

## Faculty

### Faculty Karen Gardner MOT, OTR, HPCS

Karen has a Master's degree in Occupational Therapy and is the owner of Silver Lining Therapy, LLC in Texas. She is an AHA Faculty member, Hippotherapy Clinical Specialist (HPCS), PATH-Intl Master Instructor and Driving Instructor. She is an adjunct professor for the OTA Program at Lone Star College. Karen is certified in Natural Lifemanship Trauma Focused Equine Assisted Psychotherapy (TF-EAP) Therapy specialties include sensory integration, aquatic, DIR Floortime and NDT. She presents at local, state and national conferences on a variety of topics within OT, hippotherapy, adaptive riding and horse training. She utilizes a variety of natural horsemanship techniques in her horse training and therapy sessions. Karen is a past President and former Board Member of the American Hippotherapy Association, Inc. **Speaker Disclosure: Financial: Karen Gardner is an independent contractor for the AHA, Inc. and receives a fee from AHA, Inc. for this program. Non-Financial: Karen Gardner is a member of the AHA, Inc.**

### Course Location



QUANTUM LEAP FARM, INC.  
10401 Woodstock Rd, Odessa FL 33556  
Farm Office: 813-920-9250 ext. 208

### Travel Information

Quantum Leap Farm is located approximately 28 minutes (20.7 miles) from Tampa International Airport, and 38 minutes (26

miles) from St. Petersburg-Clearwater International.

Transportation to and from the facility will need to be arranged by the participants.

### Lodging Information

Hampton Inn: 11780 State Road 54, Trinity, FL 33556 Phone: 855-605-0317. 5.2 Miles from Facility, Provides transportation  
Residence Inn By Marriott: 2101 Northpointe Pkwy, Lutz, FL 33558 Phone: 813-792-8400

### Registration Information

A certificate of attendance will be provided. Contact hours total 27. Courses are not pre-approved unless indicated otherwise.

All attendees will receive a hard copy of the AHA, Inc. Hippotherapy Treatment Principles - Part 1 course manual. The course fee also includes lunch. During the course you will be on and/or working directly with horses. Please have appropriate clothing/ footwear. Helmets will be provided. If your weight exceeds 300 lbs., you may be excused from the mounted portion of the course. Indicate any special needs on the registration form (i.e. food allergies) and by contacting the AHA, Inc. office prior to submitting your registration form.

The criteria for satisfactory completion of this course are: (1) documented attendance for the entire course, (2) learners' demonstration of their acquisition of skills through satisfactory completion of interactive practicums and/or active participation in course discussions; and (3) completion of the course evaluation form.

**Cancellation Policies:** AHA, Inc. reserves the right to adjust course dates, times and faculty to accommodate unforeseen circumstances including cancellation of the course due to

insufficient registration up to 3 weeks prior to the scheduled start date. Notification will only be made to advanced registrants. Neither AHA, Inc. nor the course location is responsible for any expenses incurred by registrants due to such adjustments.

Participant cancellation requests must be made in writing no less than 3 weeks prior to the course start date to receive a refund, minus a \$100 administrative fee. No refunds will be given for cancellations received within three weeks prior to the start of the course.



**The American Occupational Therapy Association, Inc.**  
**APPROVED PROVIDER PROGRAM**

"AHA, Inc. is an AOTA Approved

Provider of continuing education. Provider #: 11414. Full attendance at this course qualifies for 27 contact hours or 2.7 AOTA CEUs in the Category of Domain of OT, Occupational Therapy Process, and Professional Issues. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Introductory."



American Hippotherapy Association, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This program is offered for 2.55 ASHA CEUs (Introductory level, Professional area).

A Certificate of Attendance will be provided. Contact hours are 27. There are no continuing education credits for the Equine Skills pre-requisite. Students will receive continuing education credits for the one day online module.



American Hippotherapy Association Inc.  
Presents

## Hippotherapy

### Treatment Principles –

#### Part 1

### Quantum Leap Farm

February 1-3, 2020



Please email or mail registration information to AHA Inc.

[mwood@theahainc.org](mailto:mwood@theahainc.org)

2537 Research Blvd. Suite #203

Fort Collins, CO 80526

## Course Description

**Course prerequisite:** Successful completion of the on-line “Intro to Equine Skills” test reviewing equine care and management. Completion of the course prerequisite must be done at least 3 weeks prior to the start of the Hippotherapy Treatment Principles – Part 1 course. AHA, Inc. staff will confirm with that the test has been completed and passed. The cost of the test is included in the course registration. You will be enrolled in the test by AHA, Inc. office staff. It is required that course participants have at minimum 2 years of post graduate experience in the field.

**Course Overview:** This course is an overview of the principles of hippotherapy, designed for therapists (PT, OT, SLP, PTA, COTA, SLPA) interested in utilizing hippotherapy in their practice. The course is equivalent to 4 days total instruction: 1 day of on-line study prior to 3 days of in person instruction. The on-line study consists of foundational information required for an understanding of the principles of hippotherapy.

