



Federation of Riding for the Disabled International

July 2009 Newsletter

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XIII. International Congress for Therapeutic

Dear Friends of FRDI,

Welcome to the first e-newsletter of FRDI. We hope you enjoy our new format and appreciate our efforts to conserve resources. Switching to electronic delivery will keep FRDI's printing and postage costs down and allow us to keep you up to date with the latest information available.

As the XIII. International Congress for Therapeutic Riding approaches, we are excited about the diversity and quality of the lectures and workshops. We look forward to the many social opportunities to meet and connect with each other. There is still time to register, just click on the link on the left.

See you in Muenster!

Gisela H. Rhodes
Executive Director

President's Report

The 13th International Congress for Therapeutic Riding is rapidly approaching. One of my dearest wishes is to see all the people again who have accompanied me as president for such a long time. During these 6 years of my presidency, I was able to attend many conferences, symposia, forums and congresses around the world that introduced me to many diverse and interesting opinions.

Because the exchange of information and knowledge is the task of this International Congress, personal encounters are important to create enthusiasm and



Riding
August 12-15
Germany



Register now!
www.dkthr.de

COMING SOON...
just in time for the
congress

Equine Facilitated Psychotherapy

Case Studies and International Reports



Publisher:
Fachgruppe Arbeit mit dem Pferd in der Psychotherapie (FAPP)
and Deutsches Kanaratorium für Therapeutisches Reiten e.V. (DKTHR)

Case Studies and
International Reports

FAPP is a group of
qualified

encourage scientific work.

At my first presidential congress in Brasil I consciously tried to eavesdrop what was talked about besides the formal presentations and I realised that a positive emotional atmosphere and jolly parties make it much easier to absorb interesting information and transfer it to daily work.

When I was elected president in 2003, I was overwhelmed by happiness and strain. Happiness for the ability to participate; strain for the question of how to organize a worldwide federation so that I would grow and stay contemporary.

My personal strategy was to maintain personal contact with many members and to identify and reach out to growing organisations that could be included in our extensive interest group.

In order to manage this task financial backing is obviously needed.

The Federal Chancellery of the Republic of Austria granted helpful support in closing a service contract with me. Travel expenses were covered as well as generous financial support for the EU-conference in 2008, in Vienna.

Also the Ministry for Agriculture was helpful in sponsoring my worldwide commitment.

I want to thank Carl Klüwer very much. He was always interested in the development of the federation and offered valuable information and hints during our many personal conversations.

I also want to say thank you to all the board members who shared the vision and helped to position FRDI as a hub for Therapeutic Riding.

Norma (Pearce), our long term executive director, earns special thanks! With unbelievable diligence she kept all members informed, helped with finding specialised literature and was concerned for our members, who might have been affected by a catastrophe in their country.

After "Striding to the Future," our strategic planning meeting, Norma talked about delegating new challenges to younger people - I would like to thank Gisela (Heimsath-Rhodes) for spending so many hours with Norma to make the transfer as smooth and harmonic as possible so that members continue to feel appreciated now and in the future.

Retrospectively I know that some important tasks are still on the to-do list: e.g. creating a better financial basis. Support from somebody who knows the financial world would be highly appreciated

Also Public Relations can be improved by finding international media to spread our ideas.

integrate horses into their psycho-therapeutic practice. Their backgrounds cover a variety of treatment orientations but they share the common interest in the topics and research in Equine Facilitated Psychotherapy.

The group, founded in 2001, strives to collect information spanning the broad spectrum of possibilities offered by the horse in the work of psychotherapy. The goal is to describe and reflect the procedures and outcomes and ultimately promote the development of Equine Facilitated Psychotherapy.

11 authors from Germany, Finland, Netherlands and the USA present their work in this book.

200 pages, with photos and illustrations
size 148 x 210 mm
For more information please contact office@frdi.net

**NARHA celebrates
40 years of Therapeutic
Riding**

I was able to do a lot of PR work nationally and also managed to bring Therapeutic Riding on TV, radio and newspapers in foreign countries that had invited me to explain and popularize our efforts.

Sometimes work was so overwhelming and exhausting that I felt like standing in the rain.



But thank god there was also lots of sunshine and I look back on many wonderful contacts and interesting exchange of experiences.



