



Federation of Riding for the Disabled International

February 2011 Newsletter

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Dear Friends of FRDI,

I have been following Courtney King Dye's blog ever since she suffered a traumatic brain injury while schooling her horse. An Olympic Rider in 2008 she now

works hard to overcome the challenges of her injury. While reading her blog I am touched by how much she appreciates the therapy horses and understands what they have to offer to her.

I admire her strength and determination and hope for her full recovery.

The preparations for the 2012 congress in Greece are in full swing and you should receive the Call for Papers soon. Get ready to send in your papers!

Sincerely yours,

Gisela H. Rhodes
Executive Director

Valentine's Day Specials

Spoil someone special with flowers this Valentine's Day
14th February



Order flowers from our sponsor Petals. Click [here](#) for more details.

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FEI nominated for the 2010 Willi Daume World Fair Play Trophy

Lausanne, CH

Excerpt from a FEI press release
January 28, 2011

Highlighting equestrian sport's place on the global sporting stage, the FEI was nominated for the 2010 Willi Daume World Fair Play Trophy for the promotion of fair play. The FEI nomination was for the Federation's inclusion of Para-Equestrian Dressage as one of its disciplines. The AIPS citation stated, "FEI is the only international federation which includes a special event for the disabled athlete in its World Championship Programme, one which is also of world class and where medals are presented."

The FEI had been singled out for special mention by Emanuel Fantaneanu, a Eurosport Equestrian Commentator and Member of the

President's Report

Greetings to all FRDI Members

I hope everyone had a chance to have a restful and enjoyable break over the New Year period. The challenges being sent by nature throughout the world have in many parts been disastrous and I hope that you have not been too affected by them. In Australia it has been a devastating time with shocking floods and bushfires and in some states they have suffered both at the same time.



On a happier note it really restores my faith when I read or hear about the many wonderful things being achieved all over the world with horses whether, therapeutic, educational or recreational.

I am also very happy and excited about the next 2012 Congress in Greece. The arrangements are progressing very well. I look forward to a congress in a great venue with a wide variety of quality papers and presentations with something of interest for all.

Pauline Perry

President

AIPS Executive Committee, who commented in an editorial on the AIPS website following the 2010 Alltech FEI World Equestrian Games™: "I also believe another gesture of fair play comes directly from the International Equestrian Federation (FEI) for its inclusion of the Para Dressage. This is the perfect way to implement the values of sport in modern society."

For more information click

[here](#)

**2012 Congress for
Therapeutic Riding
Athens, Greece
April 24-27, 2012**

**Call for Papers!
Coming soon !**

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**Courtney King Dye - an Olympic
Dressage Rider recovering from a
Traumatic Brain Injury**
A personal report by Courtney. For more
information please visit
www.courtneykingdressage.com

I am 33 years old. I was, am, a professional rider and went to the Olympics. Then a horse fell on me, and I wasn't wearing a helmet, and I got a traumatic brain injury. He didn't do anything naughty, he just tripped and fell. Normally I always rode him in a helmet, but this time, because I was rushing to get to a show and he never did anything naughty, I didn't bother to get one. I hope that everyone learns from my mistake. They wear a helmet because the unexpected



Learn how to make a rope halter and support FRDI at the same time.

For more information, [click here](#).

The Mary Selway - Swift Development Fund

This fund was established from a bequest to FRDI from the estate of the late Mary Selway-Swift.

Mary was involved in the field of therapeutic riding over many years - in the United Kingdom and in South-East Asia (specifically in Hong Kong and Singapore). It was Mary's wish that this fund be used to promote and improve the educational opportunities, training and quality of riding therapy through the development of therapeutic riding programs internationally. She was particularly concerned for those in developing countries or in places which have limited access to training opportunities.

Any payments from the fund will be made annually on 7

has to be expected.

I was in a coma for a month, and, thank goodness, that made me forget the accident completely. One of the first things I did when I could stand, assisted, was hippo therapy at Starlight Farm. And I'm thankful I did because I wasn't scared at all to get on a horse. If I waited till now, I think I'd be terrified.

