



# CanTRA Communiqué

## CanTRA Conference 2007 The Power of the Horse



Rider at the Cowichan  
Therapeutic Riding Association

CanTRA's spring conference will take place May 4—6, 2007 in Duncan, British Columbia. Sessions taking place during the conference will include Equine Facilitated Mental Health, Fitness and Fun through Horses, Teaching and Coaching Techniques, Equine Management and more!

The conference will be hosted by the

Cowichan Therapeutic Riding Association on beautiful Vancouver Island, with discounted flights available from WestJet.

Our Early Bird Discount on the Conference Registration has just been extended until March 15th! See our conference brochure or visit our website at [www.cantra.ca](http://www.cantra.ca) to download a copy.

### Keynote Speaker: Gabriele Orac, MS of Austria



Gabriele Orac is head of the Austrian training system for therapeutic riding instructors, and holds several other leadership roles in the field. She is an internationally respected lecturer, high-level dressage competitor, and owner of her own therapeutic riding centre.

Gabriele believes in engaging riders by making riding and exercise fun, and her lectures will share some of the many insights and practices that she uses to this end.

*More information on our conference on page 3*

You can now register for individual sessions as well as the full conference.

CanTRA is also pleased to introduce a special group rate for member centres. Send 5 or more delegates (must be individual CanTRA members) from your centre and receive a discounted rate of \$275 per person!

See the conference brochure or visit our website at [www.cantra.ca](http://www.cantra.ca).

### Accreditation Comes to CanTRA!

Are you interested in accreditation for your centre?

Many professions use accreditation and licensing systems to provide credibility and maintain the well-being of their disciplines, ensuring that accepted standards are met.

Through the CanTRA Accreditation System, all member centres have the opportunity to demonstrate excellence in providing quality, professional therapeutic riding programs under the direction of CanTRA certified instructors.

The pilot project will begin this year with several centres/programs of different sizes and various organizational status receiving visits – for example full-time/part-time programs, those that run out of owned property, those with programs offered from a regular equestrian facility and those with both small and large budgets.

It is our intention to include 5 to 6 programs/centres from coast to coast in the initial accreditation pilot during 2007. This will allow a balanced evaluation of the process before CanTRA Accreditation is opened to all

member centres. However, all interested member centres are encouraged to register with the CanTRA Office to receive the guidelines after the first year's review and to be scheduled for a visit by CanTRA personnel.

This will be a peer review system using qualified CanTRA personnel and using the CanTRA Risk Management Evaluation process already in place. Accreditation renewal will take place every 5 years to ensure that every centre/program maintains their high standard of service delivery.

Accreditation—continued from page 1

### **Benefits of Accreditation:**

- Staff and Volunteers can take pride in knowing they represent a centre that meets the national standards.
- For prospective donors a national accreditation provides a respected standard of service delivery and confidence in the credibility of the program.
- Volunteers and participants feel more willing and comfortable establishing relationships with centres/programs that have attained a recognized standard.
- A centre/program that is nationally accredited.
- All CanTRA accredited centres/programs will be identified in the member centre information, in all publications and on the CanTRA website.
- Accredited centres/programs will receive a designation certificate that can be displayed prominently at the stable
- The centre may use the CanTRA logo and accreditation designation on all brochures and in the centre's newsletter and other printed materials.

### **Preparing for Accreditation:**

CanTRA Provisional Member Centres may begin the accreditation

application process on completion of the two year provisional membership, providing they have a CanTRA certified instructor at one of the three levels of certification.

Full CanTRA Member Centres in good standing for one year may apply at any time to start the accreditation process.

It is not necessary for a centre/program to hold CanTRA liability insurance in order to apply for accreditation. These centres would simply produce proof of their liability insurance. It is hoped that all CanTRA member centres will have achieved Standard Accreditation in the next 5 years.

### **Applying:**

An application for accreditation is submitted to the CanTRA Office, with all supporting documentation (required forms, fire plan, etc.) along with the required fees, which are charged as follows:

<10 riders	No charge; fees considered to be included with regular membership fees
10-25 riders	\$75.00
26-50 riders	\$150.00
51+ riders	\$300.00

The Risk Management Evaluation requirements will be mailed or e-mailed to the centre or may be printed from CanTRA's website. Explanatory

notes on each requirement will also be available from the office. Once the Site visitors for a centre have been booked, the centre personnel will be given their contact information so that a 'helpline' can be set up in advance of the visit. In this way, questions/concerns can be addressed over several months before the visit and this open communication should create a supportive relationship and result in a positive site visit with all requirements being met.

### **The Visit:**

The Lead Visitor will contact the centre to book a mutually agreeable date for the site visit to take place. The size of the centre and number of instructors will determine how many lessons will be observed. All forms and comments will be forwarded to the CanTRA Office.

