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HIGH HOPES
Therapeutic Riding, Inc.

A Tradition of Excellence in Therapeutic Riding, Inc.

Greetings!

Thank you for your interest in the PATH Intl. Approved Instructor Training Course offered at High Hopes Therapeutic Riding, Inc., in Old Lyme, CT. There are three levels of PATH Intl. Riding Instructor certification: Registered, Advanced, and Master. This brochure contains the materials needed to complete the requirements for the *Registered Certification* level which is designed to prepare individuals to plan and implement safe and effective therapeutic riding classes. The course consists of over 85 hours of lecture material and more than 100 hours of practicum work. Subjects include all areas of disabilities, plus anatomy, kinesiology, physiology, psychology, and the operation and management of a therapeutic riding facility. Candidates who successfully complete the course will have the option of taking an exam to become PATH Intl. Registered or Advanced Instructors.

High Hopes offers training for the Registered Instructor certification twice a year, in January and in August, for each session there is an intensive format that will require you to be at High Hopes all day Monday through Friday most weeks, as well as on some weekends, for a period of approximately ten weeks. A part-time extended format offered in January offers the option to complete the program over several months, usually four to five.

Included you will find a general course brochure, and application materials for our next Instructor Training Course (intensive format only) which begins on **August 28, 2012** and ends in November, 2012. *The application materials and payment in full for the August course must be received by **August 3, 2012**.*

The Instructor Training Course (intensive and extended format) will also be offered starting in **January, 2013**. The intensive course ends in March; the extended format course ends in May. *Course dates and application deadlines will be available in May of 2012.*

Whether you choose the intensive or the extended format, the self-directed practicum component of the program determines what your actual completion date will be. We encourage you to arrange for an individual consultation prior to enrolling if you have questions or concerns about how long your program will be.

Participants who wish to take the PATH Intl. Advanced exam at the completion of the course will have additional requirements to fulfill. International students also have additional requirements and should contact the office for details.

We look forward to welcoming you into the High Hopes family. Please do not hesitate to contact me directly at 860-434-1974, Ext. 118 if you have any questions or concerns.

Sincerely,

Laura

Laura Brown
Special Programs Manager



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What is PATH Intl. Instructor Certification Status?

Like many sports, horseback riding and other equine activities provide challenges as well as reward. For a rider with a disability, however, these challenges can be even greater. The Professional Association of Therapeutic Horsemanship International (PATH Intl.) was formed to establish safety standards, provide educational opportunities, and offer networking for its estimated 42,000 participants at over 800 member centers serving riders with disabilities.

In order to ensure that riders at PATH Intl. Operating Centers are receiving safe and therapeutically beneficial riding lessons, PATH Intl. has established a method of certifying an instructor's level of teaching ability through successful completion of a PATH Intl. -approved Training Course. All candidates who complete this PATH Intl.-approved Training Course will take the PATH Intl. Registered Instructor exam at the end of the course.

Candidates who successfully complete all training course requirements and pass the PATH Intl. Registered Instructor Examination will be granted PATH Intl. Registered Instructor status. The PATH Intl. Registered Instructor level provides certification for teaching riders with physical and cognitive disabilities.

Candidates will also have the option of taking the Advanced level exam at the end of the course as well. These candidates must pay an additional examination fee and meet the Certified level criteria before taking the exam. Please refer to the PATH Intl. Certification Handbook for details regarding the levels of certification and their requirements.

Candidates who achieve a level of PATH Intl. Instructor Certification status will be required to maintain PATH Intl. Individual Membership, submit copies of current CPR and First Aid cards, and complete the required continuing education hours (Registered Level = 20 clock hours; Advanced Level = 20 clock hours) on an annual basis. An Annual Compliance Form will be sent to instructors by PATH Intl.

For additional information regarding the PATH Intl. Instructor Certification Program and PATH Intl. Individual Membership, please contact the PATH Intl. office at (800) 369-7433 or write to PATH Intl. at P.O. Box 33150, Denver, CO 80233.



