



**CANADIAN THERAPEUTIC RIDING ASSOCIATION  
1980~2016**

**Patron  
HRH The Princess Royal**

**ANNUAL REPORT  
2015~2016**



**Charitable reg. no.: 11883 6543 R0001**

The 2015~16 audited financial statements are available on request from [ctra@golden.net](mailto:ctra@golden.net)



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

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**2015~16**

**BOARD OF DIRECTORS**

<i>President</i>	Eliane Trempe	Québec
<i>Past President</i>	Daphne Davey	Prince Edward Island
<i>First Vice-president</i>	Sandra Evans	British Columbia
<i>Second Vice-president</i>	[vacant]	
<i>Secretary</i>	Ruth Carter	New Brunswick
<i>Treasurer</i>	Jane James	British Columbia
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<i>Director</i>	JoAnn Thompson Franklin	New Brunswick
<i>Director</i>	Shelene Williams	Alberta

**STAFF**

<i>Administrator</i>	Brenda Coward
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**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
Jeff Tiessen	Ontario
Bernard Gluckstein	Ontario



## MISSION STATEMENT

To promote the benefits of therapeutic riding throughout Canada by raising public awareness, working closely with the medical profession, providing continuing education, and maintaining high standards for therapeutic riding instructor certification and accrediting therapeutic riding centres.

## PRESIDENT'S REPORT

CanTRA is the nationally and internationally recognized governing body for therapeutic riding in Canada. As a registered charity with only one staff person at our head office in Guelph, Ontario, we rely heavily on volunteer support to carry out our mandate.

I express deep appreciation for the volunteer commitment ~ time, thought, energy, expertise ~ of those serving on our Board of Directors and Advisory Council, our program committees, regional Zone Representatives, and many others. We are in this field because of our passion for what therapeutic riding can do to improve the lives of children and adults with disabilities. Our clients deserve only the best. This is our gold standard.

Special thanks must go to our hard-working Administrator, Brenda Coward, at head office. Brenda keeps the administrative wheels well oiled, including financial and website responsibilities. Her creative thinking has not only produced efficiencies in the office (and saved money), but brought to light resources and opportunities that we can pursue to our advantage.

We have continued this year conducting major reviews of our programs. Applications for **Instructor Certification** continuously arrive, and we are encouraged by applications for therapeutic riding **Centre Accreditation** as well. In the specialty of **Hippotherapy**, regular regional training opportunities are held for practitioners, and as our newest program, **Equine-Facilitated Wellness**, takes off, applications are also arriving for professional certification in this field. There was a day, 36 years ago, when the services CanTRA now provides simply did not exist. How far we have come!

Finally, I would like to thank our entire membership for their support and encouragement. Additionally, our Ribbon Sponsors, Friends, and in fact donors of any amount ensure that we can carry our programs forward.

*Respectfully submitted,*

*Eliane Trempe*

## PROGRAM COMMITTEE REPORTS

*Following are reports from CanTRA's four flagship programs. Each is responsible for developing national standards, education, and development initiatives. Following are the revised titles for instructor levels, effective immediately, as mentioned in the reports which follow:*

*CTRBI (formerly CTRAI) = CanTRA Therapeutic Riding Basic Instructor*

*CTRII = CanTRA Therapeutic Riding Intermediate Instructor*

*CTRSI (formerly CTRI) = CanTRA Therapeutic Riding Senior Instructor*

*CanTRA Coach = CTRSI qualification plus a broad range of expertise in the administration and practice of therapeutic riding*



## CERTIFICATION AND EDUCATION COMMITTEE

### Committee

Jane James, CanTRA Coach/Examiner (BC) ~ Interim Chair, Board Liaison

Fionna Christensen, CanTRA Coach/Examiner (BC) *(joined April 2016)*

Nicola Harman, CanTRA Coach/Examiner (ON)

Linda Rault, CanTRA Coach/Examiner (AB)

Margaret Rigby, CanTRA Coach/Examiner (BC)

Gay Wood, CanTRA Coach (hon.)/Examiner (ON)

### Certification

Certification is in a healthy position and was quite busy through 2015–16. Registrations continue to flow through head office. A total of 28 CTRBIs, 12 CTRIIIs and 1CTRSIs were certified.