### **Notification:**

The CanTRA Standards and Quality Management Committee will review the submission and following this, a recommendation will be sent to the Board of Directors for approval. Notices of successful accreditation will be sent out on a quarterly basis.

At the CanTRA bi-annual conferences and at workshops around the country there will be qualified CanTRA personnel available to answer questions and review the accreditation process. This will ensure ongoing education and open communication.

## **Strategic Planning for CanTRA's Future**

We would like to extend our thanks for the response and input received from CanTRA members to assist in our Strategic Planning for the next few years.

On November 4th, Scott vanEngen, CA, CFP, Partner and SuccessCare® Facilitator with Robinson & Company,



*Scott vanEngen leads the discussion. (Photo by Louise Niven)*

led our Strategic Planning workshop. Your comments from across the country were recorded on large charts around the room.

Gradually the areas of most importance to the growth and stability of CanTRA emerged, as Scott led us through the process of strengths, weaknesses, opportunities and threats (SWOT), fine tuning the member input. This has resulted in a strategic and focused 'road map' of targeted goals for the next 3 to 5 years. Progress will be monitored and evaluated on a monthly



*CanTRA Members working in group to help determine priorities. (Photo by Louise Niven)*

basis as we develop the tools to reach the goals.

The final Strategic Plan will be sent to each Member Centre with the Spring Caller and will be available to individual members on request. Thank you again for being a part of this process.

## Hippotherapy-Canada: Where did it come from and how did it get here

By Danielle Champagne

On November 4<sup>th</sup> 2006 at the Royal Winter Fair in Toronto, CanTRA was proud to announce the CREATION of its new "Hippotherapy-Canada committee".

The members of the Hippotherapy-Canada committee are:

**Chair:** Pippa Hodge. PT, HPCS, CanTRA Examiner/Coach, BC

**Co-chair:** Danielle Champagne. MSc candidate (thesis on hippotherapy), OT, CTRAI, NARHA therapist, AHA level 2 therapist, QC

**Members:** Eliane Trempe. CTRAI, QC  
Judy Todds. PT, BC  
Judy Brooks, OT, CTRAI, ON

The following is the first of a series of articles on hippotherapy :

### History of Hippotherapy

In 1952, Liz Hartel of Denmark, won her first silver medal in dressage at the Olympic Games in Helsinki. What was remarkable was the fact that Liz had been suffering from polio since 1943.

After this event, the idea of using the horse as a rehabilitation tool aroused the interest of therapists. In 1987, 18

Canadian and American therapists flew to Germany to learn the basics of hippotherapy. With the knowledge recently acquired, they set up the basis of hippotherapy in North America and in 1992 created the American Hippotherapy Association (AHA).

Our Chairperson, Pippa Hodge, was part of this first group of therapists who went to Germany. Pippa is certified by the AHA to teach both levels of Hippotherapy (Equine skills and Treatment procedures). She is also the only physiotherapist with a Hippotherapy Clinical Specialty (HPCS) from AHA.

Pippa has produced a video – *Analysis of Horse and Human Movement*, which is being sold around the world (available from CanTRA). We are privileged to have her on our team.

### Definition of Hippotherapy

The word 'hippotherapy' comes from the Greek 'hippos' meaning horse and 'therapy' meaning care. Thus hippotherapy is the utilization of the horse for therapeutic purposes rather than equestrian goals. This new field targets acquisition of motor pre-requisites rather than equestrian abilities. Hippotherapy is a

rehabilitation strategy using a mobile, live tool: the horse. The horse possesses motor, tactile, vestibular and neuromuscular stimulation qualities that cannot be imitated by a machine.

The horse provides multidimensional as well as symmetrical, repetitive and rhythmical movements. No therapist, no matter how motivated or talented, can equal this amount of stimulation. Hippotherapy is a specialization reserved for use by rehabilitation specialists: physiotherapists, occupational therapists and speech language specialists trained in this field. In hippotherapy, the rider does not influence the horse but rather the movement of the horse stimulates postural and muscular reactions on the rider. The rider takes different positions on the horse to stimulate affected group muscles. Objectives are not essentially motor: they can be cognitive and or perceptual, depending on the initial evaluation of the therapist (OT, PT, speech language specialist) with the help of the rider's medical team.

We hope this first article has aroused your curiosity in hippotherapy. Watch for the next article 'Selection of rider for hippotherapy vs. therapeutic riding'.

