

AHA, Inc. Faculty

Karen Gardner MOT, OTR, HPCS

Karen has a Master's degree in Occupational Therapy, is a Hippotherapy Clinical Specialist (HPCS), PATH, Intl. Master Instructor and Driving Instructor. She is a consulting OT and an adjunct professor for the OTA Program at Lone Star College. Therapy specialties include sensory integration, aquatic and neurodevelopmental techniques. She also incorporates the concepts of Floortime (from Dr. S. Greenspan) into her treatment sessions. Karen is certified as an Advanced Practitioner in Natural Lifemanship for Trauma Focused Equine Assisted Psychotherapy (TF-EAP). She is an active member of the AHA Faculty and has presented at local, state and national conferences on a variety of topics within occupational therapy, hippotherapy, adaptive riding and horse training. Karen's current equine experience includes competitive carriage driving and competitive trail riding. She utilizes a variety of natural horsemanship techniques in her horse training and therapy sessions. She is a member of AOTA, TOTA, PATH, Intl, LSTEN, ACTHA and several carriage driving associations. Karen is a past President and former Board member of the American Hippotherapy Association, Inc.



Workshop Location

REACH Therapeutic Riding Center
1007 Camp Road, McGregor, TX 76657

Contact Information:

Barbara Epps at: marketing@reachtrc.org

How does a Therapist Use Equine Movement?

Medical professionals using equine movement include physical therapists, occupational therapists and speech language pathologists. The use of hippotherapy is one of many treatment strategies possible within an integrated treatment plan to achieve functional outcomes for children and adults.

When equine movement is a part of treatment, the patient engages in activities designed to challenge their motor and sensory systems. Improved balance, mobility, integration of sensory information, and communication help the patient to function more successfully. The skilled therapist directs the horse's movement and carefully grades the sensory input in a controlled natural environment. Whether PT, OT or Speech treatment, the patient benefits from a foundation which is established through the movement of the horse to improve neurological function and sensory processing. This foundation will be generalized to a wide range of functional skills.

The APTA, AOTA and ASHA recognize hippotherapy as within the scope of therapy practice. Therapists in the United States have used the movement of the horse for treatment since the 1970's and it is currently utilized in more than 24 countries.

Hotel Information:

To book a reservation call:

Atria Inn
711 W. McGregor
McGregor, TX 76657
254-840-0444

Travel Information

REACH is located approximately two hours from Dallas/Fort Worth Airport and thirty minutes from Waco Regional Airport. Transportation to and from the facility will need to be made by the participants.



Presents:

AHA, Inc. Approved

- Level I -

Treatment Principles

June 4-7, 2015

*This course is mandatory to become
eligible for Registered Therapist Status and
AHCBA Certified Therapist*



1007 Camp Rd.

McGregor TX 76657

254.848.7888

www.reachtrc.org

marketing@reachtrc.org

Level 1 Treatment Principles

This 4 day course is an overview of the principles of hippotherapy, designed for therapists (PT, OT, SLP, COTA, PTA, SLPA) interested in utilizing HPOT as a treatment tool. The first day puts the emphasis on the horse and the importance of the quality of the horse working in hippotherapy. Using experiential non-mounted activities, the student will learn to interpret the body language of the horse; groom, tack and lead the hippotherapy horse, recognize desirable conformation, soundness, movement quality, gaits, and understand training, conditioning and humane treatment of the therapy horse.

Building on these equine skills, the participant will explore the dynamic system of therapist, patient, horse handler and horse as it is applied with hippotherapy. Topics include: The history and development of HPOT in the US, understanding the biomechanical and sensory interaction of horse/human, horse selection and suitability for treatment, appropriate horse handling, tack and equipment selection, safety principles, patient and horse selection, precautions and contraindications, patient evaluation, maximizing the effects of equine movement including school figures and movement progression, the role of the HPOT team members, documentation, business aspects, and current research in the effects of equine movement.

Adaptive riding instructors, horse handlers, administrators and others interested in HPOT principles are welcome to attend, teamed with their therapist. Graduate occupational, speech and physical therapists must be in their last semester of graduate school to be eligible to attend this course.

www.americanhippotherapyassociation.org

REGISTRATION INFORMATION

Name: _____

Address: _____

City/ State/ Zip: _____

Phone: _____

Email: _____

Height: _____ Weight: _____ (This information is needed for mounted practicum) If your weight exceeds 180 lbs. you will be excused from this portion.

*AHA, Inc.
Member# _____

*Copy of your membership certificate required
*Breakfast and lunch are provided.
* Please note if you have a special dietary request
*Copy of your Intro to Equine Skills certificate required

Profession & License # _____

I am a - Circle one:
PATH, Intl. Instructor / Horse handler / Administrator/
Other _____

Early registration on or before May 14, 2015 rate

_____ \$700 for AHA, Inc. Member

_____ \$825 for Non-AHA, Inc. Member

After May 15, 2015 rate

_____ \$750 for AHA, Inc. Member

_____ \$875 for Non-AHA, Inc. Member

___ Check ___ Credit Card

Name on Card _____

Exp. Date _____ Security Code _____

Mail Registration to:
REACH Therapeutic Riding Center
P.O. Box 21535 • Waco, Texas 76702

Important Information

******Manuals for the course:** Each participant will need to either purchase a printed manual (\$40) from the AHA, Inc. website, or download a copy of the manual (\$0). No printed materials will be available at the course. Go to; americanhippotherapyassociation.org to order a manual and for further instructions.

******Certificates of attendance** with contact hours will be provided to all participants to submit to their individual professional organizations for continuing education credit. 27 contact hours are available for this course. Courses are not "pre-approved".

******Cancellation Policy:** AHA, Inc. and the host facility reserve the right to adjust program dates, times and faculty to accommodate unforeseen circumstances; we will only notify advanced registrants of any program changes. Neither AHA, Inc. nor the host facility are responsible for any expenses incurred by registrants due to such adjustments. AHA, Inc. and the host facility reserve the right to cancel a course due to insufficient enrollment or unforeseen circumstances up to 2 weeks prior to start of the course. If a participant wishes to cancel; cancellation notices must be provided in writing from participants up to 2 weeks prior to the course start date to receive a refund minus a \$50 administrative fee. No refunds will be given for cancellations received within two weeks prior to the start of the course.

******Prerequisite for the course** is the successful completion of an online "Intro to Equine Skills" test reviewing equine care and management. Completion of the course must be at least 2 weeks prior to the start of this course. Failure to complete the test successfully 2 weeks before the first day of the Level 1 course can result in the forfeiture of part or all of the registration fees as well as denial of attendance at the course. Visit the AHA, Inc. website under "Course Schedule" to purchase.

The curriculum may be utilized only under conditions set forth by AHA, Inc.