



3rd EEATN face-to-face meeting

Venue: Stall Kungsgården, Sweden

Date: 14 to 17 September 2023

Present:

1. Louisa, OT, staff of Hippocampus
2. Dovile, PT, Lithuania
3. Nona, Chair of ACPEA, UK. Working from home advises and assists with RDA groups
4. Lina, Lithuania PT.
5. Anne, Finland, PT, former EAT education designer.
6. Catia, Portugal, Psychometrist's. Head of SAPSAE national organisation.
7. Matilda Sweden PT, Staff of Hippocampus, OHI centre
8. Joana, Portugal, Psychologist, Own centre
9. Pia, Sweden, PT founder of Hippocampus, Founder OHI, 15 weeks course in education
10. Elisabeth, UK, PT, provides EAT within an RDA Centre. Works with a SALT. One of the founders of hippotherapy training in the UK.
11. Maria, Greece, PT, Own Centre.
12. Aurora, Portugal, PT working with Joana.
13. Carlos, Malta/Spain, Psychologist.
14. Margaret, Ireland, PT. Involved with RDA, including training of RDA volunteers.
15. Joanna, Poland, SLP. Member of Polish EFT board, collaborating with Finnish EFT education.
16. Helena, Portugal, Equine trainer. Has its own Centre and works for the National Centre.
17. Ewa, PT, Poland, has its own Centre and the Polish EFT association president.
18. Irmante, Lithuania, EAS, PT, planning of EFT education in Lithuania.
19. Marie, OT, Sweden, President of Swedish EAT (OHI). Nature-based interventions, PhD student.
20. Sanna, Finland, PT, Researcher, Former HETI and national association president
21. Vera, PT, developer of certification system in the Czech Republic, HETI board member.

Online:

1. Xenia, Czech, researcher, Working with the certification process.
2. Kari, PT, Norway,
3. Maggan, PT, researcher, Sweden
4. Alexandra, Greece researcher
5. Yulia, Russia, PT
6. Audrey, Ireland, OT.

The meeting started unofficially, visiting The Royal Stables in the centre of Stockholm. The head of the stables, Marcus, informed us about the stable's history and more recent work.

Day 1:

There were 21 members at the meeting from 12 different countries, and 6 attending online.

The day started with a tour around the centre, including the stables, fields, arena, indoor school, and classrooms.

Pia told participants about its history, how it works in practice, and what sort of clients and funding. (www.stallkungsgarden.se)

1. Carlos was chosen as the moderator and advised us of the rules for the meeting, the need to take turns speaking and respect everyone's viewpoint. Vera introduced the programme for the day.
2. The participants' introduction, country, work organisation, etc.
3. The Portuguese suggested we contact final-year students at the university to inform them of equine-assisted therapies.
4. Vera's proposals:
 - ✓ To choose somebody to present EEATN at the [HETI Congress](#) in Budapest.
 - ✓ To agree on the rules for joining and participating in EEATN.
5. Sanna's proposal - to do the HETI Matrix for equine centres/ individual service providers.
6. Helena described the Erasmus project that concentrated on the [certification \(EvaSE\) of the equines working in equine-assisted services](#) (EAS). The Erasmus project produced the document (Czech, Portugal, Spain, Lithuania, Finland, and Turkey). This is an open document. The importance of Equine welfare was noted, and how certification will benefit maintaining high standards. There was a discussion about the differences in training for equines working in equine-assisted therapies and those engaged in riding activities.
7. TERMINOLOGY.

There was a lengthy discussion regarding the importance of having common terminology within Equine Facilitated (now Assisted Services). It was noted that in North America, PATH and AHA have different terminology, but it was agreed that we should maintain the same terminology as HETI, i.e., Equine Assisted Services (EAS).

Sanna compared the term EAS to an umbrella with different branches underneath for all the therapies, Equine Assisted Physiotherapy (EASpT).

Helena advised that we needed to change the EEFTN acronym to EEATN.

Vera suggested that everyone within EEATN should accept the same definitions and that we should inform all the organisations in the countries involved in EEATN of this change. HEIR should also be made aware of the terminology change.

[IAHAIO](#) has produced a White Paper on definitions describing Animal Assisted Services as AAS but does not give details of services included in this umbrella definition. Using the accepted term EAS in every project, grant, etc., would help researchers and stakeholders access information more easily.

Helena pointed out that EEFTN does not include the EAS term.

Carlos proposed a vote to accept EAS as the English umbrella term for what we do. Everybody unanimously accepted this term.

In Sweden, equine sport for people with disabilities is under the equine sports umbrella, not under EAS. It was agreed that riding as an activity is a sport, not a therapy.

Vera discussed spreading information about the changes and told us that in the Czech Republic, parents, medical practitioners and Government organisations use word of mouth.

8. The discussion about changes in the EEFTN name was continued after lunch. This included whether we should consist of the word therapy or services. Sanna drew an umbrella to visualise how the different services or therapies would sit within the umbrella. It was discussed that we do not need to put Services in the definition but rather restrict it to Therapy.

Why Therapy?