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Instructor Training Course Pre-requisite Criteria

- Proof of PATH INTL. Membership
- Must be at least 21 years of age
- PATH INTL. Resume Form (no more than two years old)
- Personal letter of reference (no more than two years old)
- Professional letter of reference (no more than two years old)
- Proof of previous experience with disabilities
- Copies of current CPR and First Aid Cards
- Basic stable management and horse knowledge
- Sufficient prior riding experience to successfully complete a given pattern including walk, trot, and canter
- Proof of previous volunteer experience of at least one year at a therapeutic riding program strongly encouraged.
- Experience teaching non-therapy riding strongly encouraged.
- A letter of intent, addressing reasons for applying to course and intentions upon graduation

Please note that applicants who do not meet the entrance criteria after the first week will not be accepted into the Instructor Training Course. All monies paid to High Hopes, with the exception of the \$150.00 non-refundable registration fee, will be returned and the applicant will be asked to withdraw from the program.



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PATH Intl. Code of Ethics for Instructors

Preamble

This Code of Ethics sets forth the ethical principles for PATH Intl. Certified Instructors. The exercise and preservation of the highest standards of ethical principles are vital to the responsible discharge of obligations, activities and services provided by PATH Intl. Certified Instructors. These principles include professional competency, integrity, honesty, confidentiality, objectivity, sound judgment, public safety and professional compliance. The guidelines expressed in the Code are not to be considered all inclusive of situations that could evolve under a specific principle, nor is the failure to specify any particular responsibility or practice a denial of the existence of such responsibilities or practices.

Principle 1: Professional Competency

PATH Intl. Certified Instructors will demonstrate ability to instruct individuals with disabilities commensurate with their level of certification attained.

Principle 2: Integrity

PATH Intl. Certified Instructors will demonstrate integrity, honor and morality by respecting the rights, dignity and well-being of all individuals and animals.

Principle 3: Honesty

PATH Intl. Certified Instructors will demonstrate honesty and truthfulness at all times.

Principle 4: Confidentiality

PATH Intl. Certified Instructors will demonstrate confidentiality by respecting the rights of all individuals involved in the operating center.

Principle 5: Objectivity

PATH Intl. Certified Instructors will demonstrate objectivity and fairness by interacting with individuals in an impartial manner.

Principle 6: Sound Judgment

PATH Intl. Certified Instructors shall accept responsibility for the exercise of sound judgments when interacting with individuals and animals.

Principle 7: Public Safety

PATH Intl. Certified Instructors shall promote public safety by abiding by PATH Intl. Standards and Guidelines.

Principle 8: Compliance

N PATH Intl. Certified Instructors will remain in good standing with the annual PATH Intl. Compliance Process for Instructors.



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To access the ***PATH INTL. Registered Instructor Booklet*** in PDF format please visit the following web address:

[http://www.PATHintl.org/images/pdf/resources/certifications/PATH INTL.-2010-Certification-Process-Booklet.pdf](http://www.PATHintl.org/images/pdf/resources/certifications/PATH%20INTL.-2010-Certification-Process-Booklet.pdf)

To access the ***PATH INTL. Advanced Instructor Booklet*** in PDF format please visit the following web address:

<http://www.pathintl.org/images/pdf/resources/certifications/PATH-Intl-Advanced-Riding-Cert-Booklet.pdf>



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HIGH HOPES INSTRUCTOR TRAINING COURSE

LIST OF SUGGESTED REFERENCES

Aspects and Answers ó available from the Cheff Center for the Handicapped at (616) 731-4471.

Manual of Horsemanship, 9th or 10th Edition, Barrons. Available from the U.S. Pony Club at (606) 254-7669.

PATH INTL. Operating Center Standards and Accreditation Manual, available from PATH INTL. at (800) 369-7433.

PATH INTL. Precautions and Contraindications to Therapeutic Riding, (included in Operating Center Standards and Accreditation Manual), available from PATH INTL. at (800) 369-7433.

Therapeutic Riding I: Strategies for Instruction, Books 1 & 2, edited by Barbara Engel. Available from the editor at 10 Town Plaza, Suite 238, Durango, CO 81301, (970) 563-9599.

Therapeutic Riding II: Strategies for Rehabilitation, edited by Barbara Engel. Available from the editor at 10 Town Plaza, Suite 238, Durango, CO 81301, (970) 563-9599.

The United State Pony Club Manual of Horsemanship, by Susan Harris. Available from U.S. Pony Club at (606) 254-7669.

