

American Hippotherapy Association's



Level I Equine Skills and Treatment Principles Course

An entry level two-part course for physical and occupational therapists and speech language pathologists interested in incorporating hippotherapy into their practices. Horse handlers and riding instructors working with therapists in the field of hippotherapy are also welcome to attend. *Approved CEU's for PT's, OT's and SLP's*

Equine Skills: April 29-30, 2010 Treatment Principles: April 30, May 1-2, 2010

**Hosted by the North Carolina Therapeutic Riding Center
4705 Nicks Road, Mebane, NC
919-304-1009 www.nctrcriders.org**

FACULTY

Claudia Morin, MHE, OTR/L, HPCS

Claudia, an OT for 30 years, is a NARHA Certified Riding Instructor and Hippotherapy Clinical Specialist. Claudia has been providing hippotherapy and therapeutic riding experiences for children with special needs in the Augusta, Georgia area since 1982 and is founder and President of Blue Ribbon Riders, Inc. Claudia attended the Classic Hippotherapy Course held in Wilbad, West Germany in 1987 and participated in the development of the hippotherapy curriculums for AHA. In 1993, Claudia received the James Brady Professional Achievement Award from NARHA and the Therapist of the Year Award from AHA in 2009. Claudia uses a variety of teaching strategies in her workshops and encourages active involvement of the participants. Her years of involvement with AHA and NARHA add depth and a more global understanding of the therapeutic riding industry to her workshops.

Carol Huegel, PT, HPCS

Carol is a PT with over 20 years of clinical experience, primarily in pediatrics. After volunteering at a therapeutic riding center for several years, she developed her own hippotherapy practice in her backyard "It's GREAT!" (Gainesville Riding through Equine Assisted Therapy). Carol then co-founded Horses Helping People, Inc., a not-for-profit organization. Carol serves as a clinical instructor for physical therapy and assists students from a variety of programs around Florida. She is a NARHA Registered Therapist and Riding Instructor and a Hippotherapy Clinical Specialist. She is the new Chairperson of the American Hippotherapy Certification Board as of 2008.

What is Hippotherapy?

Hippotherapy is a physical, occupational and speech therapy treatment strategy that utilizes equine movement. Hippotherapy is utilized as part of an integrated treatment program to achieve functional outcomes. In hippotherapy, the patient engages in activities on the horse that are enjoyable and challenging. In the controlled therapy environment, the therapist directs the horse's movement and carefully grades sensory input. Specific riding skills are not taught as in adaptive horseback riding. In a PT, OT or Speech treatment session which incorporates hippotherapy as one of the treatment strategies, the patient benefits from a foundation which is established through the movement of the horse to improve neurological function and sensory processing. This foundation can be generalized to a wide range of daily activities.

Equine Skills Course Description and Objectives

This 1 ½ day, hands-on, course targets therapists and assistants with minimal to no horse experience in non-mounted equine skills. Participants will work with horses in teams of two or three, with close supervision and assistance allowing an opportunity for demonstration, practice and individualized feedback and instruction. This course is also open to OT, PT and SLP students, volunteers, parents and others wishing to learn basic equine skills.

- Correctly interpret the “body language” of the horse. Identify and name key anatomical points of the horse.
- Recognize elements of desirable conformation of the horse.
- Identify, describe the function of, and demonstrate proper use of grooming equipment.
- Identify key parts of the horse's tack.
- Demonstrate safe and proper tacking and un-tacking of a horse.
- Recognize and describe the four natural gaits of the horse.
- Recognize desirable qualities of the horse's movement.
- Recognize unsoundness in a moving horse.
- Recognize the signs of stress/burnout in the horse.
- Demonstrate safe, correct leading techniques with basic school figures.
- Demonstrate kind and humane treatment of the horse at all times.

Treatment Principles Course Description and Objectives

This 2 ½ day course is designed for entry level therapists utilizing hippotherapy as a treatment strategy and those in or working with hippotherapy teams. Hands on practicums are available in this course. OT, PT and SLP students are also welcome. Horse handlers and riding instructors who are members of the Hippotherapy Team are encouraged to attend with the treating therapist on their team.

- Know and understand the definition of Hippotherapy.
- Understand how the horse's movement affects human systems - A System's Approach.
- Describe possible responses of a patient to the movement of the horse's walk.
- Describe the unique contributions of the horse's movement as a treatment strategy and potential benefit for the patient.
- Understand the importance of the hippotherapy horse's suitability and movement.
- Describe the appropriate methods of horse handling during a hippotherapy session.
- Describe the selection and use of hippotherapy equipment for the horse and patient.
- Identify all factors that contribute to safety in the hippotherapy session.
- Identify key considerations for patient selection for hippotherapy including specific contraindications and precautions.
- Describe the key elements of patient evaluation and treatment planning.
- Describe methods of maximizing effects of hippotherapy, including school figures and movement progressions.
- Describe safe methods of transitioning on and off the horse.
- Have a working knowledge of potential emergencies and appropriate procedures.
- Describe the roles of the hippotherapy team members.
- Understand the business aspects related to hippotherapy including documentation, record keeping, reimbursement issues and insurance.
- Demonstrate kind and humane treatment of the horse at all times

Both the Equine Skills and Treatment Principles portions of this workshop are required to be eligible for AHA Level 1 Therapist or Assistant and NARHA Registered Therapist or Assistant.