I will not list all the travels of the last years - I reported about them on a regular basis in this newsletter.. Primarily I wish to express my gratitude for the friendship I received from many members during visits, in emails, letters or postcards. I also want to thank those who identified tasks we still have to work on and those who realised how difficult our work is and congratulated us on our successes. As president I say good bye with this edition. As a friend I hope for many more contacts, encounters and



For more information
on the annual
conference visit
www.narha.org

WORLD'S BIGGEST RIDING LESSON - RDA UK

The World's Biggest
Riding Lesson on the
30th September 2009
will be the launch of
RDA's 40th Anniversary
Celebrations.



The event is open to
all RDA Groups and
any other riding centre
or group that is not
part of RDA. It aims
to be a chance for
everyone to have fun
and include as many
people as possible in
celebrating
RDA's anniversary. In
addition, we hope it
will raise both money
and profile for your

encouragement to stay a part of our worldwide
community.

Right now I am looking forward to the upcoming
reunion at the Congress in Münster (G) where top-class
lecturers and a perfectly-selected program guarantee an
unforgettable experience.

Until then - Best regards

Gundula Hauser

CanTRA Launches Certification Program in Equine Facilitated Wellness

He is a survivor of extreme childhood
trauma who had years of psychotherapy
before he came to work with the horses.
Jon was depressed and chronically
suicidal. One of our most traumatized
horses, Aslan, a pretty anti-social guy,
came voluntarily from the bottom of the field the first
time Jon came, explains Counsellor Deborah Marshall,
of Generation Farms in British Columbia. Aslan put his
head against Jon's chest, Jon wrapped his arms around
Aslan's neck and they stood motionless for minutes.



This was the moment things began to change for Jon.
No longer suicidal, he now credits Aslan for touching his
heart in a way that he wouldn't trust a human to do.
This was the beginning of rediscovering his self worth.
He continued to work with his trusted friend Aslan,
learning about healthy boundaries, managing
overwhelming emotions and staying in the present
moment. Aslan continues to be an important resource
for him in all aspects of his life and his healing. Jon has
a photo of Aslan on his computer desktop so he is
reminded about feeling loved and valued every day.
This is one of the many stories that Deborah could
share about her Counselling Practice in the field of
Equine Facilitated Wellness.

generally. We hope to get at least 5,000 people riding for RDA on the day.

If you are interested in taking part, or want more information, please contact RDA National Office for a Registration pack. This will have all the information you need, including an entry form and everything you need to make sure you have a successful and fun event.

Please note there is no fee payable for RDA Groups to take part in this event

To get a pack, please email celebration@rda.org.uk or call 0845 241 6321



This is a new and emerging field, and The Canadian Therapeutic Riding Association is pleased to announce the launch of the first national certification program in the field of Equine Facilitated Wellness.

The term Equine Facilitated Wellness (EFW) is intended to encompass all of the following terms: Equine Facilitated Counselling, Equine Experiential Learning, Equine Assisted/Facilitated Psychotherapy, Equine Assisted Professional Development, Equine Guided Education and Equine Assisted Personal Development. The Mental Health/Education Practitioner (MH/EDP) is a term encompassing all of the human services professions included within the EFW program. The Equine Practitioner (EP) refers to the horse professional member of the team. The certified Mental Health/Education and Equine Practitioner will work together as a team with their carefully chosen herd, where the horse is a valued partner and co-counsellor in the EFW process.

EFW incorporates a range of counselling, education and personal development approaches, strategies and techniques that bring humans and equines together in healing and learning environments. In EFW, clients will typically work towards therapeutic healing; self-awareness and personal growth, which will be facilitated by Certified CanTRA Equine Facilitated Wellness Practitioners in carefully planned interactions with specially selected horses.

The CanTRA EFW certification program will prepare practitioners to specialize in Equine Facilitated Wellness as a profession that expands their existing equine and mental health/education skills. The certification and training process to become a CanTRA EFW Practitioner is a journey of deep experience rather than a series of goal focused achievements, where candidates create their own learning program with mentoring support from experienced EFW Practitioners.