CHA Composite Horsemanship Manual. Available from CHA at (800) 399-0138.

OPTIONAL REFERENCES

Developmental Riding Therapy, by Jan Spink, M.A. Available from Therapy Skill Builders, 3830 E. Bellevue, PO Box 42050, Tucson, AZ 85733, (802) 323-7500.

The Therapy Horse, by Jan Spink, M.A. Available from Barbara Engel Therapy Services at (970) 563-9599.

Special Physical Education, by John Dunn and Hollis Fail. Wm. C. Brown Publisher, Dubuque, Iowa.

PATH INTL. Instructor Educational Guide. Available from PATH INTL. at (800) 369-7433.

101 Arena Exercises, by Cherry Hill. Available from Story Communications, Inc. at (800) 441-5700.

Horses, Gaits, Balance, Movement by Susan Harris. Available from Howell Book House at (800) 428-5331.

Horses, Guide to Selection, Care & Enjoyment of Horses, Second Edition, by W. Evans. Available from W.H. Freeman Publishing, 41 Madison Avenue, New York, NY 10010

Children with Disabilities, Mark L. Batshaw, M.D., available from Paul H. Brooks Publishing Company.

Person to Person, Lindsay Gething, available from Paul H. Brooks Publishing Company.

The USPC Guide to Longeing and Ground Training, Susan E. Harris (1997), available from US Pony Clubs, The Kentucky Horse Park, Iron Works Pike, Lexington, KY 40511 (606)254-7669



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HIGH HOPES INSTRUCTOR TRAINING COURSE

List of Staff Faculty

LEAD

Carolyn Jagielski, P.T. PATH Intl. Registered Instructor
HPCS Registered

History of Therapeutic Riding
Physical Disabilities, Human Development, Anatomy, Physiology,
Kinesiology, Mounting and Dismounting, Therapy Horse,
Practicum Mentor

LEAD

Kitty Stalsburg PATH Intl. Master Instructor
High Hopes Executive Director

History of PATH Intl., Teaching Techniques, Lesson Plans, Goals,
Team Teaching, Instructor Certification, Accreditation, Tack and Special Equipment,
Volunteers, Therapy Horse, Practicum Mentor

LEAD

Liz Adams PATH Intl. Advanced Instructor
High Hopes Program Director
Specialty: Vaulting Instructor

Lesson Plans, Goals, Teaching Techniques and Practicum Mentor

STAFF

Barbara Abrams, Expressive Therapist, PATH Intl. Advanced Instructor

Alicia Barrows, Development Assistant

Courtney Bernard, Volunteer Coordinator, PATH Intl. Registered Instructor

Laura Brown, Special Programs Manager, PATH Intl. Advanced Instructor

Sarah Carlson, Special Programs Coordinator, PATH Intl. Advanced Instructor

Renya Craig, Receptionist/Program Administrative Assistant

Jonnie Edwards, PATH Intl. Advanced Instructor

Megan Ellis, Volunteer Manager, PATH Intl. Advanced Instructor

Lauren Fitzgerald, Lesson Manager, PATH Intl. Advanced Instructor, Specialty: Driving Instructor

Patty Ganey, PATH Intl. Registered Instructor

Deborah Hansen, Caretaker

Donna Latella, Occupational Therapist, PATH Intl. Registered Instructor

Dawn Nelligan, PATH Intl. Advanced Instructor

Juanita Paris, Barn Staff

Courtney Bernard, Volunteer Coordinator, PATH Intl. Registered Instructor

Linda Lee-Picazio, Finance Director

Holly Ridgway, PATH Intl. Advanced Instructor

Susan Shulman, Office Manager

Sara Slayton Qua, Development Director

Holly Sundmacker, Equine Operations Director

Kathryn Vine, Equine Care Assistant, PATH Intl. Registered Instructor



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HIGH HOPES THERAPEUTIC RIDING, INC. INSTRUCTOR TRAINING COURSE TENTATIVE SCHEDULE

JANUARY 4, 2012 ó MARCH, 2012 (intensive)

JANUARY 4, 2012 ó MAY, 2012 (extended)

All lectures begin at 9 am unless otherwise specified by the instructor.