### Workshops

The 35<sup>th</sup> Anniversary Workshop Series was very successful. Workshops were held in Alberta, Ontario, and New Brunswick. Members tell us they want more workshops, especially for instructor updating hours. We recognize this need, and hope to provide a subsidy in 2016 for member centres in several locations in Canada.

### Examiner Recommendations

Last fall, we worked on implementing the examiner recommendations from their 2014 meetings. We addressed the problem of applicants requesting to bypass various levels of certification, and reviewed the requirement for 300 hours of experience and a one-year period between the CTRBI and CTRII levels. The system has now been completely restructured, including offering candidates the option of entering the certification program at any level, providing they have completed the requirements. In this process, requirements have been tightened and standardized, and those for the CTRII have been raised to position this level more equally between the CTRBI and the CTRSI.

These meetings produced a lot of work for the committee to update all documentation and develop new exams, so we appealed to our examiners for help. Their response was overwhelming and I can't thank them enough.

## **Lunging Certificate**

We are receiving requests for a basic lunging certificate within reach of qualified volunteers and instructors. We have compiled a revised booklet and will launch this “Lunging the Therapy Horse: certificate (a one-day workshop/exam) in 2016.

*Respectfully submitted,*

*Jane James, Interim Chair*



## **ACCREDITATION AND STANDARDS 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)

To ensure that all CanTRA site visitors have a consistent approach to centre accreditation, we have developed training materials to be used across the country. The first teleconference training session was held in 2016, including committee members, examiners, and zone representatives. Further training sessions will be ongoing. The material was translated into French, and training for French-speaking site visitors is planned for 2016.

This is an encouraging step forward, but we still have much to accomplish. Although we were able to visit all programs in Saskatchewan last summer and are scheduling visits for Quebec in 2016, many centres in other provinces are still long overdue for visits. We are acutely aware of the need to accomplish this task. Every effort will be made to combine site visits with examinations or workshops in 2016, to keep program costs to a minimum. We appreciate our members' patience as we continue to address this challenge, and are confident that as we train additional site visitors the program will move forward in 2016.

With the initiation of the CanTRA Equine-Facilitated Wellness (EFW) program, some insurance issues have arisen for therapists who are not in private practice, but wish to participate in EFW at CanTRA centres. We were able to work with our CanTRA insurance provider to ensure that these therapists will be covered for Errors and Omissions (E&O) under the national insurance policy.

We are seeking additional committee members to represent western Canada. For ongoing information and updates on the work of this committee, please visit [www.cantra.ca](http://www.cantra.ca).

*Respectfully submitted,*

*Ann Caine, Chair*



## HIPPOTHERAPY COMMITTEE

*Hippotherapy is the utilization of the horse for therapeutic purposes rather than equestrian goals. It is a rehabilitation strategy using a mobile and live instrument called "horse" that possesses motor, emotional, and neuro-sensitive stimulation qualities never equalled by a machine. Hippotherapy is a specialization reserved to rehabilitation specialists: physiotherapists (PT), occupational therapists (OT), and speech language pathologists (SLP) trained in this field. "Hippotherapist" is not a recognized term.*

### Committee

- \* Pippa Hodge, PT, CanTRA Coach (BC) ~ Chair
- \* Danielle Champagne, OT (QC)
- \* Lindsay Hikele, OT (ON)
- \* Ruth Isaac, OT (AB)
- \* Kristen Kelly, SLP (AB) (*joined January 2016*)
- \* Judy Todd, PT (BC)
- \* Eliane Trempe, CTRSI (QC) ~ Board Liaison

### Hippotherapy Committee Mission Statement

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

### Introduction

The Hippotherapy Committee held five meetings in 2015. All of its meetings were held via Skype, which has proven to be very efficient and user friendly.