The training program supports participants in gaining the skills to begin working in the field while they are continuing their learning. By the time the CanTRA EFW practitioner completes the certification process, they will have experience working in the field, a wide range of training and will have explored a number of different approaches. The process of certification will vary in

length depending on each person's skills, experience and knowledge. The certification process is administered by the Canadian Therapeutic Riding Association (CanTRA). After the candidate becomes a member of CanTRA/EFW they may begin the certification process by attending an Explorations Workshop with Sue McIntosh of Healing Hooves in Alberta or Deborah Marshall in British Columbia and Ontario. Sue and Deborah have been practicing in the field of EFW for over 8 years and have developed comprehensive trainings to introduce, teach and support certification candidates in the field of EFW.

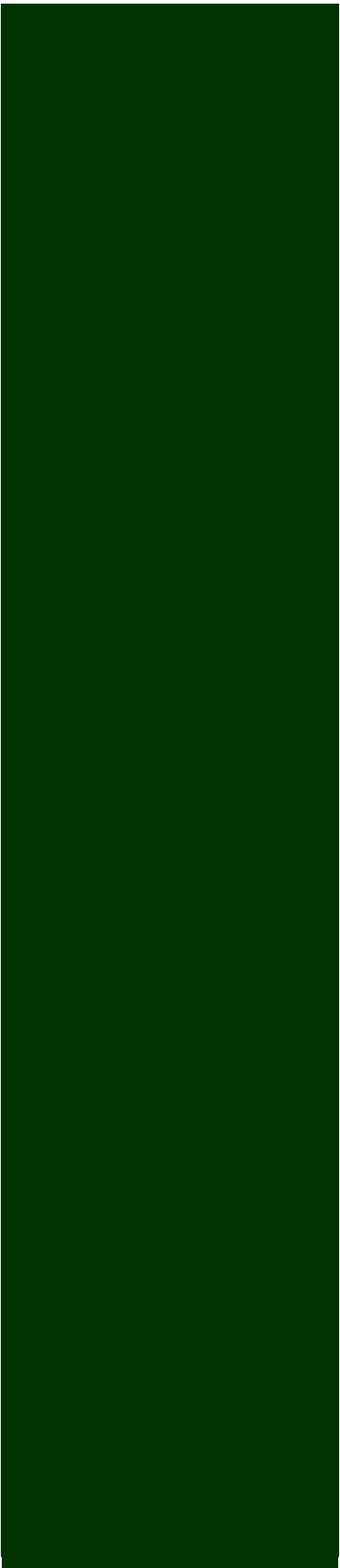
Workshops are currently scheduled: Sept. 17-20/09 in Almonte, Ontario. For those who have completed the Explorations Workshop, Focused Training Workshops in Equine Facilitated Wellness are currently scheduled for Aug. 26-31/09 information at www.GenerationFarms.ca For more detailed information on CanTRA's EFW - Canada certification program, please visit the CanTRA website at www.cantra.ca

New Full Member: The Chinese Taipei Equestrian Association



I do not remember how this news came to me, maybe it was because I was trying to find out what possibilities disabled riders have to join competitions, but I remember very well that it was in early 2006, the year IPEC was dissolved and Para Equestrian Sports were put under the responsibility of the FEI. The Therapeutic Riding Centre of Taiwan (ThRCT), where I am working, had just joined the Chinese Taipei Equestrian Association (CTEA) as a group member and therefore I used the chance of a member's meeting to bring up the issue and tell the Association, that from now on CTEA was also in charge of Taiwan's Para Equestrian Riders.

To be true, by that time we did not have many disabled riders who were able to ride independently and the association's officials were wondering, what they should or could do for disabled riders, but they showed interest to incorporate this new group of riders into their family.



Using the CTEA magazine "Horse Whisper" was one possibility to promote the cause, inviting CTEA-judges to the Hope Cup, the ThrCT's annual riding competition, was another. There CTEA officials for the first time got in contact with disabled riders and were thrilled to watch their performances.