The therapists working with me knew I was an Olympic rider, so they knew it would be emotional, and they told me it was okay to cry. But, for me, I knew separation was important. Riding was work, which I was used to, and I could love the horse to pieces when I got off. My horse definitely learned to expect an apple for his job well done!

The horse scent was good and familiar, and I learned to appreciate these animals more deeply than ever and to really appreciate the job they do. They don't move fancy like my dressage horses because part of their job is not to. The love of horses remains the same no matter what job they do.

I was also very impressed that each horse is specifically chosen for a specific rider based on movement. This horse has a short choppy walk so will challenge hip swing, this one bends his hocks more so his back moves more. The definition of a big mover is definitely different in therapeutic riding than in dressage! If a horse is the slightest bit unsound in the walk, the slightly crooked swing affects the riders equal hip swing.

Horses are great emotional therapy, but I was amazed at their therapeutic value physically. Sitting on them encourages the rider to relax and let the horse move the riders body. I went from being stiff as a board to having so much hip swing I felt unstable.

I'm sure it's due to many therapies, but hippo therapy provided a huge benefit. Not only did it make me happy every time I was with a horse, I was astounded that every time I rode a horse at the beginning, I stood better, walked better, just overall was better in body in mind after dismounting,

It's been close to 11 months since the accident. I'm still walking assisted, and still doing many therapies every day, including hippo therapy at Vinceremos once a week. I'm also running my business and teaching my rider on my horses.

OCTOBER on the recommendation of the Planning Committee of the FRDI Executive Committee.

Please contact the [FRDI office](#) for an application.

Upcoming Conferences

March 25-27, 2011
Crown Plaza
St. Louis, MO

American Hippotherapy Association 2011 Conference

The 2011 AHA Conference will feature sessions on treatment techniques, the latest in ongoing research, and related healthcare issues. You won't want to miss it!

More Information Coming Soon!

Download the Call for papers:
[Call for Papers](#)

April 29-30, 2011
Conference on
Humane Education
Brewster, New York
Building Humane Communities:
Becoming Agents of Positive Change
Location: Green Chimneys,
Brewster, New York
Information: [Click here.](#)

June 3-5, 2011
CanTRA's
2011 National Conference

It's not as good as riding them, but it makes me happy. I've got a ways to go, and I know horses will help me get there.

The History of a logo or Horses transforming People's Lives

V Brazilian Congress of Equotherapy and
II Iberian-American Congress of Equotherapy
organized by ANDE-BRASIL (Sept 2011)



History of a logo

The National Association of Equotherapy of Brazil, ANDE-BRASIL, organized its 1st Brazilian Congress of Equotherapy in 1999, in the city of Brasilia, the country's capital city.

In 2002, the city of Jaguariuna, one of the main cities in the state of São Paulo, hosted the II Brazilian Congress of Equotherapy.

The III Brazilian Congress' website in 2004 published the following text, about the logo designed for that event:

"Maria is 10 years old and rides the horse called "Guarani" while on the Equotherapy

Basics & Beyond
Prince Edward Island, CA
Location: The Joyriders T.R.A.,
Stanhope, Prince Edward Island, CA
Information: [Click here.](#)
Phone: (519) 767-0700
Contact: Louise Niven
Email: ctra@golden.net

September 28- 30, 2011
V Brazilian Congress of
Equotherapy and
II Iberian-American Congress
of Equotherapy
Official languages: Portuguese and
Spanish
Location: João Pessoa city, state of
Paraíba, Northeast Brazil, Brazil
Information:
www.Equoterapia.org.br/congresso.
Email:
congresso@equoterapia.org.br



Calendar Updates

Remember to send your
important dates - workshops,
trainings, competition etc. in
English to the office.

We will promptly publish

sessions which she's been attending at the moment. She's been diagnosed as a non-progressive encephalopathy carrier, resulting in problems of motor development. Emotionally, she's a bit unstable on her relationships, showing a low level of resistance to frustrations, in general.

