



**Horses teach me
how to find 'my way'**

2016-2019

Booklet



ANCHE NOI A CAVALLO



Spanish Association
for Equine Mediated
Activities



ΣΥΝΔΕΣΜΟΣ
ΘΕΡΑΠΕΥΤΙΚΗΣ ΙΠΠΑΣΙΑΣ
ΕΛΛΑΔΑΣ



NEVŞEHİR
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HASTEN SLOWLY
Festina  Lente

List of Partners

- Greece: Therapeutic Riding Association of Greece
- Italy: Associazione Anche noi a cavallo
- Ireland: Festina Lente Equestrian Centre
- Spain: Asociación Española De Equinoterapias, AEDEQ
- Turkey: Nevşehir Haci Bektaş

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Introduction

This booklet is the result of the three-year project under the title

“Horses teach me how to find "my way"” funded by the European Commission through the ERASMUS+ Programme, action Strategic Partnerships for adult education.

This project was implemented by a partnership consisting of five (5) associations from five (5) different countries and it is the next step of the previous project called **“Taught Me How To Walk”**

(<https://www.taughtmehowtowalk.org/taughtmehowtowalk>).

This partnership has been created as the result of the willingness of the partners to take steps forward and not only expand the use of the Equine Assisted Therapeutic and Educative Interventions (EAI) but also open the procedure for its recognition as complementary therapeutic and educative method by the States.

The value of the project:

All partners came with the same belief. There is great need in establishing a common glossary and strategy in using horses in Disabled's Intervention in all countries. Even the descriptions of the methodology vary from country to country, as Therapeutic Riding, Equine Assisted Therapy, Educational Therapeutic or Adaptive Riding, are some of them.

The main objective of the project was to create a space for professionals to exchange and gain essential knowledge, therapeutic and educative methods/techniques in the Equine Assisted Interventions.

The updated and innovative knowledge and techniques applied in such exchange space can be very effective in providing:

- a) professionals, with new complementary and alternative tools of working,
- b) horses, with more interesting ways of contributing to the interventions, and
- c) users, with pleasant, enjoyable and exploratory strategies in their therapeutic, educative, or integration (leisure) process.

Two main categories of organizations participate in this partnership: Those which are experienced and already work in the field and those who are less experienced and want to improve their knowledge and competences.

The starting point (Kick off meeting)

In October 2016 the partners reached a final agreement on the goals, responsibilities, timetable, working methods and templates for the project.



Three educational meetings were organized within the project:

Educational meeting on Psychoeducational games applied in EAT

March 2017, in Porcia, Italy.

Organized and hosted by Associazione Anche noi a cavallo - Centro di Rieducazione Equestre.

Sessions:

- A) How psychoeducational play can have a therapeutic impact on individuals.
- B) Ways of forming a proper Psychoeducational group in effective ways and at the same time avoiding risks.
- C) Psychoeducational games for children, adolescence and adults. Presentation of various techniques and tools and their impact in special group settings.



During the meeting, the participants had discussions and debates on issues related to Psychoeducational games techniques based on the materials below.

Presentations

Psychoeducation

www.horsesteachme.eu/en/activities/activity-1-psychoeducation

Psychoeducation Presentation

www.horsesteachme.eu/images/all/activity-1/psychoeducation-presentation.pdf

Psychoeducational Games

www.horsesteachme.eu/images/all/activity-1/psychoeducational-games.pdf

Hippotherapy and Playing

www.horsesteachme.eu/images/all/activity-1/Hippotherapy_and_playing.pdf

Differences between Exercise and Game

www.horsesteachme.eu/images/all/activity-1/differences-between-exercise-and-game.pdf

Videos

Psychoeducational Games

www.horsesteachme.eu/en/activities/videos/anac-psychoeducational-games

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www.horsesteachme.eu/en/activities/videos/nevsehir-24

25

www.horsesteachme.eu/en/activities/videos/nevsehir-25

Charlotte

www.horsesteachme.eu/en/activities/videos/festina-lente-charlotte

Hippotherapy

www.horsesteachme.eu/en/activities/videos/krila-hippotherapy

Erasmus

www.horsesteachme.eu/en/activities/videos/trag-erasmus

Educational meeting on horse-leading techniques used in EAI

October 2018 in Bray, Ireland.

Organized and hosted by Festina Lente, the Irish partner.