A PE-Judges-Course with Alison Mastin in Isreal, which I joined together with a CTEA-Official gave us a clearer picture about the Para Equestrian Sport as a whole and the steps we should take to get our riders on the track. With only one suitable competition a year in Taiwan, we tried to find other possibilities, where Taiwan's disabled riders could get more experience, like the Yokohama Championships for Disabled Riders in nearby Japan and the FEI Youth Competition in Millfield, Great Britain, where two of Taiwan's riders got their first FEI-cards. With one of them making fast progress, finally a rider could be sent to an able bodied Dressage Competition in Taiwan, an event, which was also used to promote Para Equestrian Riding as FEI's 8th discipline. A promotional video at the annual meeting followed and in January of 2008 a FEI Classifier's Course with Dr. Chris Meaden was organized under CTEA patronage.

The next step was a Para Equestrian Competition as part of a CTEA-Dressage Competition in March 2008. Mentally disabled riders were allowed to start in Grade III. All in all there were 5 riders, not many, but enough to get the riding communities' attention. Later, when there was a discussion about changing the CTEA Dressage tests, there was the suggestion from inside the CTEA to use some Para Equestrian Tests for the low level classes. Like this, Taiwan's disabled riders, most of whom are also mentally challenged, do not have to learn new tests and still can join able bodied competitions, while these tests are also very suitable for riders just starting their Dressage careers. This marked a big step forward towards integration of the disabled riders into the riding community in Taiwan.

The Hope Cup 2008 broke new records with 2 riders from abroad and 40 riders from 6 riding clubs around Taiwan, a good sign, that more and more riding clubs have got the message and are willing to accept and train disabled riders.

Compared with the National Equestrian Federations in Europe, the Chinese Taipei Equestrian Association is quite small in numbers; we have only 155 personal members und 29 group members. Taiwan itself is an island, where horses were not indigenous. The first horses were probably brought over during the Japanese colonization between 1895 and 1945. CTEA was founded in 1973 by the Military of the Republic of China

and was accepted as FEI-member in 1975. In 1993 the CTEA's leadership shifted from the military to the private sector. The main tasks for the association are to enhance the quality of horsemanship in Taiwan, to train coaches on different levels, to organize equestrian competitions and to choose riders for international competitions.

Being small is not necessarily a bad thing, because it also can mean being flexible and - like the last three years showed - being open to new developments. When I went abroad for competitions or tried to contact national federations regarding Para Equestrian competitions, I got the feeling, that the integration the FEI has initiated has not yet taken place in all member countries. Therefore I am especially grateful that CTEA has welcomed the disabled riders with open arms into their family.

Uta Rindfleisch-Wu
CTEA PE-Representative
ThRCT Program Director

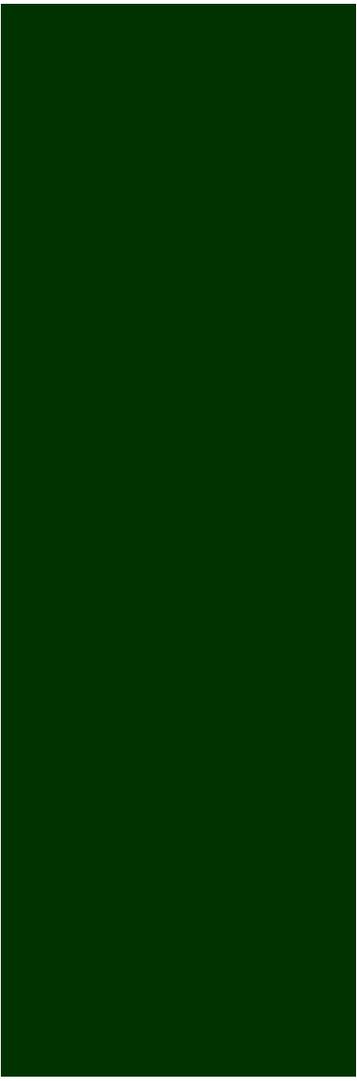


The Para-Riders had the biggest Fan-Group during the 1. PE-Competition as part of a CTEA-Dressage-Competition, 1st from right CTEA-General Secretary Mr. Henry Lee.



Taiwan's most advanced PE-Rider Sun Yu-Jen at the last Paralympic Qualifier in Guangzhou 2008.

Don't forget to give us feedback!
Share your information, stories and photos with us!



I look forward to hearing from you!

Sincerely,

Gisela Rhodes, E.D.

Federation of Riding for the Disabled A.I.S.B.L.

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