



*Celebrating 35 Years
of CanTRA in 2015!*

**CANADIAN THERAPEUTIC RIDING ASSOCIATION
1980~2015**

**Patron
HRH The Princess Royal**

**ANNUAL REPORT
2014~2015**



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de charité
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**CANADIAN THERAPEUTIC RIDING ASSOCIATION
ASSOCIATION CANADIENNE D'ÉQUITATION THÉRAPEUTIQUE**

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2014~15

BOARD OF DIRECTORS

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<i>Past President</i>	Eliane Trempe	Québec
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* retired during year

** appointed during year

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ADVISORY COUNCIL

Ann Caine	Ontario
Jeff Tiessen	Ontario

STAFF

Brenda Coward	<i>Administrator</i>
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PRESIDENT'S REPORT

CanTRA is a volunteer registered charity, with only one part-time staff person at our head office in Guelph, Ontario. CanTRA's mandate as the internationally recognized governing body for therapeutic riding in Canada is to set standards for and promote this specialized field of human-horse therapy. It is therefore with deep gratitude that I acknowledge the selfless investment of time, effort, and expertise given by our Board of Directors and Advisory Council members, our program committees, regional zone representatives, and many others -- all volunteers. Even those who receive honoraria for their services to CanTRA often go beyond the call of duty.

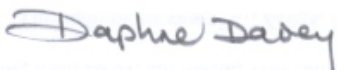
Special thanks must go to our hard-working staff, Brenda Coward, at head office. In 2014, the Board approved her promotion from Administrative Assistant to Administrator in recognition of the asset she has become at the hub of our communications with our members and beyond. At the same time, we very much regretted the resignation of Nanci Picken, Education Coordinator, who, however, continues to share her expertise on CanTRA's behalf, especially as an Examiner.

We have had another strong year, increasing in financial stability and continuing a major review of our programs. We regularly receive applications for instructor certification and centre accreditation. But especially, we welcome advances made with our EFW (Equine-Facilitated Wellness) Committee. This field is very much in its infancy, so we are excited to announce we are on the cusp of signing a unique agreement with the Certification Board of Equine Interaction Professionals (CBEIP) as our independent, third-party credentialling partner. This agreement will also enable us to offer the credentialling exam in both English and French.

CanTRA celebrates its 35th anniversary in 2015. As the first Board secretary in 1980, I well remember the passion and energy the founders of CanTRA put into getting the organization up and running. Today, we have come many miles along the road, constantly developing our programs to keep them accessible, affordable, and in keeping with current standards in the medical, therapy, equestrian, and legal fields. It is a huge task. We appreciate so much the support and encouragement (and, at times, patience) we receive from our members. Additionally, our Ribbon Sponsors, Friends, and in fact donors of any stripe ensure we can carry out our plans, as well as dream of new ones.

Finally, I must express deep appreciation to our Patron, The Princess Royal, Princess Anne. It was my personal privilege to be granted an Audience with Her Royal Highness in London last summer, during which we shared our experiences of therapeutic riding in Britain and Canada. Later in the year, Her Royal Highness visited Ottawa where she watched a demonstration of therapeutic riding by TROtt (Therapeutic Riding Association of Ottawa-Carleton). In recognition of her visit, the Government of Canada is bestowing a gift of \$25,000 on CanTRA. We are not short of ideas for its use!

Respectfully submitted,



Daphne Davey

PROGRAM COMMITTEE REPORTS

Following are reports from CanTRA's four flagship programs. Each is responsible for developing national standards, education and development initiatives.