Sessions:

- A) Presentation of various horse-leading techniques used in Equine Assisted Education and Therapy, as the most effective ones for clients' and horses' benefit.
- B) Issues of safety and horses' training techniques were elaborated, as preparation and prerequisite for an adequate therapeutic session.
- C) Educational applications for group sessions in Adaptive Riding, as an alternative way of multiplying skills' development.



During the meeting, the participants had discussions and debates on issues related to horse-leading techniques based on the below materials.

Presentations:

Sensory Leadership and Training

[www.horsesteachme.eu/images/all/activity-2/AEDEQ-Activity2-Sensory Leadership and Training.pdf](http://www.horsesteachme.eu/images/all/activity-2/AEDEQ-Activity2-Sensory%20Leadership%20and%20Training.pdf)

Adaptive Riding Group Session

www.horsesteachme.eu/images/all/activity-2/ANAC-Activity2-Adaptive%20Riding%20Group%20Session.pdf

Horse Training

www.horsesteachme.eu/images/all/activity-2/ANAC-Activity2-Horse%20Training.pdf

In Hand Horse Leading

www.horsesteachme.eu/images/all/activity-2/ANAC-Activity2-In%20Hand%20Horse%20Leading.pdf

The Importance and Art of Leading [www.horsesteachme.eu/images/all/activity-2/FestinaLente-Activity2-](http://www.horsesteachme.eu/images/all/activity-2/FestinaLente-Activity2-The%20Importance%20and%20Art%20of%20Leading.pdf)

[The%20Importance%20and%20Art%20of%20Leading.pdf](http://www.horsesteachme.eu/images/all/activity-2/FestinaLente-Activity2-The%20Importance%20and%20Art%20of%20Leading.pdf)

Safety

www.horsesteachme.eu/images/all/activity-2/TRAG-Activity2-Safety.pdf

Videos:

Barbara Irene Session

www.horsesteachme.eu/en/activities/videos/barbara-irene-session

Get in Touch Klei

www.horsesteachme.eu/en/activities/videos/get-in-touch-klei

Rubén

www.horsesteachme.eu/en/activities/videos/rub%C3%A9n

Adaptive Riding

www.horsesteachme.eu/en/activities/videos/adaptive-riding

Horse Leading

www.horsesteachme.eu/en/activities/videos/horse-leading

Horse Training

www.horsesteachme.eu/en/activities/videos/trag-erasmus

Group Intervention

www.horsesteachme.eu/en/activities/videos/group-intervention

LongLining

www.horsesteachme.eu/en/activities/videos/longlining

LPA Goreme Video

www.horsesteachme.eu/en/activities/videos/lpa-goreme-video

Educational meeting on Remedial Vaulting

May 2018, in Athens and Ermioni.

Organized and hosted by Therapeutic Riding Association of Greece

Sessions:

1. Theoretical learning (lectures/ppt presentations/discussion)

A) Description of a wide range of vaulting exercises for disabled people and their application in special groups.

B) The therapeutic and educative impact of vaulting exercises in developing mobility, psychological, social and emotional skills.

2. Practical sessions (detailed demonstration and/or experiential workshop)

A) Demonstration of all exercises in the barrel and the horse and discussion of probable questions or challenges.

B) Participants would had the choice of experiencing some of the exercises in the barrel and the horse, so they establish detailed learning.

3. Case study:

Psycho-educational vaulting for the integration of children with special needs.

The vaulting program is applied to a group of 4-7 children, which form a vaulting team. In this team, 2-3 children have special needs. The aim is socialization, contact and collaboration of children with and without special needs in a team. For children without special needs it is a way for them to understand diversity and through this activity they are able to learn how to behave towards them in a positive manner. All activities during the psycho-educational vaulting program aim to make a child feel happy and through “play” children are able to learn to be active and creative, develop communication skills and interact positively with their environment. Each type of play offers an opportunity for the children to perceive and understand themselves and their surroundings. Also, while playing with other children and the horse, their hesitations and inhibitions can be set aside, and they also learn to control any aggressive behavior.



During the meeting, the participants had discussions and debates on issues related to Vaulting techniques based on the below materials.

