

EQUINE-ASSISTED INTERVENTIONS
HANDBOOK OF THERAPEUTIC RIDING
Principles Methodology Organisation

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Sponsored by Associazione Lapo

The Handbook consists of a 400-page book and of 2 didactic Videos (the 1st of 49 minutes, the 2nd of 134 minutes)

This practical technical-scientific Handbook is an absolute requirement for a proper professional application of Therapeutic Riding, currently denominated Equine-Assisted Interventions and for training and updating. The original editorial project, its systematic nature, in-depth contents and detailed video documentation make it unique on the international level.

The Handbook originates as the natural evolution of the previous volume *Principi Pratici di Riabilitazione Equestre* with a 62-minute teaching VHS cassette published in 1996 by the Publishing Co. UTET Periodici Scientifici (Milano), edited by Massimo Papini and Anna Pasquinelli

The **Authors** specifically qualified in Therapeutic Riding, are Professors from the Chair of Child Neurology and Psychiatry of the Faculty of Medicine and Surgery in Florence, Psychiatrists, Physiotherapists, Riding and Vaulting Instructors, Veterinarians, and Therapeutic Riding Therapists.

Therapeutic Riding, currently referred to as **Equine-Assisted Interventions (EAIs)** or **Equine Facilitated Interventions (EFIs)** or **Equine-Assisted Activities and Therapies (EAAT)** for individuals with special needs, is a method of rehabilitation which still requires a systematic scientific and practical approach and definition. The Handbook meets this need by examining Therapeutic Riding and its main areas of activity (Therapy, Education, Interactive Vaulting, Therapeutic Carriage Driving, Recreation/Leisure, Sport) in a thorough and in-depth manner where scientific rigor and the correct practical application of the methodology are combined.

The text begins by examining the general basic elements of both neuropsychiatric and neuropsychological disorders from the medical/rehabilitative viewpoint, and of riding; in particular, it takes into account the biophysical and biodynamic characteristics of the horse and kinesiology as applied to the “seat”. The Handbook then examines the effects of Therapeutic Riding on the neurological disorders, the symptomatology and the various neurological forms, as well as on the psychological disorders, and provides the key for interpretation and application. Extensive space is dedicated to the methodology of application and evaluation of results. A specific Assessment Protocol is presented. A brief excursus is dedicated to specific disciplines such as Vaulting, Carriage Driving, Sport Riding for the Disabled. The Handbook ends with the Guidelines and methods to organize and manage a Therapeutic Riding Centre.

The **2 Videos** (lasting over 3 hours) provide comprehensive video documentation pertaining to neuropsychiatric symptomatology, to TR methodology in neuromotor and mental disorders, and to

an analysis of the horse's movement and its repercussion on the subject. Vaulting, Driving and Sport Riding for the Disabled are also examined.