After 5 months of practicing Equotherapy, Maria had achieved some improvement on her statics and dynamic balance and had also developed a positive attachment to her therapists, to Guarani (the horse) and to the Equotherapy environment, in general."

At the image illustrating Maria at the congress' website that year, she could be seen seated on her wheel chair. The following commentary figured below the image:

"Some professionals' opinions over similar cases are indicating that Maria could start developing a gait pattern, with the use of some leading device, for example, as long as she continues practicing the Equotherapy."

In 2006, in order to update the design of the logo for the XII International Congress of the FRDI, which took place in Brasilia, Brazil, the Brazilian teacher, Ana Maria Coutinho, as designer of the logo, pursuit information over the development of the real case that had motivated her to create that first design: the little girl was now able to stand on her own feet, with the help of a walking device, and in front of her horse.

The time has passed and we're now heading to

them on the website!



Hippotherapy-
Shared learning opportunities



A Partnership project between a Finnish Equine College, the Polish Hippotherapy Association and ACPTA U.K. has started. The first meeting was held from 10.-12.11.2010 at Ypäjä Equine College with delegates from each organisation.

The main aim of The Leonardo da Vinci- programme partnership project is to develop hippotherapy education and training. The project offers lifelong learning opportunities for teachers and students from Finland, Poland and U.K

An overall aim is to recognise and clarify the structure of hippotherapy education.

The first workshop was planned beforehand by skype conference meetings that were held by the

the V Brazilian Congress of Equotherapy and the II Iberian-American Congress of Equotherapy.

Ana Maria, the artist, felt motivated by the congress theme and also based on the evolutionary history of Maria she has produced this year's congress logo, where anyone can clearly notice the changes that Maria is presenting today.

We may now conclude this history by announcing the theme of the congress, which is so well represented on Maria's history and picture on the congress logo:

"Horse: transforming people's lives"

Dreams of Horses - An integral approach to teaching children to ride

"Yaaaay!" Julia lets loose a cry of triumph. She's radiant. She's sitting securely on her horse's warm back, rocking back and forth, as we return to the farm from our ride. Today, one of Julia's biggest dreams became a reality: she went riding on her horse in the forest. Her mother is waiting for us at the farm. She watches in amazement as Julia dismounts unaided, ties up the horse and runs into the stables to get food. "It wasn't so long ago that I couldn't even get her to tie her own shoelaces," she says, shaking her head. Julia is seven. She's had a lot of difficulty with all her movements, and also with speaking, since undergoing an operation to remove a brain tumour last year. And yet right she's not having any trouble standing on the tips of her toes and cleaning her horse with absolute

Joanna Dzwonkowska (Poland), Lynne Munro (U.K.), Annette Lindroos, Sanna Mattila-Rautiainen and Anne Rokka (Finland). The structure and contents were available beforehand in Google documents. This virtual document is an efficient way to work. All of the participants can see and can write their own comments in real time.

The aim for this first meeting was to share the knowledge and skills in Equine selection for Hippotherapy. To bring up the core elements of selection and training and critical evaluation of teaching methods.

Contents of the first workshop
Our international guests from Poland and U.K. arrived on Tuesday the 9.11.2010 to Equine College in Finland Ypäjä. Our Guidance Counsellor Ulla Kemppainen gave a tour around College premises to Polish Guests and drive to collect U.K. participants from the bus. The evening was hosted by College Principal Heikki Heiskanen who made special open fire smoked Salmon for dinner. Only some of the participants knew each other in beforehand. It was a great social opportunity to meet everyone.

10.11. Wednesday

The following morning was the official opening of the workshop by Heikki Heiskanen. Our preliminary task was to think of the most important reasons for the use of the horse in therapy. The pretask answers by e mail

concentration.