Wednesday, 1/4/12	Welcome and General Orientation Tour of Facility Verification of registration materials Discussion of expectations Participant riding PATH Intl. and a History of Therapeutic Riding Equine Movement Analysis The Horse ó Introduction to the benefits of the horse
Thursday, 1/5/12	Anatomy of the Rider Riding from an Anatomical Point of View Postural Alignment and Corrections - Exercises Mounted Session ó Using the Movement of the Horse for Therapy Medical Terminology
Friday, 1/6/12	Growth and Development Observation of Children Posture and Balance Reactions Mounted Session ó Effects of Equipment Movement Analysis - Human Tack and Equipment as it relates to posture
Saturday, 1/7/12	Volunteer Management Orientation and Practicum Practicum Procedures
Monday 1/9/12-1/12/12	Practicum Work Specialty Activities
Friday, 1/13/12	Physical Disabilities Neurological Impairments
Saturday, 1/14/12	Physical Disabilities Orthopedic Impairments Precautions and Contraindications
Sunday 1/15/12	Mounting and Dismounting ó Design and Body Mechanics, Equipment and Practicum The Instructional Team; Rider Assessment
Friday, 1/20/12	The Effective Instructor Lesson Planning and Task Analysis Teaching techniques and strategies Role Play



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Thursday, 1/26/12	Practicum and Specialty Activities
Friday, 1/27/12	Therapy Horse I Equine Management, Selection, Evaluation
Monday, 1/30/12 ó	
Thursday, 2/2/12	Practicum
Friday, 2/3/12	Facility and Risk Management CAT and Mock Accreditation Visit Speech and Language
Saturday, 2/4/12	Sensory Integration in the TR Setting Introduction to Vaulting
Monday ó Wednesday	Practicum
Thursday, 2/9/12	Business Organization and Fundraising
Friday, 2/10/12	Therapy Horse Part II Training Techniques and Handling Tack and Equipment fit and usage
Intensive ITC Course:	
Wednesday, 1/4/12 ó	
March, 2012	PRACTICUM
March, 2012	Intensive Instructor Training Course Ends
Extended ITC Course:	
Wednesday, 1/4/12 ó	
May, 2012	PRACTICUM
TBD	On-line CAT and On-line PATH INTL. Registered Open-book Exam
May, 2012	Instructor Training Course Ends



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HIGH HOPES THERAPEUTIC RIDING, INC.

INSTRUCTOR TRAINING COURSE

TENTATIVE SCHEDULE – INTENSIVE PROGRAM

AUGUST 28, 2012 ó NOVEMBER 2012

All lectures begin at 9 am unless otherwise specified by the instructor.

Tuesday, 8/28/12	Welcome and General Orientation Tour of Facility; Discussion of expectations Verification of Registration Materials PATH INTL. and A History of Therapeutic Riding The Horse ó Introduction to the therapeutic benefits Equine Movement Analysis
Wednesday, 8/29/12	Anatomy of the Rider Riding from an Anatomical Point of View Postural Alignment and Corrections - Exercises Mounted Session ó Using the Movement of the Horse for Therapy Medical Terminology
Thursday, 8/30/12	Human Growth and Development Posture and Balance Reactions Mounted Session ó Effects of Equipment as it relates to posture Movement Analysis - Human
Friday, 8/31/12	Volunteer Management and Orientation Practicum training Role Play and Special Activities ó Vaulting
Tuesday, 9/4/12	Physical Disabilities Neurological Impairments
Wednesday, 9/5/12	Speech and Language Rider Assessment-needs of the rider The Instructional Team-available resources Mounting and Dismounting ó design, body mechanics, practicum
Thursday, 9/6/12	Physical Disabilities Part II Orthopedic Impairments Precautions and Contraindications
Friday, 9/7/12	The Therapy Horse ó Part I Selection, Evaluation and Training Tack Fitting and use Role Play and Barn Practicum
Monday 9/10/2012	Facility and Risk Management PATH INTL. Standards and CAT Course Mock Accreditation Visit; Role Play Special Activities ó ELP; Camp