- Researchers
- Education
- Therapy
- Qualified Health care prof
- Network means group, not organisation.

Why services?

- wider for all professions, but

After voting, the new name EEATN was accepted by majority vote as EEASN may include unqualified “therapists.”

9. The following discussion was about the proposed term Equine Assisted Mental Health. Carlos mentioned that it was wrong because we are a therapy group. Meditation or some spiritual works are not therapy.

10. Pia gave a presentation about the background of their Center Stiftelsen Hippocampus work. After the presentation, there was a practical demonstration of working with a client post-stroke.

11. There was a presentation of Gunilla Silfverberg’s work “The Equine as a Therapeutic Tool” research project (2006-2008), with 4 participants with stroke.

Presentation points:

- ✓ Dignity and learning.
- ✓ Human equality.
- ✓ Types of dignity:
 - ✓ Universal meaning closely related to Human Rights (1948) – means equality in social class, sex, ethnicity, and religion.

- ✓ Dignity based on merits – it shouldn't matter in health care.
- ✓ Dignity of morality related to our thoughts of being moral – in health care, we need to help the person act the way she or he would like.
- ✓ Dignity of personal identity related to being autonomous with a past and future, including our relationship with others.
- ✓ Experiences of participants in the project about dignity during the project – losing and recovering dignity.
- ✓ Characteristics of learning.
- ✓ Conclusions of the project:
 - ✓ Learning is closely connected to reasoning –both these occur during equine riding.
 - ✓ Learning is an internal process forced by an external activity – present in equine riding.
 - ✓ Learning is the process of offering new possibilities to relate to others and the environment – communication with the equine -> to attempt new things.
 - ✓ Equine riding prepares people for many different situations.

12. Discussion about terms and definitions was continued. The following term was EAT – the proposal was to include therapies but not psychotherapy or psychology. There were some disagreements around this subject. The conclusion is that EAT could be an umbrella term, and under this could be, for example, EA Physiotherapy or EA Psychotherapy.

13. The meeting was divided into working in groups, depending on profession, to discuss how we would like to describe our work...

- ✓ EAPsT – Equine Assisted Psychological Therapy
- ✓ EApT - Equine Assisted Physiotherapy etc
- ✓ There was a lengthy discussion on Psychomotricity, as few members knew the title. Catia explained the work and training involved, and everyone recognised the title and type of therapy undertaken. Sanna suggested that Catia and her colleagues write an article about this profession for Global Gallop.

Below are **new definitions of EAS fields** agreed upon by all present participants. It is recommended that EEATN members use this term and definitions in their work, studies, webpages, etc. The focus is to promote a unified terminology and help it spread internationally to as many providers and participants as possible.

- **Animal Assisted Services (AAS):** A goal-oriented and structured service that intentionally includes or incorporates animals in health, education and human services for the purpose of physical, mental and social gains in humans. It involves people with knowledge of the people and animals involved. Animal-assisted services incorporate human-animal teams in formal human services.
- **Equine Assisted Services (EAS):** An umbrella term utilised internationally in day-to-day communication of all services applying equine to benefit people with special needs.
- **Equine Assisted Therapy (EAT):** it can be conducted by different qualified healthcare professionals (for example, physiotherapists, occupational therapists, psychologists, and

speech and language therapists), including trained equines in the therapy program in order to benefit the participants. The therapy is focused on evidence-based, multimodal, and holistic practice. Further education in EAT must be completed before applying this form of therapy. It is divided into fields:

- **Equine Assisted Physiotherapy (EAPT)** is carried out by a specialised physiotherapist using equine conformation, movement, and activities to improve the participant's motor function, participation and quality of life.
- **Equine Assisted Occupational Therapy (EAOT)** is carried out by a specialised occupational therapist using targeted, meaningful, mounted, and unmounted activities and the equine environment to maximise the participant's ability to engage in everyday life and enhance the quality of life.
- **Equine Assisted Psychological Therapy (EAPsT)** is carried out by a mental health therapist (including educational, clinical, counselling, social psychology, psychiatry or psychotherapy) to achieve cognitive, emotional, social and/or behavioural goals, incorporating equines mounted and/or groundwork.
- **Equine Assisted Speech and Language Therapy (EASLT)** is carried out by a qualified speech and language therapist using equine movement and/or the environment to promote functional outcomes in communication and speech.
- **Equine Assisted Psychomotor Therapy (EAPmT)** is carried out by a qualified psychomotoricist using the equine movement and educational activities in order to develop psychomotor, cognitive, social and emotional skills.

Day 2

Twenty people were attending the meeting, 2 online.