What's the source of this steadfast power, this ability to triumph over one's limitations, which enables Julia to perform all these tasks with her horse? And how are we, as trainers or parents, those who play a supportive role in processes of development, to awaken this power in a child?

In answer to these questions, I would like to present some conclusions and considerations resulting from the experience gained through my work with many very special children and horses over the past few years:

1. The most powerful direction lies in acknowledging the wealth of possibilities

Although Julia is unable to walk unaided and can only communicate in a basic way, she has an exceptional mental capacity. She visualizes down to the smallest detail what it would be like to trot with her pony through the forest or to gallop across sunny meadows. She imagines how she would nuzzle against her horse's mane and whisper in his ear. This dream gives her strength; it urges her on and motivates her to attempt things that she would previously have believed she wasn't able to do (e.g. climbing alone onto the horse, supported just by a small step).

Orienting ourselves around the child's potential, rather than its weaknesses, means that first and foremost we have to redirect our own perceptive abilities: fantasy, mobility, sensitivity, cleverness, wit... these are treasures, many of which lie concealed in every child even if, at first glance, the child appears to be very impaired.

If, as adults, we recognize these treasures in the child and focus our attention on them, then we support the child in turning its capabilities into a source of power and change.

2. "Change doesn't take place through us becoming something different, but through us removing the things that obstruct our view of the completeness of being." (Ramtha)

"Don't do that, it's better if I help you."

"Be careful, you don't know how that works."

"Watch out, if you do it like that it's never going to work."

groups. The idea was to help to open conversation because English was not the mother tongue for the majority. Time flew fast and collecting data in foreign language is not easy and is energy consuming. This dialogue and group work came to the conclusion that a horse influences through its construction and movement, interaction, motivation and sensory input to the patient. The conversation will be continued in further workshops. To work things together and make conclusions in these important core elements needs a lot of effort, giving of information, the respect of others and true listening.

In the afternoon we continued working as groups. Lynne Munro chaired the group working with rules and responsibilities. Annette Lindroos chaired the group working with entry requirements and the process of student selection. The opening conversation for scientific evidence for the use of horse in hippotherapy was conducted by Sanna Mattila-Rautiainen. We were glad that our silent partner MTT agriculture attended the group work and brought their own insights to the discussion. In the evening we went to local Jumping competition that was hosted by Kari Haimi.

11.11. Thursday

We had a chance to learn from each other about in theory and in practice. The main focus was

With sentences like this, we can have a lasting, damaging effect on the self-image of our children. They communicate to the child: "You don't have it yet, or you don't know it yet, or you're not okay just being as you are."

Yet if we assume that the capability (in the form of a possibility) is already present in the child, that leads us to view the child in an entirely different way. Then we are more likely to ask ourselves, for example: What can I do to help the child to do this itself? What experiences does it need to open up a new path that it can then walk on its own? At which points does it need support, protection, security and what is it already able to accomplish under its own steam? This allows the child to establish an image of itself that is imprinted with its own experiences: I can find the way, I have an idea, a dream, I need patience, I have the possibility of doing it, but I can also decide to wait...

Thus in Julia's case it was not possible for her to go riding alone at the beginning. However, we used the time until she was ready for this step to 'collect paths', for example. Paths that she would, at some stage, be able to ride with her horse. We investigated how it was best to move along these paths, what one should pay attention to if one planned to traverse these paths with a horse: quickly, slowly, uphill, downhill. In this way, I can communicate to Julia that I've understood her desire-dream and that I take it seriously. And this also makes it easier to identify what may still be required to reach the goal. I show her things that assist her in making her dream a reality, and through doing this I also share with her the responsibility for the path she has chosen.

3. The horse helps us as people to remain in the NOW, where the power to find the solution lies.

The most powerful impulse to learn something (e.g. riding) is the experience of DOING it! Julia, who previously had no idea of her mental capability, experienced this capability precisely in that moment in which she climbed onto her horse for the first time without anyone helping her and saw: "I CAN climb onto the horse alone."

