

## Liz Baker, PT, HPCS

Liz is a PT whose involvement in hippotherapy began in 1986. In 1987 she studied hippotherapy at the Rommel Klinik in Wildbad, Germany, and is a founding member and past president of the AHA. Liz has taught at many American and international conferences over the past fifteen years; she has been extensively involved with NARHA as a board member, executive vice president, and Health and Education committee chair from 1987--2000. In 2000, Liz was the recipient of NARHA's most prestigious award, The James Brady Professional Achievement Award. Liz has been with Greenlock since its inception in 1989; she also continues to practice at Wrentham Developmental Center. She lives in Wrentham, MA, with her husband Stan, her dog Sophie and cat Lucy, and is still looking for a hobby.



## 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. Therapists in the United States have used the **movement** of the horse for treatment since the 1970's. Hippotherapy is currently utilized in 24 countries around the world.

**Go to the American  
Hippotherapy Association (AHA)  
website at**

[www.americanhippotherapyassociation.org](http://www.americanhippotherapyassociation.org)

As of 1/1/2005, AHA Level I Therapist or Assistant and NARHA Registered Therapist or Assistant eligibility require both courses that are being offered these 4 days. Therapy professionals trying to acquire Level I status may waive taking the Equine Skills Level I course if they have documentation of horse skills such as: Pony Club Levels, NARHA Registered Instructor, USDF Bronze medal. In addition, an applicant may submit a skills list, signed by a horse professional, that shows basic equine skills. This form can be obtained from the AHA Coordinating Faculty and will be reviewed to determine if Level I Equine Skills can be waived by the AHA Coordinating Faculty.

## **Accommodations: (Seekonk, MA)**

Johnson & Wales Inn, 213 Taunton Avenue,  
508-336-8700 (Closest proximity to GTRC)  
Ramada Inn, 940 Fall River Avenue, 508-336-  
7300  
Hampton Inn, 1105 Fall River Avenue, 508-336-  
9000

**For Bed and Breakfast listings, call  
Greenlock for more information**

# Greenlock Therapeutic Riding Center AHA Inc. Approved Level I Equine Skills and Treatment Principles Course

Equine Skills (September 22, 2011)

Treatment Principles (September 23-25, 2011)

These courses are mandatory to become eligible for  
NARHA Registered Therapist Status



Greenlock Therapeutic Riding Center  
55 Summer Street  
Rehoboth, Ma 02769  
[www.greenlock.org](http://www.greenlock.org)

## Equine Skills Course Description and Objectives

This two 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.

- 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

## Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/ State/ Zip: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
( needed for mounted practicums)  
If your weight exceeds 200 lbs you will be excused from the mounted practicum  
Profession & License # \_\_\_\_\_  
NARHA Instructor \_\_\_\_\_ Horse handler \_\_\_\_\_  
Administrator \_\_\_\_\_ Other \_\_\_\_\_

**Course Manuals, lunch and snacks are provided**

### Fees:

#### Equine Skills Course Only:

- **\$125.00**

#### Treatment Principles Course:

- **\$425.00**

#### Both Courses:

- **\$550.00**

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## Treatment Principles Course Description and Objectives

This 2 1/2 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. It can be attended by graduate physical, occupational, speech therapists. Horse handlers and riding instructors

- 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