CTRAI = CanTRA Therapeutic Riding Assistant Instructor

CTRII = CanTRA Therapeutic Riding Intermediate Instructor

CTRI = CanTRA Therapeutic Riding Instructor



CERTIFICATION AND EDUCATION COMMITTEE

Members

Margaret Rigby, CTRI/CanTRA Coach/Examiner (BC), chair

Jane James, CTRI/CanTRA Coach/Examiner (BC), co-chair, board liaison

Nicola Harman, CTRI/CanTRA Coach/Examiner (ON)

Linda Rault, CTRI/CanTRA Coach/Examiner (AB)

Gay Wood, CTRI Hon./CanTRA Coach/Examiner (ON)

Highlights of the Year

- April 1—December 31, 2014: Candidates were examined and were successful: 14 CTRAI, 15 CTRII, and 5 CTRI representing 9 provinces, plus 2 international candidates from France and Germany.
- November 2014: Examiners' meetings (east) in Guelph, ON.
December 2014: Examiners' meetings (west) in Duncan, BC.
The eastern meeting also included a Mentors' Workshop. The western Mentors' Workshop is tentatively planned for late fall 2015.
- Recommendations from the Examiners' meetings included:
 - clarification on processes for advancing through certification levels with prerequisites
 - revised evaluation/exam papers for all levels, using a new scoring system
 - new written papers for CTRAI and CTRII exams, and implementing a true/false written paper for CTRII candidates at the technical
 - clarifying rules for mentoring and setting up mentoring workshops
 - guidelines for Student Reports
 - enhancing the CTRII level to raise the standard of this certification to a higher level that is more appropriately mid-way between the CTRAI and the CTRI levels, including timelines
 - Lungeing Certificate: reassessment of objectives and implementation later in 2015
- 35th Anniversary Workshop Series:
To celebrate our 35th Anniversary and to acknowledge the tremendous job that our instructors and volunteers perform in our many member centres across Canada, we are assisting a number of centres to hold a workshop for people in their area. This is made

possible by a gift awarded to CanTRA by the Government of Canada in honour of the visit of our Patron, HRH The Princess Royal, Princess Anne, on her visit to Canada last fall.

Respectfully submitted,

*Jane James, on behalf of
Margaret Rigby, Chair*



STANDARDS AND ACCREDITATION COMMITTEE

Committee

Ann Caine (ON), chair
Ruth Carter, CTRII (NB), board liaison
Evelyn Fraser, CanTRA Coach/Examiner (NS)
Nicola Harman, CanTRA Coach/Examiner (ON)
Nanci Picken, CanTRA Coach/Examiner (ON)
Dr. Bob Wright (ON)

This has been a busy transition year for our committee as we made plans to resume accreditation site visits to our member centres, following the hold placed on these visits due to CanTRA restructuring.

The Committee reviewed and updated the Risk Management Evaluation (RME) forms. Brenda Coward, CanTRA Administrator, and Ann Caine also reviewed the number of member centres in each province and began the task of producing a site visit schedule, as follows:

- Atlantic Provinces - complete
- Quebec – in process
- Saskatchewan/Manitoba - complete
- Ontario – in process
- Alberta/BC in process

Every effort is made to combine visits with workshops and instructor technicals and exams where possible, to ensure fiscally responsible use of expenditures.

The Committee will be discussing a site visit personnel selection and training process, and hope to have the initial training booked for fall 2015. Further fine-tuning to site visit documentation is anticipated as feedback is received and reviewed following the 2015 visits.

Respectfully submitted,

Ann Caine, Chair



HIPPOTHERAPY COMMITTEE

Committee

- Pippa Hodge, PT (BC)
- Danielle Champagne, OT (QC)
- Judy Todd, PT (BC)
- Lindsay Hikele, OT (ON)
- Ruth Isaac, OT (AB)
- Eliane Trempe, CTRI (QC), board liaison

Introduction

The CanTRA Hippotherapy Committee has held all of its meetings via Skype communication system which has proven to be very efficient and user-friendly.

Activities

The Committee held seven meetings in 2014 and two in 2015. Committee members have worked mainly on the following projects :

- Danielle Champagne's research results accepted for publication in *Pediatrics Journal*
- The Committee's mission statement is posted on the CanTRA website
- *Canadian Horse Journal* highlighted an article on hippotherapy by Judy Todd
- The hippotherapy workshop held in Duncan, BC (fall 2014) was a success
- Numerous discussions have taken place on the positive effects of combining music therapy with hippotherapy

More to come in 2015

The Committee's goals for 2015 include the following:

- Continue working on our Canadian Hippotherapy Directory
- Preparation of hippotherapy workshops in BC (spring), AB and QC (fall)
- Pippa Hodge is planning to give workshops in Greece (summer 2015)

Conclusion

CanTRA Hippotherapy Committee mission statement

To promote best practices of hippotherapy in Canada through education, consultation and continuing professional development with interprofessional collaboration.