Therapy professionals trying to acquire Level 1 status may waive taking the Equine Skills Level 1 course if they have documentation of horse skills through CHA or NARHA Instructor certifications.

Registration Fees

Equine Skills Course Only:
\$300.00 Early Registration
\$325.00 Received after March 29, 2010

Treatment Principles Course Only:
\$400.00 Early Registration
\$425.00 Received after March 29, 2010

Both Courses:
\$700.00 Early Registration
\$750.00 Received after March 29, 2010

The North Carolina Therapeutic Riding Center (NCTRC) is a NARHA Premier Accredited Center located at Clearwind Farm in Mebane, NC. The 30 acre horse farm has a covered riding arena and farm house with conference room and kitchen facilities. NCTRC is conveniently located between Greensboro and the Triangle of Chapel Hill, Durham and Raleigh, and is a 45 minute drive from RDU airport.

Course Schedule

Equine Skills Course will be held all day on April 29th and ½ day on April 30th.

Treatment Principles Course will begin in the afternoon on April 30th and continue through the end of the day on May 2nd.

Course materials, lunch & snacks are provided daily.

Additional schedule information will be available by emailing NCTRC at Info@nctrcriders.org or by calling 919-304-1009. A complete schedule will be included with your registration confirmation.

Additional Information

If you are choosing to opt out of the Equine Skills Course, proof of NARHA Instructor or CHA Certification must accompany your registration form. All payments must be included with your registration.

AHA Level I Course Location and Directions

The North Carolina Therapeutic Riding Center is located at Clearwind Farm, 4705 Nicks Road, Mebane NC. We are just six miles off of exit 154 from Interstate 85 South/40 West. Clearwind Farm is approximately 25 miles from Durham and Chapel Hill, 50 miles from Raleigh, and approximately 50 miles from Greensboro. We are located between two major airports: RDU Airport and the Piedmont-Triad International Airport.

From Durham, Raleigh or RDU Airport

Take I-40 West and/or I-85 South towards Greensboro. Eventually they merge and you will continue west. Take exit 154/Mebane Oaks Road. Turn left at light at the top of the exit. Go exactly 6 miles and turn left onto Nick's Road. NCTRC is 2.3 miles down Nick's Rd. on the Left. Follow signs for Clearwind Farm.

From Greensboro and the Piedmont Triad International Airport

Follow signs for I-40 East. Travel approximately 50 miles to exit 154/Mebane Oaks Road. Follow directions above.

From Chapel Hill/Carrboro

Take 15/501 to Highway 54 West. Go approximately 10 miles once you leave Carrboro. After you pass Stanford Road on the right, take the next right onto Mebane Oaks Road. (There will be a sign pointing to the left for "Saxapahaw" and a small sign for the Inn at the Bingham School.) Follow Mebane Oaks Rd. for 2.3 miles. Turn right on Nick's Rd. NCTRC is 2.3 miles down Nick's Rd. on the Left. Follow signs for Clearwind Farm.

LODGING

The Days Inn Haw River

1370 Truby Dr. Haw River, NC 27258

10.36 miles from NCTRC

Mention NCTRC to get a special rate of \$60

The Hampton Inn

105 Spring Forest Dr. Mebane, NC 27302

919-563-5400

7 miles from NCTRC

Mention NCTRC to get a special rate of \$79 with breakfast

The Holiday Inn Express

149 Spring Forest Dr. Mebane, NC 27302

919-304-9900

7 miles from NCTRC

Mention NCTRC to get a special rate of \$85

REGISTRATION DEADLINE: April 15th

Upon receipt of registration and payment, NCTRC will send you a confirmation notice as well as the course schedule.

NCTRC reserves the right to cancel this course for insufficient registration. Refunds, minus a \$50 administration fee, will be granted upon written request.

We look forward to seeing you!

REGISTRATION FORM

American Hippotherapy Association's Level I Course

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone, Day: _____

Phone, Evening: _____

Email: _____

Profession or Training: _____

Please register me for the following:

_____ **Equine Skills Only** April 29-30, 2010
Early Registration Fee: \$300
After March 29th: \$325

_____ **Treatment Principles Only** April 30, May 1-2, 2010
Early Registration Fee: \$400
After March 29th: \$425

_____ **Both Courses** April 29-30, May 1-2, 2010
Early Registration Fee: \$700
After March 29th: \$750

Mail registration form, check made payable to NCTRC, and if applicable, proof of certification as instructor for NARHA or CHA to:

North Carolina Therapeutic Riding Center
4705 Nicks Road
Mebane, NC 27302

Thanks!