There can be magical moments in the

Hippotherapy. From the Equine college the teachers Päivi Koro and Ulla Kempainen were present.



Denise Thompson UK Hippotherapy teacher showing anatomical parts at the equine skeleton

U.K. teachers presented horse selection, assessment and measurement in hippotherapy. Lynne Munro and Chris Bowes started with equine conformation and movement assessment. Denise Thompson demonstrated anatomical points for measurement. Together Lynne, Denise and Chris taught us in practice how to measure from key anatomical points.

Polish presentations were lectures. The first one was Angelika Cieśła; The characteristics of horses used in Hippotherapy in selected horse therapy centers in Poland. Natalia Smagaczin continued with Young horse training for Hippotherapy work. Jacek Łojek told us about indigenous breeds of horses used in Hippotherapy in Poland.

In the Finnish part Satu Halonen presented what to observe in social interaction between horse and human, when you select the therapy horse. In the practical

interaction with horses when, in the process of taking action, there is the sudden recognition: 'That's who I am. That's what I'm doing, and I can do it.' Through this, the child can experience how, as a result of its abilities and the action it takes, it becomes a part of the community (person/horse, part of nature, part of a riding group).

Even deeply traumatic experiences, fears or wounds can be transformed by a powerful new experience in the here and now. Situations experienced with the senses create new connections in the brain and thus expand the range of potential movements and actions on the physiological level. In contrast to a situation that is debilitating or perceived as hopeless, in which no further opportunities for action can be recognised, this new experience can be the first step in the direction of healing. In this kind of integral learning, our task as trainers is as follows: to create environments in which the child is able to have invigorating experiences with the horse, but in which a non-achievement can also be processed. Because daring to have the experience also contains the risk of failure. But precisely in such a situation, the child is able to discover the strength that comes to anyone who has the courage to experience something for himself.

The big gift that horses have for us humans is: they don't ask about the past and they are not interested in so-called deficiencies. A horse is entirely present in the now, present in its body, its senses and its perception. It challenges the child, an equally us as adults, to do the same: to register what is happening in each moment, to be present, to get in touch with ourselves and at the same time to be ready to act. And if we respect the horse's free will, then it's also possible that we can receive the wonderful gift contained in its care and attention - a gift it gives us of its own free will.

One of my seminar participants described her experiences like this: "Suddenly I sensed that it isn't a special technique, but rather that it is me myself, just simply my particular way of moving, of looking, and of speaking that the horse reacts to. Suddenly there was an unbelievable lightness between us. I had recognised the essential nature of the horse - and my own as well!"

horses and discuss about findings.

12.11. Friday

Hannele Nevalampi attended from the Finnish Leonardo da Vinci -partnership CIMO office.

From Hannele we got encouragement and good advice for the following workshops. The Finnish Hippotherapy students Group RT09 joined us and heard both Polish and U.K. presentations and took part in practice. In exchange Finnish students Anna Palviainen, Suvi Thornley, Sanna Järvelä and Jutta Tuori presented their project work for part one Finnish education (the Horse in Hippotherapy). All the other students had made their abstracts in English as well. This was given as examples of the project work in Equine part of Finnish Hippotherapy education.

Finally

We got a lot of new ideas and learned a lot. As an example I learned how to conduct a workshop. The next workshop will be held in Poland in April 2011.

Sincerely,
Anne Rokka, Project Manager
and Sanna Mattila-Rautiainen
Information Coordinator.

Attendees:

RT 09 Students: Jutta Tuori,
Anna Palviainen, Suvi Thornley,
Raisa Krogerus, Sanna Järvelä,
Salla Haikonen, Merja Niemelä ,
Kaisa Salonaho, Tuula Ahonen,
Satu Heino, Jessi Martikainen,
Sari Nimell

Armgard Schörle
Trainer in communication with horses
To reach Armgard Schörle please click
[here](#)

We welcome your feedback!
Share your information, stories and photos with us!
I look forward to hearing from you!

Sincerely,

Gisela Rhodes, E.D.

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