### Highlights of the year

- Danielle Champagne's research results published in *Pediatrics Journal*
- Workshop by Judy Todd and Pippa Hodge on *Core Strength and Horse Movement*
- Article on hippotherapy by Judy Todd published in *Canadian Horse Journal*
- Close adherence to American Hippotherapy Association's (AHA) revision of its guidelines on wearing helmets.
- Hippotherapy workshops by Pippa Hodge in BC, Alberta, Greece and Australia.
- Hippotherapy workshop by Judy Todd in Surrey, BC.
- Case studies added to the Committee's regular meetings for discussion.

### More to come in the next few years

- AHA conference in 2017
- Discussions on a Canadian Hippotherapy faculty
- Preparation of hippotherapy workshop in Québec (spring 2016)

*Respectfully submitted,*

*Pippa Hodge, Chair*



## EQUINE-FACILITATED WELLNESS (EFW) COMMITTEE

*Equine-Facilitated Wellness brings humans and equines together in healing and learning environments. CanTRA EFW qualifications include Basic and Advanced levels for Mental Health Professionals (MHP), Education Professionals (EDP), and Equine Professionals (EQP). To obtain CanTRA certification, MHPs and EDPs take a credentialling exam with the Certification Board of Equine Interaction Professionals (CBEIP), our independent, third-party credentialling partner.*

### Committee

- \* Tricia Mellor, MSW, RSW, CTRII (ON) ~ Chair
- \* Dr. Anne Barnfield, BSc, PhD (ON)
- \* Daphne Davey, CTRBI (PE) ~ Board Liaison
- \* Dr. Claire Dimuantès, MSW, BHSAI (ON)
- \* Sandra Evans, CanTRA Coach (BC)
- \* Kendra Flynn-Stronach, BSc, CanTRA Coach (ON)
- \* Jennifer Giroux, BA, MSW candidate (ON)
- \* Allie Lewis, CTRII (ON)
- \* Dr. Jan Yorke, MSW, PhD (ON)

### Consultant

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

### Accomplishments

- Produced three important documents: Code of Ethics, FAQs. and Resource List (all posted on the CanTRA website).
- Maintained ongoing representation on the board of CBEIP, our credentialling partner.
- Commenced circulation of a PR letter to government, research, professional, and other agencies to introduce our EFW program, and alert them to our concerns about unqualified individuals practicing in this field.

### In progress

- “Canadianizing” the content of the CBEIP credentialling examinations
- Reviewing EFW certification applications presenting a variety of training and education backgrounds that require decisions on eligibility.

### Future endeavours

- Translation of the “Canadianized” CBEIP examinations into French.
- Development of EFW introductory workshops, to be held regionally.
- Development of policies and procedures, and a protocol manual for practitioners, instructors and facilities.

*Respectfully submitted,*

*Tricia Mellor, Chair*



## **ZONE REPRESENTATIVE REPORTS**

*One group of volunteers that comprises an important part of the CanTRA family is our team of 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 such knowledgeable people close to the ground, keeping in touch with the local scene and supporting CanTRA and its members through useful information exchange, is of great benefit to all. We deeply appreciate this volunteer service.*



### **ZONE 1 British Columbia, Yukon**

#### **Zone Representative: Christine Ross**

The Instructor training process is thriving in British Columbia with 13 new candidates registering in 2015. Ten of the new candidates were registering for the CTRBI and three for the CTRII. Two exams took place in British Columbia during 2015: one at *North Fraser Therapeutic Riding Association* in the spring, and one at *Cowichan Therapeutic Riding Association (Duncan)* in the fall.

*At North Fraser TRA*, three CTRBI candidates passed their technical and were recommended to move on to the exam. One person passed their CTRBI exam. At *Cowichan TRA*, three CTRBI candidates passed their technical and were recommended to move on to the exam. One person passed their CTRBI exam and two people passed their CTRII exam.