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Wednesday, 9/12/11	Human Behavior and Psychology Psychosocial Disabilities Role Play
Thursday, 9/13/12	Practicum Observation
Friday, 9/14/12	Specialty Activity - Driving
Monday, 9/17/12	Cognitive Disabilities Games and Exercises Observation
Tuesday, 9/18/12	Administration Sensory Integration Specialty Activity - Vaulting
Wednesday, 9/19/12	Therapy Horse 6 Part II Equine Management Barn Practicum
Thursday 9/20/12 6 November, 2012	PRACTICUM
TBD Candidates	On-line CAT and On-line Registered Open Book Exam to be taken by
November, 2012	Instructor Training Course Ends



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HIGH HOPES INSTRUCTOR TRAINING COURSE PRACTICUM PROCEDURE

Each instructor candidate is responsible for the completion of a minimum of 100 hours of practicum experience. Twenty-five percent of these hours must be instructor hours for the registered instructor certification program. A Practicum Hours Sheet has been provided for you to assist in the documentation of these hours.

There are three phases of Practicum to be completed -- Phase I "Demonstration of Skills," Phase II "Practicum Progression," and Phase III "Practicum Final Evaluation." During Phase I, you will have the opportunity to demonstrate basic equine, safety, sidewalking and mounting skills necessary for advancement to Phase II. This will include the necessary experiences of volunteering in and observing classes prior to teaching. After completing Phase I, you must set up an informal and interactive meeting with an Instructor Training faculty to establish your personal goals.

In Phase II, a step by step process will be implemented to enhance your teaching experience. This phase allows the following progression of teaching experiences:

- Volunteer/staff riding lessons
- One on one lesson with Program Rider
- Small group (2-3) lessons with Program Riders
- Large group (3-5) lessons with Program Riders
- Additional teaching times when you are taking a leadership role in the practicum activity

Practicum mentors will complete detailed evaluations of your performance. A minimum of 12 written evaluations are required, the rest can be written or verbal. It is your responsibility to provide your mentor, **at least 24 hours in advance**, with an evaluation form and a written lesson plan. Please note that the written lesson plans are **mandatory** prior to teaching for all 25 hours. (There are two different evaluation forms in the practicum section of your notebook. You and your mentors will decide together which form to utilize.)

Upon the completion of Practicum Phases I and II, you must set up a second meeting with an Instructor Training Course Faculty to assess your personal progress, and to schedule Phase III. During Phase III you will be evaluated instructing a large group (3-5 riders). Please note that a written lesson plan must be submitted in advance in order to complete Phase III.

We hope you will enjoy your learning experiences here at High Hopes. We look forward to working with each of you.



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HIGH HOPES INSTRUCTOR TRAINING COURSE APPLICATION FORM

Please type or clearly print in ink

All Applicants must be a current PATH Intl. Individual Member.

This page and the checklist on the next page must be completed before mailing.

All prerequisite criteria must be met to complete the application process. Your information packet contains a list of current prerequisites.

Name _____

Mailing Address _____ City _____ State _____ Zip _____

Phone: Day _____ Evening _____ Cell _____ E-Mail _____

Therapeutic Riding Affiliation: _____

Briefly describe your experience with individuals who have disabilities (use additional sheets as necessary): _____

Which course best meets your needs? ___ Aug. ___ Jan. Intensive ___ Jan. Extensive Other: _____

Do you require housing? (Provided at an additional fee) ___ Yes ___ No

Do you have any special needs/concerns? _____

At the completion of this course, what level of PATH Intl Instructor Recognition would you like to achieve?

_____ Registered _____ Advanced _____ Undecided _____ None

FEES

\$2,500. Tuition* (includes non-refundable \$150 Application Deposit and Registered Instructor Exam Fee) \$ _____

\$75. PATH Intl ADVANCED Instructor Exam Fee _____

\$250. High Hopes ADVANCED Instructor Fee _____

\$1,000. Housing** _____

\$200. Security Deposit for Housing** _____

TOTAL DUE – PAYABLE TO HIGH HOPES: \$ _____

**Please return the application form, payment, and other required materials to:
High Hopes Therapeutic Riding, Inc., 36 Town Woods Road, Old Lyme, CT 06371**

Withdrawal prior to the application deadline ó 100% minus the \$150 application fee.

Withdrawal after the application deadline ó 0%

*Scholarship applications are available upon request.

**Please note that the Housing Fee guarantees student accommodations ONLY on the days of lecture or practicum. Housing on other days may be arranged for an additional fee of \$45 per person/night and at the discretion of the Executive Director. Meals are not included. Security deposit will be reimbursed at the end of the student's stay, provided that the house is maintained sufficiently during the stay, and only after the house has been checked and meets all guidelines set forth in the introduction manual at the end of the stay.