*CanTRA Conference .The Power of the Horse Speaker Profiles Cont'd from page 1.*

### Mary Longden of Australia

Mary Longden is the author of two greatly respected books, 'Teaching Disabled Riders' and 'Coach with Courage'. Along with her achievements as an author, Mary is the chair of the FRDI Sport & Recreation Committee, an International Level Three Coach, and an International Paralympic Dressage Judge.

### Sue McIntosh, M.A., C.C.C. of Healing Hooves, Alberta

Sue McIntosh, M.A. C.C.C., a practitioner and researcher interested in animal assisted therapy along with the bond made between a human and animal. Sue has her Masters Degree in Counseling Psychology. Her private

practice, Healing Hooves, located in Alberta, focuses on animal assisted and equine facilitated counselling.

### Dr. Chris Archibald

Dr. Chris Archibald, a master farrier began his career in England. When he moved to Canada he gained his Veterinary degree at the University of Saskatchewan. He has practiced equine veterinary medicine in the Cowichan Valley since 1987.

### Dr. Jane Kettner

Dr. Jane Kettner is a doctor of chiropractic who is a member of AVCA and specializes in chiropractic for small animals and equine. She has practiced for a number of years on Vancouver Island.

### Silent Auction Needs Donations

We are looking for donations to the ever popular Silent Auction held at all of our conferences.

If you can donate an item, please bring it with you to the conference.

If possible, please notify the CanTRA office of your intention so we can properly catalogue items and prepare tax receipts as efficiently as possible.



Thank you!

## Certification Schedule 2007

Dates for confirmed events are noted below. Other events are in the planning stages and will be confirmed as soon as possible. Visit our website or call the CanTRA office for up to date information.

### Zone 1

CTRAI Technical	Late Spring/Early Summer
CTRAI Exam	Late Fall

### Zone 2

N/A at this time

### Zone 3

CTRAI Technical	May 10-11/07 MRDA, Winnipeg, MB
CTRAI Exam	May 12-13/07 MRDA, Winnipeg, MB
CTR II Technical	May 10-11/07 MRDA, Winnipeg, MB
CTR II Exam	May 12-13/07 MRDA, Winnipeg, MB

### Zone 4

CTRAI Technical	Summer
CTRAI Exam	Late Spring/Early Summer
CTR II Technical	April 12-13/07 Sunrise TR & LC, Guelph, ON
CTR II Exam	April 12-13/07 Sunrise TR & LC, Guelph, ON
CTR II Exam	June 29-30/07 TROtt, Ottawa, ON

### Zone 5

CTRAI Technical	Fall
CTRAI Exam	Summer
CTR I Technical	Late Spring/Early Summer
CTR II Exam	Fall

### Zone 6

N/A at this time

## An Introduction to Equine Facilitated Mental Health EFMH—Canada Workshop

On May 3rd CanTRA is holding a workshop entitled 'An Introduction to Equine Facilitated Mental Health'. This is being run as an optional event supplementing the Power of the Horse Conference in Duncan, British Columbia. Contact CanTRA or visit [www.cantra.ca](http://www.cantra.ca) for more details. We look forward to seeing you.

## Membership Renewals

Thank you to all those who have already returned their membership dues.

Just a reminder that a late fee will apply after the following dates:

Member Centres: February 15th

Individuals: February 28th

## National Volunteer Week

April 15-21, 2007

Don't forget that National Volunteer Week is coming in April. If you would like to order CanTRA merchandise to use as appreciation gifts please visit our website for pictures, prices and order forms. Some items are even on sale!



## 2007 CanTRA Awards Call for Nominations

Let everyone know about that wonderful person or horse that works in therapeutic riding.

CanTRA is now accepting nominations in three categories.

### Andrea Gillies Award for Outstanding CanTRA Instructor

### Rhonda Davies Award for Outstanding Volunteer

### Outstanding Therapy Horse

Nominations Deadline:  
April 5, 2007 (4pm EST)

Winners will be announced on Saturday, May 5th, 2007 in Duncan, BC at CanTRA's Spring Conference

Contact CanTRA or visit [www.cantra.ca](http://www.cantra.ca) for full details.

## Contact Us

P.O. Box 24009  
Guelph, ON  
N1E 6V8

Phone: (519) 767-0700  
Fax: (519) 767-0435  
[ctra@golden.net](mailto:ctra@golden.net)  
[www.cantra.ca](http://www.cantra.ca)

## Have Your Say

Your input is important to us. Visit [www.cantra.ca](http://www.cantra.ca) and click on 'get involved' to let us know what you think.

**Did you know ... that new terminology for seizures has been introduced.** *Grand mal* is now known as a 'tonic-clonic' seizure, while *Petit mal* is now called a 'generalised absence' seizure. For more information please visit [www.epilepsy.ca/eng/content/types.html](http://www.epilepsy.ca/eng/content/types.html).