Congratulations to the newly qualified instructors: Lauren Hall, CTRBI; Lyndy Mayer, CTRBI; Jennifer Doran, CTRII; and Ashley Masini, CTRII. Congratulations also to Jane James who was a recipient of the Governor General’s Caring Canadian Award, and also to Michelle Warren of Arion Therapeutic Farm (Kelowna) who won CanTRA’s 2015 Andrea Gillies Award for Outstanding Instructor.



### **ZONE 2 Alberta, Northwest Territories**

#### **Zone Representative: Shelene Williams**

Alberta had a growing year in more ways than one! Mount View Special Riding Association (Olds) in central Alberta hosted a CanTRA 35th Anniversary Workshop, a great way to connect with instructors from eight different programs in Alberta and two from BC. Two centres at opposite ends of the province have built new facilities: Peace Area Riding for the Disabled (PARDS) in NW Alberta, and Lethbridge Therapeutic Riding Association in SE Alberta. Additionally, Little Bits Therapeutic Riding, in the heart of Edmonton, while celebrating their 40<sup>th</sup> year, is excitedly awaiting their new facility at White Mud Equine Centre.

On another front, two new provisional centres are registered with CanTRA: Will For Riding, located west of Calgary, is into its second year of operation with a newly certified CTRII instructor; and Four Thirteen Therapeutic Riding, located further west. Two other programs in the province have CanTRA-certified CTRBI and CTRII instructors involved. It is amazing to surf the websites of all these wonderful programs and see the similarities, and at the same time the uniqueness, of each.

I would like to extend my gratitude to our former Zone Representative, Linda Rault, CanTRA Coach/Examiner, mentor, Certification/Education Committee member, dedicated volunteer, and therapeutic riding promoter! Her time, patience and willingness to share knowledge over the years has been greatly appreciated. We are so thankful she is carrying on in her other roles.

***CanTRA expresses deep appreciation to Linda Rault for her faithful service in this capacity. Shelene Williams has kindly agreed to replace Linda on an interim basis until a new Zone Representative can be appointed.***



### **ZONE 3**

**Saskatchewan, Manitoba, Nunavut**

**Zone Representative: Brenda Godin**

This report is a testimonial of dedication in the advocacy for growth in therapeutic riding and equine-assisted activities. The pride can be read in the following reports from each Centre who share their accomplishments!

#### **Manitoba**

There are currently three CanTRA Accredited Centres, all in the Winnipeg area:

*Manitoba Riding for the Disabled,*

*T.H.A.T Programs*

*Urban Stable (formerly The Horse Connection Inc.)*

These centres provide venues with the capacity to mentor all levels of CanTRA Instructor Certification. In the spring, Manitoba's first Therapeutic Riding Education Workshop attracted participants from as far away as Brandon. They experienced new-found knowledge and hands-on learning in CanTRA techniques and safety principles, and the benefits of membership in CanTRA.

#### **Saskatchewan**

*Equilibrium Therapeutic Riding Centre* were recipients of many awards throughout the year. Their first successful Equine Canada Rider Level testing saw 12 of their riders earn their EC Rider Levels 1 and 2. Equilibrium was proud that one rider competed in the para-dressage class, "Give it a Go," while another galloped to a second place in the Autism Speaks Canada talent competition. Equilibrium also hosted their first annual Training and Safety Volunteer Workshop, and two of their candidates successfully qualified as CTRBI instructors.

*Prairie Mentoring Centre for Therapeutic Riding Inc.* held a spring and fall Instructor Mentoring Workshop and an instructor exam, hosted at Gait Equestrian Centre. Riders and volunteers did a fantastic job in helping the candidates achieve success. PMC reported more growth throughout the province,

including a CTRBI candidate from Swift Current. They are currently working with the Saskatchewan Horse Council to initiate the Equine Canada “Learn to Drive” program, resulting in one CTRBI earning their “Learn to Drive” certificate. In the near future, PMC hopes to host its first therapeutic driving workshop!