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HIGH HOPES INSTRUCTOR TRAINING COURSE APPLICATION FORM (continued)

APPLICATION CHECKLIST

I am a current PATH Intl. Individual Member. Membership # _____

I have enclosed the following (check each item):

- High Hopes Instructor Training Course Application (*this form*)
- Riding Instructor Resume
- Personal Reference
- Professional Reference
- PATH Intl. Registered Instructor Essay Questions
- PATH Intl. Documentation of Mounted Teaching Hours
- Horsemanship Skills Checklist
- A copy of my current CPR card (front and back)
- A copy of my current First Aid card (front and back)
- PATH Intl. Center Reference (Advanced Only)

I have kept a copy of all the paperwork listed above.

Height (required): _____ Weight (required): _____ Preferred Seat: English Western

Shirt/Fleece Size: _____ Birth Date: _____

Registered Only:

- I am at least 21 years of age.
- I will have completed _____ hours of teaching riding (must be at least 25 hours) by the end of the training course.
- I understand that I must make a copy of my completed examination, to keep for my records, before returning the original to PATH Intl.

Advanced Only:

- I am at least 21 years of age.
- I have completed _____ hours of therapeutic riding teaching experience at a PATH Intl. member operating center (must be at least 120 hours) and with the applicable PATH Intl. Documentation.
- I have completed the Teaching Hours Form.



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Riding Instructor Resume

Please type or print clearly in ink. Please include a copy of your actual resume as well.

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Are you a licensed therapist? PT OT Other Therapist: _____

Are you a PATH Intl. Individual member: Yes No

If affiliated with an operating center, list name: _____

EDUCATION

High School: _____ Year: _____ Diploma: _____

College or Vocational: _____ Year: _____ Diploma: _____

Other Studies/Certificates/License: _____ Year: _____

Work Experience related to disabilities (other than therapeutic riding): _____

EQUESTRIAN BACKGROUND

Number of years riding: _____ Owning a horse: _____ Number of years giving riding instruction: _____

Type of instruction: _____ Pony Club level: _____ 4-H level: _____

Your equestrian experience: _____

EXPERIENCE TEACHING RIDERS WITH DISABILITIES

Do you work with any of the following disabilities? Check all that apply.

- | | |
|--------------------------|--------------------------|
| Mental Impairments | Cerebral Palsy |
| Learning Disabilities | Multiple Sclerosis |
| Communication Impairment | Muscular Dystrophy |
| Hearing Impairments | Brain Injury/Head Trauma |
| Visual Impairments | Spina Bifida |
| Emotional Impairments | Stroke/CVA |
| Autism | Post-Polio |
| Down Syndrome | Other _____ |

ADDITIONAL INFORMATION

Professional organizations of which you are a member: _____

Articles/books/lectures you have done: _____

Signature: _____

Title: _____ Date: _____



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Personal Reference

(This reference must be different from the PATH INTL. Center Reference and should NOT be a family member. Please type or print clearly in ink. Please attach extra sheets as necessary.)

Candidate's Name: _____

Name of Reference: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: Day: _____ Evening: _____ Cell: _____

In what capacity does the reference know the candidate?

Evaluate the candidate's knowledge of horses and _____ horsemanship:

Evaluate the candidate's understanding of individuals with disabilities and riding:
(Please attach extra sheets if necessary)

Evaluate the candidate's riding skills:

Signature of Reference: _____ Date: _____



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Professional Reference

*(This reference cannot be the same as the Personal Reference.
This reference must be familiar with applicant's riding instruction experience.)*

Instructor Certification Candidate's Name: _____

Name of Reference: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: Day:

Evening:

In what capacity does the reference know the _____ candidate?

How many hours of lesson instruction has the applicant completed?

Evaluate the candidate's knowledge of horses and horsemanship:

Evaluate the candidate's understanding of individuals with disabilities and riding:
(Please attach extra sheets if needed)

Signature of Reference: _____ Date: _____



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PATH Intl. Registered Instructor

Essay Questions

In your own words, answer the following questions. You may use this page or answer on a separate sheet of paper. Typed answers are suggested, as they are easiest to read.

