



**CANADIAN THERAPEUTIC RIDING ASSOCIATION  
ASSOCIATION CANADIENNE D'ÉQUITATION THÉRAPEUTIQUE**

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**CanTRA EQUINE-FACILITATED WELLNESS (EFW)**

**CERTIFICATION PROGRAM**

**Equine-Facilitated Wellness**

Equine-Facilitated Wellness (EFW) incorporates a range of counselling, education and personal development approaches, strategies and techniques which bring humans and equines together in healing and learning environments.

Terms which are currently used in this area of practice include, among others: Equine-Facilitated Counselling, Equine Experiential Learning, Equine-Assisted/Facilitated Psychotherapy, Equine-Assisted Activities, Equine-Assisted Professional Development, Equine-Guided Education and Equine-Assisted Personal Development. The term **Equine-Facilitated Wellness** is intended to encompass all of the above terms.

In EFW, clients will typically work towards therapeutic healing, self-awareness, and personal growth. This will be facilitated by certified EFW practitioners in carefully planned interactions with specially selected horses.

CanTRA's EFW certification is based on the principle that there is a team approach to this valued therapy. Since our inception, CanTRA has held high standards of practice regarding safety and professionalism. Our primary concern in the development of any CanTRA-sanctioned program or event is for the safety of all involved: clients, volunteers, instructors, and horses. We recognize that EFW (or programs with a similar focus) is practiced in many countries and with varied approaches to this therapy. However, the CanTRA vision for EFW is a one-on-one situation with a two-person team of the mental health or education professional and the equine professional, working as partners with one horse and one client (always wearing a riding helmet, whether mounted or not). ***In no circumstance does CanTRA condone a situation where more than one unrestrained horse and/or more than one client are in an arena together at one time.***

**Certification options**

**Mental Health Professional**

- CanTRA EFW Mental Health Professional (Basic), MHP(B)
  - May offer ground work therapy only
- CanTRA EFW Mental Health Professional (Advanced), MHP(A)
  - May offer ground work therapy and/or mounted therapy

**Education Professional**

- CanTRA EFW Education Professional (Basic), EDP(B)
  - May offer ground work therapy only
- CanTRA EFW Education Professional (Advanced), EDP(A)
  - May offer ground work therapy and/or mounted therapy

**Equine Professional**

- CanTRA EFW Equine Professional (Basic), EQP(B)
  - Supports Mental Health and Education Professionals working with individuals with mild challenges
- CanTRA EFW Equine Professional (Advanced), EQP(A)
  - Supports Mental Health and Education Professionals working with individuals with moderate to severe challenges

The intent of this structure is to allow certification candidates to gain experience and work toward certification while practicing in their chosen field.

**Steps to Certification**

The steps are essentially the same for any of the above levels. Our system is a self-directed process:

1. Determine which type of certification you wish to pursue by reviewing the prerequisite training requirements and the tasks that need to be completed to meet the certification requirements.
2. Register with CanTRA for Equine-Facilitated Wellness certification.
3. Submit verification that you meet the prerequisite training requirements.
4. Develop a personal plan and timeline for completing the training required for certification. Advisor support is available from CanTRA to do this. Submit the plan and timeline to the CanTRA office for tracking.
5. Submit verification that you have completed the required training.
6. Complete the final assessment requirements for your level of certification.

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**MENTAL HEALTH PROFESSIONAL (MHP)  
REQUIREMENTS**

**Education**

<b>MENTAL HEALTH PROFESSIONAL (BASIC)</b>	<b>MENTAL HEALTH PROFESSIONAL (ADVANCED)</b>
Undergraduate degree with a mental health-related focus (e.g., psychology, social work, nursing, mental health studies, child and youth care).  Registration with a requisite discipline's college or association, where applicable.	Masters or PhD in a mental health or health-related discipline (e.g., psychology, psychiatry, social work).  Registration with a requisite discipline's college or association, where applicable.

**Experience**

<b>MENTAL HEALTH PROFESSIONAL (BASIC)</b>	<b>MENTAL HEALTH PROFESSIONAL (ADVANCED)</b>
Three years of full-time professional experience (or equivalent) in the candidate's designated field. Experience can include all hours involved in providing services (face-to-face work with clients, supervision, planning, meetings, evaluation, paperwork, etc.).  At least 1000 hours of equine interaction client work (inclusive of any equine interaction experience/hours listed above).	Three years of full-time professional experience (or equivalent) in the candidate's designated field. Experience can include all hours involved in providing services (face-to-face work with clients, supervision, planning, meetings, evaluation, paperwork, etc.).  At least 2000 hours of equine interaction client work (inclusive of any equine interaction experience/hours listed above; also inclusive of 1000 hours accumulated for basic level certification, if applicable).