14. Maria's Liga presentation "The effects of equine-assisted physiotherapy on static balance, walking performance and quality of life in people with multiple sclerosis".
 - ✓ 8 weeks, 16 sessions, twice a week
 - ✓ Control group
 - ✓ Session included a 5-minute warm-up, a 20-minute program of balance mobility, and 5 minutes of relaxation and exercises.
 - ✓ Measure tools: Balance platform, timed up and go test (3 meters), physiotherapist did the measurements.
15. Continuation of point 9 from the first day.
 - ✓ EAT definition.
 - ✓ EAPT definition
 - ✓ EAOT definition
 - ✓ EASLT definition
 - ✓ EAPmT definition
16. Discussion about [national registers under HETI](#) - HEIR – Horse and Human Interaction Register. How to join. The benefits of being accepted onto the register.
17. Guidelines for Joining and Collaborating within the EEATN:
 - ✓ Voluntary Participation: We encourage a spirit of voluntary engagement, and all therapists are welcome to express their interest in joining the EEATN.
 - ✓ Membership Request: Any therapist is invited to express their intention to join the network.
 - ✓ Participation Commitment: All members are requested to commit to active participation.
 - ✓ Meeting Attendance: To remain an active member, participants need to attend at least one out of three consecutive general meetings. Failure to do so may result in loss of eligibility within the network.
 - ✓ Meeting Frequency: General meetings are convened every three months, ensuring regular interaction and collaboration.
 - ✓ Agreement Confirmation: Those in agreement with the newly established rules and terminology can affirm their commitment by self-signing to the EEATN WhatsApp group through the following link:
<https://chat.whatsapp.com/F50oWQ1P1JtAtFFrDcKOyhy>
 - ✓ Communication Platform: The EEATN group will primarily communicate via the new WhatsApp group, fostering a focused and efficient channel for our network's interactions.

Lunch and then a visit to watch the King's 50th Anniversary Parade

Afternoon session – 19 persons, 1 online

18. Anne Rokka's presentation – survey on EAS education in various countries.

19. Proposal from Vera to develop the guidelines/recommendations for who can teach EAS:

- ✓ Qualified in own profession?
- ✓ Qualified in EAS?
- ✓ How many years of practice in the profession? (min. Five years' experience in own field? Or have experience working through the different levels: course leader - 5 years or 2000 hours, primary teachers – 2 years or 800 hours, specialists)
- ✓ How many years of practice in EAS?
- ✓ What kind of qualification?
- ✓ Teaching practice? Lecture skills
- ✓ Pedagogic skills

Day 3

Fifteen people were attending, 2 online.

20. Anne Rokka's presentation – PT group work –Therapist knowledge, skills, and competencies in EAPT.
21. There was a discussion around training material available for students on positioning, handling and activities that are used in EAT. The outcome was that this would be of benefit if it could be produced in the future (this exists in the Czech Republic and to a lesser degree in the UK)
22. Anne and Sanna's presentation on the effects on the body of positioning in rearward facing forearm prop.
23. Using EMG studies, they measured the work of trunk muscles in different positions, specifically what happens while sitting backwards. Proposal for the EAPT to video riders to observe what happens with different able-bodied children on different equines but under the same conditions. As far as we know, this work has yet to be undertaken.
24. We need guidelines on how to standardise the filming.
25. Sanna to produce guidelines, but considerations are.
 - ✓ The colour of the child's clothes should be different to the colour of the equine. Not too many clothes
 - ✓ Different colour bandages on the equine's legs.
 - ✓ Where to sit
 - ✓ What surface? Straight surface. On different surfaces?
 - ✓ How far? (10 m)
 - ✓ Warmup (5 minutes)
 - ✓ What kind of camera (with gimbal)
 - ✓ How high to hold the camera?
 - ✓ How far away to hold the camera?
 - ✓ Studies on healthy people
 - ✓ Helmet? Shoes? Belt? - with or without?
 - ✓ Age of the child? 7-11?
 - ✓ Height of equines.
 - ✓ Measurements of the equine (height, width)
 - ✓ The position of the elbow.
 - ✓ The position of the hip and knee.
 - ✓ Children are not afraid of the equine or the movement.
 - ✓ 1 child on two different equinesPeople who volunteered to do the films: Aurora (2 children), Vera (2), Elisabeth (2-5), Nona (1)
26. Who will represent EEATN at the [HETI Congress in Budapest](#)? Anne Rokka will present the research project from point 19. Nona and Carlos will present on work undertaken by the EEATN.
27. Decision to change the logo. Maria Liga will arrange this. We encourage all EEATN members to embrace this new logo and incorporate it into their websites, documents, reports, events,



and flyers. The logo will be emailed to all active participants upon their request. You can find additional information at this link: <https://hipoterapie-kurzy.com/eefn/>. Let's unite in showcasing our network's identity and vision.

28. Case study sharing - Lina, Aurora, Nona, Elisabeth, and Anne Rokka's students will contribute – The case study sharing group will contact them to arrange some case study presentations.
29. Proposal to collect the final works of students. The need to arrange an online library to collect and collate this was discussed. This may incur a cost. Sanna proposes to collect the data in online Excel form. There are already 72 case studies available.
30. Sanna advised that cooperation with IOHAIO is important as we need to be seen as a group of therapists who can contribute information regarding EAS.
31. Thanks to Pia for her hard work in hosting the event.

Closing of the official meeting at noon.

Next meeting online: 28 November 2023 at 20hCET

Minutes by:

Ewa Polanska

Nona Dane

Sanna Mattila-Rautiainen

Věra Lantelme-Faisan