Respectfully submitted,

Pippa Hodge, Co-Chair



EQUINE-FACILITATED WELLNESS (EFW) COMMITTEE

Equine-Facilitated Wellness incorporates a range of counselling, education and personal development approaches, strategies and techniques which bring humans and equines together in healing and learning environments. The EFW Committee's task is to develop and operate CanTRA's Equine-Facilitated Wellness program.

Committee

- Kendra Flynn-Stronach, BSc, CanTRA Coach (interim chair)
- Dr. Anne Barnfield, BSc, PhD
- Daphne Davey, CTRAI, board liaison
- Dr. Claire Dimuantes, MSW, BHSAI
- Sandra Evans, CanTRA Coach/Examiner
- Jennifer Giroux, BA, MSW candidate
- Dr. Gabby Ledger, BA, MD, FRCP(C)
- Allie Lewis, CTRII
- Tricia Mellor, MSW, RSW, CTRII
- Kathleen Murphy, BA, BEd, MA
- Dr. Jan Yorke, MSW, PhD

Note: Due to space limitations, committee members' qualifications have been limited to academic degrees and equestrian instructor certification only. We are most fortunate to have a committee representing tremendous depth of professional training and experience, including, in addition to the above, various EFW qualifications and experience in the field of therapeutic riding.

Cynthia Andrews (accredited educator and CTRI) was a member of the committee and made many contributions throughout the year; she has recently resigned due to time constraints. Gabby Ledger has moved to a consultant position.

As of the end of April the committee has accepted four new members: Anne Barnfield, Jenny Giroux, Tricia Mellor, and Kathleen Murphy. Jan Yorke has retired from the position of chair. For the present, the chair will rotate at each quarterly meeting.

Accomplishments:

- Amended and finalized the CBEIP agreement in conjunction with CBEIP.
- Formalized the EFW certification eligibility requirements insuring that CanTRA's EFW requirements met or exceeded those put forward by CBEIP for testing.
- Introduced certification for Education Professionals (above and beyond that for Mental Health and Equine Professionals).
- Adjusted certification pricing by removing the CBEIP examinations fees (to be paid by the candidates to PTC Testing) and standardizing the fees for all three certification streams.
- Translation of the EFW certification/registration documentation into French.

In progress:

- Introduction of four new committee members.
- Determination of a new committee chair and board liaison.
- Appointment of subject matter experts to liaise with CBEIP to "Canadianize" the exam.

Future endeavours:

- Translation of the CBEIP examination.
- Develop workshops for EFW applicants.
- Develop policies, procedures and a protocol manual for individual practitioners, coaches and facilities to recommend to the CanTRA Standards Committee.

Respectfully submitted,

*Kendra Flynn-Stonach
Interim Chair*



ZONE REPRESENTATIVE REPORTS

One group of volunteers who comprise part of the CanTRA family comprises the Zone Representatives. The country is divided into six regions, each with a Zone Representative serving as CanTRA ambassador and “two-way radio” in their region. Having knowledgeable people close to the ground in different parts of the country greatly helps CanTRA to promote its services and, where possible, to be represented at special events. Additionally, CanTRA receives information from its Zone Representatives that can be used to improve its services or to feed into the CanTRA newsletters and other communications vehicles.

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ZONE 1 British Columbia, Yukon

Zone Representative: Christine Ross

Currently in BC there are 14 accredited CanTRA centres and 3 with provisional status. The Lower Mainland/Vancouver and Vancouver Island areas have 12 centres; Northern BC has 3; and the Southern Interior has 2. At this time there are no CanTRA centres in the Yukon.

In the Instructor Certification training program there are 39 students, 32 of whom are working towards their CTRAI, six working towards their CTRII, and one working towards their CTRI level. The following students became certified during 2014: Jacquelyn Hummelmman (CTRAI), Jennifer Henderson (CTRAI), Kim Yawney (CTRAI), Shannon Durant (CTRII), Donna Stiles (CTRII), Kyrie Bond (CTRI), and Krystyna Van Arem (CTRI). In addition, Tegwyn Harper became a CanTRA Coach, the top level of instructor certification bestowed on individuals with wide experience over a significant period of time.