## **ZONE 4 Ontario**

**Zone Representative: Nanci Picken**

The following Instructor technicals/exams were held in 2015–2016:

March 14–15	Sunrise (Guelph)
Sept. 19–20	Windreach (Ashton)
December 6	Sunrise (Guelph)
Dec. 11–12	TEAD, (Hamilton)
March 19	Sunrise (Guelph)
May 7	Sunrise (Guelph)

No new Provisional Centres were registered during the past year, but Windreach (Ashton) and WETRA (Windsor) received full Accredited Centre status.

The 2015 CanTRA 35<sup>th</sup> Anniversary Annual General Meeting was held, along with two instructor updating workshops, at SARI in London.

CanTRA Award winners from Ontario were:

Jetty Chapman Award, Administrator of the Year: Ann Caine (Sunrise TRLC, Guelph)  
Rhonda Davies Award, Volunteer of the Year: José Hébert (Northern Lights TRA, Kapuskasing)  
CanTRA Therapy Horse of the Year: “Bailey” (PRANCE, Port Elgin)

Congratulations to all of you!

*Nanci has now resigned from this position. CanTRA expresses deep appreciation for her faithful service in this capacity.*



## **ZONE 5 Québec**

**Zone Representative: Eliane Trempe**

Québec's provincial therapeutic riding organization, Fédération Québécoise d'Équitation Thérapeutique (FQET), has been very busy again these past 12 months. We are pleased to inform CanTRA that Québec now has eleven member centres and three others working on obtaining their CanTRA accreditation.

FQET is continually putting effort and energy into promotional activities. This past year, it's 14<sup>th</sup>, FQET participated in the following events:

- 2015 spring and fall CanTRA certification events in Sorel-Tracy
- 2015 Spring Conference: "Therapeutic riding for seniors"
- FQET booth at Salon du Cheval, St-Hyacinthe, Québec

An FQET Facebook page is currently in preparation.

During this past year, I resigned as executive director of FQET, after 10 years of service.



## **ZONE 6**

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

**Zone Representative: Sallie Murphy**

2015-2016 has been another successful year for the seven CanTRA-accredited centres in this region. Short- and long-term goals were achieved by all. Following are highlights from each group.

### **Newfoundland**

*Rainbow Riders, St. John's*, is having a very exciting time! In the fall, four instructors received their CTRBI certification. In addition, Rainbow Riders launched a capital campaign, "Raise It Up for Rainbow Riders," to replace their current facilities and expand their programs. To date, the campaign has raised over \$3 million of the \$5 million target. The Princess Royal, Princess Anne, will attend the Grand Opening in 2016.

### **Prince Edward Island**

*Joyriders Therapeutic Riding Association, Hunter River*, have moved to new facilities owned by their chief instructor after 19 years in their former location. The facilities have been renovated to accommodate the program as the primary user. This move was essential to allow greater program flexibility in light of the significant change in client demographics.

### **New Brunswick**

*Fredericton Therapeutic Riding Association* continues to offer their therapeutic riding program to almost 30 riders. They are pleased to announce that Kim Taylor achieved her CTRII certification last fall.

*Cavalier Riding Club, Moncton*, continues to host most of the instructor updating clinics and exams in the Maritimes, and graduated two of its own CTRBI candidates. Two CanTRA 35<sup>th</sup> Anniversary workshops were held with clinician Jane James (BC), CanTRA Coach/Examiner, with a record

attendance. A third workshop was also conducted by Evelyn Plaxton (NS), CanTRA Coach/examiner.

*Shining Horizons Therapeutic Riding Association, Saint John*, is negotiating to operate at a second location, the Saint John Pony Club, after years of operating with one horse. With three additional horses, they will be able to expand their program.

### **Nova Scotia**

*Free Spirit Therapeutic Riding Association, Aylesford*, is concentrating on mentoring prospective instructors to assist with their large number of riders.

*Halifax Area Leisure and Therapeutic Riding (HALTR)* has had a quiet but successful year. They celebrated the graduation of a new CTRBI instructor, now working towards his CTRL.

On behalf of all our Atlantic CanTRA centres, I wish to thank the CanTRA board of directors, committees, examiners, and staff for their dedication and hard work on our behalf.

*Respectfully submitted,*

*Sallie Murphy*