### Hippotherapy Treatment Principles – Part 1 Learning Objectives and Outcomes:

Occupational therapists, physical therapists, and speech therapists taking this course will gain an understanding of the principles, history, theory and research of the application of hippotherapy --skilled equine movement--as a treatment strategy/tool within a plan of care (POC) in OT, PT and SLP practice. Therapists will observe and analyze a therapy treatment with skilled equine movement, and discuss the adaptive responses in the patient. Therapists will be introduced to skilled equine movement and the effect of the horse’s conformation and movement on the systems of the human body for implementation in a POC for a variety of diagnoses and patients. The following learning outcomes will be assessed during participation in active learning activities, learner demonstration of skills during practicums, and class discussions and small group work.

### Learning Outcomes:

- Therapists will be able to define the term hippotherapy, skilled equine movement and identify at least 3 primary principles of hippotherapy.
- Therapists will be able to list and describe at least 5 key considerations in patient evaluation for

determining if hippotherapy, skilled equine movement, should be included in a patient’s Plan of Care.

- Therapists will be able to list and describe at least 6 precautions/contraindications that should be considered when deciding on the inclusion of hippotherapy, skilled equine movement into a patient’s plan of care and describe appropriate safety procedures during intervention.
- Therapists will be able to describe the 5 primary parameters with respect to matching patient impairment, size and functional limitation and horse size, gait and temperament for optimal and safe incorporation of skilled equine movement into a POC to maximize functional outcomes.
- Therapists will be able to describe the effect of skilled equine movement on at least 3 different patient diagnoses as related to their systems impairment, participation restriction and functional outcomes through participation in a treatment planning practicum.
- Therapists will demonstrate correct documentation in writing treatment and progress notes related to the current use of equine movement in OT, PT and SLP practice.
- Therapists will be able to list 3 examples of how the therapist using skilled equine movement incorporates the AHA Best Practice Guidelines into practice.
- Therapists will be able to cite 3 current research articles applicable to hippotherapy, skilled equine movement.

### Basic Course Schedule:

#### Day 1

7:30	Registration & Introductions - Discuss therapy and equine background
8:15	Review Objectives (need for continuing education credits) Hippotherapy – Rationale and the AHA description, Horse Gaits, Desirable Qualities of Equine Motion, Aspects of the Horse’s walk that can be manipulated, Training and Maintenance, Horse Handling
9:15	Conformation and Movement Analysis of 3 – 4 horses
<b>10: 15</b>	<b>BREAK</b>
10:30	Human and Horse Movement Interaction Posture and Balance
<b>12:30</b>	<b>LUNCH</b>

1:15	Tour of facility	Tour of Facility and Tack Room
1:30	Horse Handling and Safety Demonstration	
2:15	Leading Demo and Practicum	
<b>3:15</b>	<b>BREAK</b>	
3:30	Mounted Practicum #1 opportunity to experience 3 dimensions of motion	
4:30	Review and Discussion	
5:00	End of Day	

#### Day 2

8:00	Faculty demonstration and Participant practicum – Motor Tasks and Impairment
<b>10:00</b>	<b>BREAK</b>
10:15	Theory of Dynamic Systems
11:00	Practice Transfers with horses - Practice Emergency procedures, Side walker training, working with Horse Handler
<b>12:00</b>	<b>LUNCH</b>
12:45	Mounted Practicum # 2
1:45	Review of mounted practicum as a treatment session Horse Selection and Patient Selection; Unique Contributions of the Horse; Position Options and Alternative Positions
<b>3:15</b>	<b>BREAK</b>
3:30	GROUP WORK – Treatment Teams develop treatment plan for a paper patient
5:00	End of Day

#### Day 3

8:00	Treatment Plan Presentations – Group Discussions
9:15	Practicum - Position Options & Alternative Positions
<b>10:45</b>	<b>BREAK</b>
11:00	Review of ICF model
<b>12:00</b>	<b>LUNCH</b>
12:45	Patient Demonstrations
2:00	Discuss Patient Demonstrations and their observations; Review AHA and PATH Relationship; AHCB and credentialing; Review other AHA Courses; Final Question and Answer discussion
3:00	End of Day

This course may be attended by licensed Speech-Language, Physical and Occupational therapists and therapy assistants (PTA, OTA, SLPA). **There is no participant substitutions due to the pre-requisite requirement.**

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

## Registration Form – HTP – Part 1 February 1-3, 2020

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\*AHA, Inc. Member #: \_\_\_\_\_

New memberships are accepted.

Join today at [www.americanhippotherapyassociation.org](http://www.americanhippotherapyassociation.org).

**Credentials to be listed on course certificate:**

Height \_\_\_\_\_ Weight \_\_\_\_\_

Special needs, mobility restrictions, diet, etc. **Please notify the AHA, Inc. office prior to completing this registration of your special needs.**

### Registration is limited.

Early registration on or before Jan. 11, 2020

\_\_\_\_\_ \$875.00 for AHA, Inc. Member

\_\_\_\_\_ \$975.00 for Non-AHA, Inc. Member

After Jan. 11, 2020

\_\_\_\_\_ \$950.00 for AHA, Inc. Member

\_\_\_\_\_ \$1,050 for Non-AHA, Inc. Member

\_\_\_ Check - payable to AHA Inc.

\_\_\_ Charge MC VISA AM EX

Name on Card \_\_\_\_\_

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

Billing zip code \_\_\_\_\_