Some excellent educational courses were held, including "Understanding Autism" by Joanne Poole, RN, hosted by Arion Therapeutic Farm in Kelowna; a workshop given by Sandra Evans, CanTRA Coach/Examiner, on therapeutic riding, hosted by CHAAPS in Quesnel; and a Pippa Hodge workshop for instructors, hosted by Cowichan Therapeutic Riding Association, Duncan.

Throughout both BC and the Yukon, there are many organizations and individuals offering therapeutic riding, equine-assisted learning, and equine-facilitated therapy which do not come under the umbrella of CanTRA membership, certification, and training.



ZONE 2

Alberta, Northwest Territories

Zone Representative: Linda Rault

Once again 2014 was a quiet year in our zone for events. We did have a certification weekend, hosted by PARDS (Peace Area Riding for the Disabled Society) in Grande Prairie. The following candidates successfully qualified:

CTRII: Robyn Boudreau, Stephanie Golder, Esther Schlegel, Joy Verner (Edmonton)

CTRAI: Ashley Shadeck, Holly Thiessen

As usual, PARDS offered a well-run event with great riders, volunteers, and horses. After the exam, Nanci Picken and I visited the beautiful, large, new facility which PARDS was putting the interior finishes on. They hope to move in sometime in the fall of 2015.

Little Bits Therapeutic Riding Association in Edmonton had several riders successfully compete in their first Coast-to-Coast Para-Equestrian video competition.

In Alberta, we have the following accredited CanTRA centres:

- * Lethbridge Therapeutic Riding Association (LTRA). Unfortunately, this centre lost their indoor arena to a very heavy snowfall, but fortunately there were no injuries in the collapse.
- * Mount View Special Riding Association (MVSRA), Olds.
- * Little Bits Therapeutic Riding Association for Persons with Disabilities (LBTRA), Edmonton.
- * Peace Area Riding for the Disabled (PARDS), Grande Prairie.

I am unaware of any therapeutic riding centres in the Northwest Territories at this time.



ZONE 3

Saskatchewan, Manitoba, Nunavut

Zone Representative: Brenda Godin

Zone 3 continues to grow as instructor enrolment increases and current instructors move up in their certification levels. We have also seen an increase in new CanTRA centres, as well as interest in the CanTRA therapeutic riding programs.

Manitoba

Manitoba Riding for the Disabled Association is a charitable organization that continues to offer therapeutic riding for children with disabilities.

T.H.A.T. PROGRAMS provides therapeutic riding lessons specializing in working with youth and adults with F.A.S.D (fetal alcohol spectrum disorder), autism, and intellectual disabilities.

Urban Stables/The Horse Connection Inc. works with local school divisions to provide horseback riding lessons for at-risk youth.

Saskatchewan

Prairie Mentoring Centre for Therapeutic Riding participated in the 2014 Saskatchewan Equine Expo at Prairieland Park in Saskatoon, SK, with a display booth. Many visitors were interested in CanTRA's certified therapeutic riding programs in Saskatchewan. Other events in 2014 included

- a volunteer training session at **Ridequine**, Pilot Butte, SK, to orientate new volunteers and refresh regular volunteers for the upcoming Spring Instructor Mentoring weekend.

- a Spring Instructor Mentoring workshop at **Gait Equestrian Centre**, Moose Jaw, SK, with 12 instructors registered, four of whom were from Peterborough, Ontario!

- an Instructor Mentoring workshop at **Gait Equestrian Centre** to prepare six instructor candidates for their examination, which was hosted by Gait Equestrian Centre for the first time. Linda Rault and Nanci Picken were the examiners. Our riders and volunteers did a fantastic job. We are looking forward to a very productive 2015.

Note: CanTRA sincerely thanks Brenda's predecessor, Catherine Sneath, for her service as Zone 3 Representative for a number of years. The change-over took place late in 2014.



