



Introduction to Hippotherapy **Didactic and Interactive Experiential Seminar**

Presented by:

Sarah P. Pictor, PT, DPT, PCS

**Earn a total of 12.5 Contact hours; 1.25 IACET CEUs
1.5 NYS-PT CEUs; 15.5 OT PDUs**

For just **\$250: \$125 for Part I + \$125 for Part II**

Enrollment Package Discount register for part I and II Now and receive a \$25 discount

Part I: Didactic/Classroom Instruction: Saturday, March 3, 2012 (8:30-5:00)

D'Youville College, 320 Porter Avenue, Buffalo 14201; Room TBA; Lunch Included.

Earn 7.5 contact hours, .75 IACET CEUs, .9 NYS PT CEUs, (equivalent to 9.3 OT PDUs)

Part II: Riding Session for experiential equine movement: Sunday, June 10 (12:00-4:00)

Location to be announced based on enrollment. (Attendance at Part I mandatory)

Earn 4 contact hours, .4 IACET CEUs, .48 NYS PT CEUs, (equivalent to 5 OT PDUs)

Seating is not limited for PART I, however, **PART II is limited** and will be filled on a first-come-first-served basis, so reserve your seat by completing the attached **REGISTRATION FORM**. If there is sufficient interest for Part II, then a second date will be scheduled.

Target audience: OT, PT, ST, Teachers, Counselors, Case Managers, Parents, Pediatricians, others interested in the "how and why" of hippotherapy

Format: Traditional lecture format will be augmented by video presentations, small group discussions, activities, and small group presentations of a case study or evidence in research

Assessment of Learning: quizzes, reflection of learning, experiential feedback

Level: Introductory

COURSE DESCRIPTION:

This transdisciplinary course will introduce the participant to the basic history, terminology, conceptual framework and clinical application of Hippotherapy.

Hippotherapy is a physical, occupational or speech therapy treatment strategy that utilizes equine movement. The movement of the horse is used as a tool to provide challenges in postural control, strength, flexibility, balance, and sensory processing for individuals who have neuromusculoskeletal dysfunction. Hippotherapy is also an effective tool to enhance cognitive skills, psychosocial skills, and behavioral/attentional skills.

Hippotherapy is **internationally recognized as a treatment strategy** to address the multiple challenges faced by a wide variety of patients who have neuromusculoskeletal dysfunction. Knowledge of this alternative environment for treatment compliments traditional, clinic settings of treatment, and adds to the repertoire of choices for health professionals who advocate for their patients.

OBJECTIVES:

Upon successful completion of the course, the learner will meet objectives in the following domains:

Cognitive: To be achieved in Part I of the 2-part series

- ☞ Identify the practical application of hippotherapy as a treatment or health promoting intervention
- ☞ Explain the applied theories underlying the use of hippotherapy as a treatment strategy
- ☞ Identify the indications, contraindications and benefits of hippotherapy for specific patient diagnoses

Affective: To be achieved in Part I of the 2-part series

- ☞ Examine the current scientific/clinical research evidence supporting the use of hippotherapy as a treatment strategy/tool within the context of a specific case or population

Psychomotor: To be achieved in Part II (optional)

In addition, a mounted (movement) experience (on Sunday, June 10th) will serve to integrate knowledge gained in Part I with the opportunity to experience movement of the horse as well as the observation of a hippotherapy treatment session.

COURSE REQUIREMENTS include, but are not limited to, the following:

1. Full attendance throughout the scheduled meeting times
2. Active participation in discussions, presentations, and activities
3. PART TWO: Ability and willingness to interact with and participate in the mounted activity on a horse. **(No previous horse experience or skill is required.) Note: there is a weight restriction of 175lbs** for the mounted activity portion.

CONTENT OUTLINE

1. Hippotherapy: introduction, brief historical perspective, terminology
2. Conceptual framework and theoretical basis for hippotherapy
3. Analysis of horse and human movement, and horse on human movement
4. Therapeutic applications: indications, contraindications, benefits of equine movement
5. Equipment, safety in the arena and the hippotherapy horse
6. Documentation and topics related to insurance and liability.

SPOTLIGHT ON THE SPEAKER

Sarah P. Pictor, PT, DPT, PCS Buffalo, NY pictors@dyc.edu

Sarah is a licensed Physical Therapist in the state of New York. She obtained her Doctorate in Physical Therapy in December, 2005. Sarah is an APTA Board Certified Pediatric Clinical Specialist (PCS) with over 30 years of clinical practice working primarily in the area of neurodevelopmental disabilities, pediatric and adult. Currently, she is a full time Clinical Assistant Professor in the Physical Therapy Department at D'Youville College in Buffalo, New York. Sarah served on the national American Hippotherapy Association Board of Directors as Vice President, Chair of the Education Committee, and Chair of Standards and Practice. She has completed Level 2 training through AHA and is currently the Program Director for *LET'S GO!* hippotherapy program in East Aurora. Sarah has been a national and regional presenter at AHA conferences and has been a volunteer consultant for over 25 years with Lothlorien Therapeutic Riding Center, a PATH International (formerly NARHA) premier accredited program that provides adapted riding lessons.

Continuing Education Units (CEUs):

Learning Partners has been approved as an Authorized Provider by the International Association for Continuing Education and Training (IACET), 1760 Old Meadow Rd, Suite 500, McLean, VA 22102. (703) 506-3275. In obtaining this approval, Learning Partners has demonstrated that it complies with the ANSI/IACET 1-2007 Standard which is recognized internationally as a standard of good practice. As a result of their Authorized Provider membership status, Learning Partners is authorized to offer IACET CEUs for its programs that qualify under the ANSI/IACET 1-2007 Standard.

For OTs: NBCOT recognizes the IACET CEU as evidence of high quality continuing education for registration and certification. They assign the following value to IACET approved CEU: 1.25 for each 0.1 IACET CEU = 1.25 PDU per contact hour.

For PTs: Learning Partners is recognized by the N.Y.S. Education Department’s State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education.

Speech Therapists/Teachers/Nurses/Recreation Therapists: The American Speech-Language-Hearing Association, American Nursing Association, National Council for Therapeutic Recreation Certification, and the State of New York Department of Speech Pathology all recognize the IACET CEU.

Questions about OT/PT CEUs? Contact (716) 807-2289 or info@learningpartners2.com.

REGISTRATION FORM
Introduction to Hippotherapy

Name: _____
(As you would like it to appear on your CEU/PDU Certificate)
Profession: OT PT ST Educator Counselor Parent
 Other (indicate: _____) - Student
Phone (day of seminar): _____ - _____
Home Address: _____
Home phone: _____ - _____
Email: _____
Workplace (or school you are currently attending if you are a student):

I am registering for the didactic portion (March 3, 2012) _____ (\$125) I am registering for the experiential portion (June 10, 2012) _____ (\$100*) *The \$25 discount for the experiential portion requires registration by February 27, 2012. Registration for this portion will be \$125 after 2/27/ 2012. I am a student registering <u>only</u> for the didactic portion (March 3): _____ (\$75) <p style="text-align: right;">_____ Total payment</p>

Registration and payment due by February 27, 2012.

Please remit payment (check or money order) to: **Learning Partners**
Mail payment with Registration Form to: **14 Pine Court North, West Seneca, New York, 14224**
For additional information or questions: please visit www.learningpartners2.com;
email us at info@learningpartners2.com or call 716-807-2289.

Michele Karnes, EdD, MS OTR & Theresa Vallone, EdD, MS OTR
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