, Saskatchewan
- November 19—British Columbia

CTRI – Technical Evaluation

- October 6-7—TROTT, Greely, Ontario

CTRI – Examination

- November 19-20, 2006—British Columbia
- Summer 2007—Quebec—*tentative*

Training School

- October 13-19—CTRAI/CTR II Training School, Sunrise Therapeutic Riding and Learning Centre, Guelph, Ontario

If you would like to receive this newsletter by regular mail please let us know. Contact our office at (519) 767-0700 or by e-mail at ctra@golden.net