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Round Table Summary: Equine Assisted Psychotherapy

Facilitators: Marilyn Sokolof (PhD) and Renate Deimel

The Equine Assisted Psychotherapy roundtable is an informal meeting open to anyone interested in the practice of including equines in mental health praxes. It will be led by Mag. Renate Deimel and Marilyn Sokolof, members of HETI Executive Committee and the Psychotherapy Task Force. This is an opportunity to share information and questions from your programs as well as to discuss future projects for the HETI Task Force.

The session will include:

- individual introductions
- presentation of EAP survey results
- open discussion

Round Table Summary: Terminology

Facilitators: Sanna-Mattila Rautiainen

At 2018 Congress in Ireland the open forum stated a need for uniform terminology and issued a task for HETI executive committee. After that linguistic survey and analysis with international team was called to solve everyday problem with the use of terms. A plethora of terms had been in use since the practice having a horse, as a part of rehabilitation team to benefit the client, had been growing all over the globe. This caused confusion for researchers, practitioners, stakeholders and clients. The same term was used for totally different kind of services and those who could not detect the differences could end in receiving services not meant for them. The same applies for research papers where activities and therapies have been mixed and the outcome then affected of it. The terminology round table will give a short presentation of the state of the terminology at the moment and of several agreements made. After the presentation the moderator (Sanna Mattila-Rautiainen) will work with the participants to make common consensus of the terms used.

Round Table Summary: Occupational Therapy in the Equine Environment - Exploring the Scope Facilitators:

Ninette du Plessis is a Doctor of Philosophy (PhD) in Occupational Therapy. Her research focused on developing transdisciplinary hippotherapy (equine assisted therapy when the clients are mounted) practice guidelines. She is actively involved in the scientific development of EAT, presenting on courses and still providing EAT to clients when she is not working as an occupational therapist in the National Health Service in the UK.

Audrey Darby is an Occupational Therapist who has specialised in the treatment of children with complex needs, and has provided therapeutic input through the equine environment for the past 15 years. She has a private practice in Ireland, and is currently working on the development of EASI (Equine Assisted Services Ireland) - a national body responsible for the regulation, education and support of Equine Assisted Services in Ireland.

Structure:

- 10 minutes presentation on OT in the equine environment
- 30 minutes in group circles (15 minutes per topic)
- 20 minutes analysis and conclusion.

Topics

1. As Occupational Therapists, are additional courses needed before practicing in Equine Assisted Therapy?
2. The ideal treatment platform - the flexibility of the Equine environment for different client groups and goals.

Round Table Summary: Social Licence to Operate

Facilitator: Harriet Laurie MBE

The Social License to Operate (SLO) is defined as the ongoing public acceptance of practice. This has become a hot topic in the equine field, particularly regarding Horse Sports but is equally important to discuss in Equine Assisted Services. This roundtable invites anyone interested in the topic to join the discussion, hear the results of the HETI Social License to Operate Survey and ask any questions you may have about this topic.

Round Table Summary: Physiotherapy

Facilitators: Margareta Håkanson and Sanna Mattila-Rautiainen

Equine assisted physical therapy (EAPT) gives the therapist the opportunity to enhance the treatment for a patient. The horse adds specific values for physical therapy when compared to indoor physical therapy and treatment as usual.

In this round table session we wish to highlight the specific values for physical therapy treatment, possible to gain from the horse and its environment and yet seldom regarded as the main treatment goals.

We wish the participants to share their experiences from unexpected side effects in EAPT that made them discover new and valuable insights in the therapeutic values of adding a horse to physiotherapy treatment.

When we start a treatment, we have goals to set, but sometimes when we ask for an outcome, the measurements do not confirm a treatment effect as obvious as we ourselves and our patients see. Why does this difference occur? How do we know what to measure? And what if something other than the beforehand aspect chosen is the aspect that really changes the patients health status? Is it a side effect or is it THE effect from treatment?

One overlooked effect from mounted EAPT for many of our patients with severely motor deficits is that of enhanced physical activity level. While understanding of the importance of physical activity in everyday life and of the health effects over a lifetime for people in general, we rarely regard improved physical activity level for a person with severely limited ability to move herself as a prime motive for participating in EAPT, or at least I myself have not had this in mind. And for sure I do not know how to measure effects that would prove the treatment to be cost effective - but I am sure it would be for the individual.

During the pandemic Covid 19, many patients were immobilized in intensive care units. Patients with ME and those suffering from long standing Covid infections may be compared regarding their activity level, with those severely disabled children with different neurological diagnoses, who have been participating in EAPT because of their neurological issues. But what

if the impact on these patients' physical activity is a vital part of the treatment effect? What do we really know of that? What are experiences from you, PTs around the world?

The horse transfer movements into the riders body. Apart from these movements, the body to body contact, the warmth and the emotional effects of thrill, joy and mastery is added during movements that, regarding the patient's physical condition, is more or less challenging the physical ability. Do we mention or notify these effects in systematic documentation? Do we use instruments to measure these effects from physical therapy?

Three topics are on the table:

1. Sharing unexpected effects or findings from your professional experience from EAPT that puzzles you or that have lead to new insights regarding how horses help persons
2. Discussing the physical activity level gained from riding in walk and which non traditional conditions/patient groups that could benefit from EAPT
3. Discussion on how we can trust the measurements we use to be relevant for the effects gained from EAPT

Participants offers to choose the topic(s) most relevant and start a discussion, share insights and reflect on day to day professional activities regarding the above topics.

Round Table Summary: Speech language pathology

Facilitator: Beth Macauley, PhD, CCC-SLP, HPCS, FNAP, ACUE - Speech Language Pathologist, Hippotherapy Clinical Specialist, Researcher, Associate professor, USA

The SLP roundtable is a place for SLPs around the world to share clinical stories, clinical challenges, favourite patients, and business information and to create a group for future discussion.

Round Table Summary: HETI Ethics taskforce

Facilitator: Carlos Ganzabal

We want to bring the awareness and need for forums where individuals, professionals and institutes in the EAS can engage, share knowledge and collaborate in positive discussions towards promoting ethical behavior and decision-making in the field.

We want to share our goals for these round tables so all agents of the EAS community can bring their needs and have a positive discussion:

- Promote ethical awareness
- Provide guidance and education
- Foster a platform for exchanging diverse ethical perspectives
- Facilitate networking
- Contribute to the development and revision of the EAS field
- Address emerging ethical challenges
- Enhance the reputation of individuals and organizations
- Rebuild and maintain public trust
- Assists professionals and organizations understand and manage compliance risks
- Contribute to professional development