Presentations:

Remedial Vaulting 2 (Lorenzo Lucarelli)

[www.horseteachme.eu/images/all/activity-3/AEDEQ-Activity3-Remedial%20Vaulting%202%20\(Lorenzo%20Lucarelli\).pdf](http://www.horseteachme.eu/images/all/activity-3/AEDEQ-Activity3-Remedial%20Vaulting%202%20(Lorenzo%20Lucarelli).pdf)

The Horse's Journey www.horseteachme.eu/images/all/activity-3/AEDEQ-Activity3-The%20Horses%20Journey.pdf

Remedial Vaulting

www.horseteachme.eu/images/all/activity-3/ANAC-Activity3-Remedial%20Vaulting.pdf

Lunging as a Leading Technique

www.horseteachme.eu/images/all/activity-3/Festina%20Lente-Activity3-Lunging%20as%20a%20Leading%20Technique.pdf

Remedial Vaulting Greece 2018 May

www.horseteachme.eu/images/all/activity-3/FestinaLente-Activity3-Remedial%20Vaulting%20Greece%202018%20May.pdf

Videos:

1 www.horseteachme.eu/en/activities/videos/1

2 www.horseteachme.eu/en/activities/videos/2

3 www.horseteachme.eu/en/activities/videos/3

4 www.horseteachme.eu/en/activities/videos/4

5 www.horseteachme.eu/en/activities/videos/5

Long Lining www.horseteachme.eu/en/activities/videos/long-lining

Adaptive Riding www.horseteachme.eu/en/activities/videos/adaptive-riding-2

Last Activity

The last activity took place in Spain, organized and hosted by AEDEQ, the Spanish partner. Partners visited the premises situated on the mountain, near Berga. There they met the different philosophy of the association since the horses are all the year free in the nature and all the educative and therapeutic activities/sessions take place in open spaces and not in organized arenas. The meeting ended up to the agreement of the glossary and the approval of all the materials, which are presented in this booklet.



Products

[AAI and Addiction](#)

[How Horses Can Help Overcoming Fear](#)

[Care of the Older Therapeutic Riding Horse](#)

[Soap Bubbles For Children On The Autistic Spectrum Riding Horses](#)

[The Horse's Journey](#)

[The Importance of a Multidisciplinary Team for Animal Assisted Therapies](#)

[The Importance of Grooming](#)

[The Positive Effects Of Equine Assisted Activities And Therapies](#)

Glossary-Terminology

[A Horse Glossary](#)

The glossary is a dictionary of terms associated with horses and their equipment in 5 languages: English, Italian, Greek, Spanish and Turkish.

Evaluation Highs!

The partners said about the project:

...“The glossary is a very useful tool for us because we work with EVS/ESC volunteers and they will allow us to complement the glossary with other languages, they will be able make reflections in their own language, and spread this knowledge in their own countries. We also have found out new ways of defining tools and equestrian terms, since in the different Spanish speaking countries, the language is slightly different and the equestrian terms are completely different, being linked to different traditions. We are also going to include in the glossary, in our webpage, the other three official languages of Spain: Catalan, Euskara, and Galego.”

...“We think the glossary is a useful achievement. Last project, when we translated the booklet, it was quite difficult and time consuming to find the right words to describe our working environment. The glossary could help others in a similar situation, and prevent the use of wrong or non appropriate words. A common strategy was not clearly described, but we realized that we all share the same principles. For example, in the psycho educational part of our work it is always rewarding to see that the work we do knows no boundaries and it is the core in all the places we went, even though each one may focus on a different aspect.”

...“We got some useful stimulation, we discussed the terminology, our range of activities, the tools used – for example thanks to this project we inserted the soap bubbles as a tool, which had amazing feedback.

All three main topics treated, the psycho educational approach, horse training for Equine Assisted interventions and Remedial Vaulting, have in some way contributed to our knowledge.”

...“It was very stimulating to see and compare our work and our tools. The focus on this aspect of Animal Assisted Interventions was very appreciated: the psycho educational side is always there but we were not always aware of it. This experience taught us that there are always psycho educational aspects to our work and helped us to recognize the added value of our daily work. “

...“Italy already has a law on Animal Assisted Interventions but they did not take Equine Assisted Therapy much into consideration, or the actual work and costs of it! Other than this, this project was good to teach us that indeed we share a common strategy, therefore it is a good idea to have a European framework that allows for some freedom but, at the same time, gives the ground rules.”

...“We each have our specialization but this project took us a little out of our comfort zone, making us experience new things and therefore improving our training.”

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<https://www.horsesteachme.eu/en>



Erasmus+