CANDIDATE NAME: _____

1. Indicate which style of riding you teach:

___ Balance Seat ___ Forward Seat

___ Dressage ___ Western

___ Other:

Explain why you teach the style of riding indicated and what the benefits are for your riders.

2. Discuss your philosophy of teaching:

3. Describe your strengths as a therapeutic riding instructor:

4. Describe your opportunities for improvement as a therapeutic riding instructor:



THE HIGH HOPES STORY

A Tradition of Excellence in Therapeutic Riding for 36 years!

High Hopes Therapeutic Riding, Inc. is a nonprofit organization located in Old Lyme, CT committed to offering the benefits of therapeutic riding and related equine assisted activities and therapies to children and adults with physical, behavioral and developmental disabilities. Founded in 1974, High Hopes offers year-round programs providing effective, safe and innovative equine assisted therapy, with the goal of improving each person's balance, mobility, coordination, and physical strength, as well as confidence and self-esteem.



To illustrate how we have grown over the years, in 1974 High Hopes had one instructor, eight riders, ten volunteers, and borrowed horses, tack and equipment. This past fiscal year we served over 1,500 individuals with the help of over 600 volunteers contributing over 36,000 hours, and 27 horses specifically trained for therapeutic riding. Of the current roster of participants, 58% are children between the ages of three to 13 years, 21% are individuals between 14-20 years, and 21% are adults over 21 years of age. Our programs have grown through a multitude of efforts, including several capital campaigns, special fundraising events, grant funding, corporate support, annual giving and endowment campaigns, and public outreach efforts our staff and volunteers make to schools, community groups, hospitals, rehabilitation centers, etc.

High Hopes now operates from our own riding center built in October 1990 and renovated and expanded in 2001. Having our own facility allows us to run year round programs to better meet the increasing demand for our services. In addition, our classroom enables us to offer workshops on a wide range of topics, as well as offer the PATH Intl. approved Instructor Training Course throughout the year. Finally, in addition to equine assisted activities for individuals with disabilities, our services also includes training opportunities for volunteers and parents, enabling High Hopes to make a meaningful and comprehensive contribution to the field of therapeutic riding at large.

THERAPEUTIC RIDING BACKGROUND

The therapeutic value of horseback riding was established scientifically in the late 19th century. The concept arrived in the United States from Europe in the 1940s, and over 800 therapeutic riding centers are now located throughout the United States under the direction of PATH Intl. PATH Intl. is a national organization which establishes guidelines and standards to promote safe, quality programs as well as certified instructors. Due to the excellence of our programs, High Hopes was one of the first centers to receive PATH Intl. accreditation and continues to be a PATH Intl. Premier Accredited Center.





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Our programs are designed to benefit individuals with a wide variety of disabilities. Please contact us with the following general disability descriptions: Autism, Attention Deficit Hyperactivity Disorders, Cerebral Palsy, Neurological and Physical Impairments, Sensory Disorders, Traumatic Brain Injury, and Language Disorders.

High Hopes has also expanded its programs to better serve disadvantaged youth from the inner city of New London, as well as our mental health participants. We also operate a summer camp program, where children with and without disabilities participate in activities together. Although High Hopes is physically located in Old Lyme, the program's geographic range spans over 74 towns throughout Connecticut.

WHAT IS UNIQUE ABOUT HIGH HOPES?

High Hopes has a fully equipped facility offering year-round therapeutic riding and related equine assisted programs as well as training and education for therapeutic riding instructors. Our many years of experience with therapeutic riding has resulted in High Hopes becoming one of the largest and most well respected centers under the PATH Intl. umbrella. As leaders in our profession, we continually strive to improve the standards of safety and instruction associated with riding and working with horses. Our programs provide participants with a challenging form of physical activity that cannot be duplicated in any other setting, a sense of control, freedom and mobility and, of course, the unconditional love of a horse. For those children and adults who cannot walk, the ability to ride a horse gives them the opportunity to experience physical independence, sometimes for the first time in their lives. Perhaps most important of all, High Hopes provides a safe, nurturing environment in which participants may learn new skills, achieve goals, gain independence and build self-esteem, with the guidance of some of the most highly qualified and experienced staff in the therapeutic riding profession.