ZONE 4

Ontario

Zone Representative: Nanci Picken

Ontario boasts a large number of CanTRA therapeutic riding centres – 24! Most of these are fully accredited, and the rest are at the provisional level. It is our hope to have them all accredited in 2015.

We have two CanTRA-accredited Examination Centres:

- TEAD (The Equestrian Association for the Disabled), Hamilton
- TROtt (Therapeutic Riding Association of Ottawa-Carleton), Ottawa

and one CanTRA-accredited Examination and Training Centre:

- Sunrise Therapeutic Riding and Learning Centre, Guelph (Sunrise is also a learning centre offering a full spectrum of activities)

Instructor Certification technicals and exams were held at the following centres in 2014-15:

- WindReach Farm, Ashton
- SARI (Special Ability Riding Institute), London
- TEAD, Hamilton
- TROtt, Ottawa

Sunrise also hosted an Examiners' conference and Mentoring workshop in November 2014.

More workshops are scheduled for 2015 and we look forward to new Provisional Centres as well.



ZONE 5 Québec

Zone Representative: Eliane Trempe

Quebec's provincial therapeutic riding organization, Fédération Québécoise d'Équitation Thérapeutique (FQÉT), has been very busy again these past twelve months. We are pleased to say that Québec now has 10 member centres, and one other working towards CanTRA accreditation.

FQÉT is continually putting effort and energy into promotional activities. FQÉT is now in its thirteenth year of existence. This year, we participated in the following events:

- 2014 Spring Conference – *Autism and its many facets*
- 2014 Fall conference – *Mental Health...discover, learn and act*
- Booth at our 2014 National Horse Show in St-Agapit
- 2015 Spring CanTRA certification event
- 2015 Spring Conference – *Therapeutic riding for seniors*
- Production of guidelines for the public to help recognize a safe riding centre

FQÉT has also worked on the following:

- Publication of three issues of the FQÉT newsletter, *L'Engagement*, (spring, summer and winter)

FQÉT's current projects are:

- Updating of FQÉT's website (ongoing)
- 2015 Fall CanTRA certification event

Eliane Trempe also serves as executive director of FQÉT



ZONE 6

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

Zone Representative: Sallie Murphy

Zone 6 includes six CanTRA-accredited centres in the Atlantic Region:

New Brunswick

Shining Horizons Therapeutic Riding Association, Saint John
Fredericton Therapeutic Riding Association
Cavalier Riding Club, Moncton

Prince Edward Island

The Joyriders Therapeutic Riding Association, Winsloe/Hunter River

Nova Scotia

Halifax Area Leisure and Therapeutic Riding (HALTR)
Free Spirit Therapeutic Riding Association, Aylesford (provisional)

Newfoundland

Rainbow Riders, St. John's

Since 2014, all groups in the mainland Maritimes are now working closely together, with the start of annual or more frequent regional workshops hosted at the Cavalier Riding Club, who also host instructor updating clinics and CanTRA exams.

This past year has been a busy one for all our CanTRA centres. Priority has been on organizing and participating in instructor updating. In 2014, Nicola Harman, CanTRA Coach/Examiner, gave an interesting in-depth workshop on Autism Spectrum Disorder with personal anecdotes and film clips of her experiences with autistic children. The workshop was filled to capacity.

Evelyn Fraser, CanTRA Coach/Examiner, gave an all-day CTRLl workshop. Later on, she and Hilary Webb, CanTRA Coach/Examiner, conducted a CTRL technical and exam, and a CTRLl technical and exam, attended by Nova Scotia and New Brunswick candidates.

The Joyriders of PEI continued with their spring and fall Riding programs, and their summer Horsemanship program in which they work primarily with children within the autism spectrum and Miniature Horses. The option to ride a pony is offered at the end of the session. Those interested are eased into the real saddle by way of “Whinny” the Equicizer, a model horse designed to simulate real equine movement while anchored in one position. She has been a resounding success!

All riders and volunteers in the region would like to thank Daphne Davey for her time and dedication during her four years as CanTRA president., as well as the CanTRA Board, CanTRA program committee members, and Brenda Coward at CanTRA head office – you are a great team.