**Training**

<b>MENTAL HEALTH PROFESSIONAL (BASIC)</b>	<b>MENTAL HEALTH PROFESSIONAL (ADVANCED)</b>
Completion of training in the following three areas with minimum hours indicated (100 hours total):  - Equine behaviour: 20 hours - Direct facilitation training: 40 hours - Equine interaction conference, workshop, or method training: 40 hours	Completion of training in the following three areas with minimum hours indicated (100 hours total):  - Equine behaviour: 20 hours - Direct facilitation training: 40 hours - Equine interaction conference, workshop, or method training: 40 hours

<p>Completion of one or more of the following basic horsemanship certifications:</p> <ul style="list-style-type: none"> <li>a) Equestrian Canada or FEQ Rider 2 (English) <b>or</b></li> <li>b) Equestrian Canada or FEQ Rider 1 (Western) <b>or</b></li> <li>c) Pony Club C level <b>or</b></li> <li>d) CanTRA Lungeing Certificate, Level 1</li> </ul>	<p>Completion of one or more of the following horsemanship certifications:</p> <ul style="list-style-type: none"> <li>a) Equestrian Canada or FEQ Rider 6 (English) <b>or</b></li> <li>b) Equestrian Canada or FEQ Rider 4 (Western) <b>or</b></li> <li>c) Pony Club C2 Standard level <b>or</b></li> <li>d) CanTRA Lungeing Certificate, Level 1</li> </ul>
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**Final assessment requirements**

Once all of your prerequisite and training requirements are complete and have been reviewed and approved by CanTRA, you are eligible to challenge the established examination of CBEIP (Certification Board of Equine Interaction Professionals) ([www.cbeip.org](http://www.cbeip.org)). Candidates must write and receive a passing grade on the CBEIP Mental Health Professional exam in order to obtain their CanTRA EFW certification.

**Continuing education required after certification**

Although EFW certification is important, ongoing education is equally important to keep professionals at the top of their respective fields. The following is required:

<b>MENTAL HEALTH PROFESSIONAL (BASIC)</b>	<b>MENTAL HEALTH PROFESSIONAL (ADVANCED)</b>
As per the CBEIP Recertification Policy, candidates need to <u>recertify every three years</u> and then submit their recertification certificate to CanTRA for their records.	As per the CBEIP Recertification Policy, candidates need to <u>recertify every three years</u> and then submit their recertification certificate to CanTRA for their records.

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**EDUCATION PROFESSIONAL (EDP)  
REQUIREMENTS**

**Education**

<b>EDUCATION PROFESSIONAL (BASIC)</b>	<b>EDUCATION PROFESSIONAL (ADVANCED)</b>
Undergraduate degree in education, human services or related field (e.g., management and staff development, leadership studies, outdoor experiential education)	Masters or PhD (e.g., occupational therapy, education, leadership, etc.)
Registration with a requisite discipline's college or association, where applicable.	Registration with a requisite discipline's college or association, where applicable.

**Experience**

<b>EDUCATION PROFESSIONAL (BASIC)</b>	<b>EDUCATION PROFESSIONAL (ADVANCED)</b>
Three years of full-time professional experience (or equivalent) in the fields of education, facilitation, coaching, etc. Experience can include all hours involved in providing services (face-to-face work with clients, supervision, planning, meetings, evaluation, paperwork, etc.)	Three years of full-time professional experience (or equivalent) in the candidate's designated field. Experience can include all hours involved in providing services (face-to-face work with clients, supervision, planning, meetings, evaluation, paperwork, etc.)
At least 1000 hours of equine interaction client work (inclusive of any equine interaction experience/hours listed above).	At least 2000 hours of equine interaction client work (inclusive of any equine interaction experience/hours listed above; also inclusive of 1000 hours accumulated for basic level certification, if applicable).

**Training**

<b>EDUCATION PROFESSIONAL (BASIC)</b>	<b>EDUCATION PROFESSIONAL (ADVANCED)</b>
Completion of training in the following three areas with minimum hours indicated (100 hours total):	Completion of training in the following three areas with minimum hours indicated (100 hours total):
<ul style="list-style-type: none"> <li>- Equine behaviour: 20 hours</li> <li>- Direct facilitation training: 40 hours</li> <li>- Equine interaction conference, workshop or method training: 40 hours</li> </ul>	<ul style="list-style-type: none"> <li>- Equine behaviour: 20 hours</li> <li>- Direct facilitation training: 40 hours</li> <li>- Equine interaction conference, workshop or method training: 40 hours</li> </ul>
Completion of one or more of the following basic horsemanship certifications:	Completion of one or more of the following horsemanship certifications:

a) Equestrian Canada or FEQ Rider 2 (English) <b>or</b> b) Equestrian Canada or FEQ Rider 1 (Western) <b>or</b> c) Pony Club C level <b>or</b> d) CanTRA Lungeing Certificate, Level 1	a) Equestrian Canada or FEQ Rider 6 (English) <b>or</b> b) Equestrian Canada or FEQ Rider 4 (Western) <b>or</b> c) Pony Club C2 Standard level <b>or</b> d) CanTRA Lungeing Certificate, Level 1
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**Final assessment requirements**

Once all of your prerequisite and training requirements are complete and have been reviewed and approved by CanTRA, you are eligible to challenge the established examination of CBEIP (Certification Board of Equine Interaction Professionals ([www.cbeip.org](http://www.cbeip.org))). Candidates must write and receive a passing grade on the CBEIP Education Professional exam in order to obtain their CanTRA EFW certification.

**Continuing education required after certification**

Although EFW certification is important, ongoing education is equally important to keep professionals at the top of their respective fields. The following is required:

<b>EDUCATION PROFESSIONAL (BASIC)</b>	<b>EDUCATION PROFESSIONAL (ADVANCED)</b>
As per the CBEIP Recertification Policy, candidates need to <u>recertify every three years</u> and then submit their recertification certificate to CanTRA for their records.	As per the CBEIP Recertification Policy, candidates need to <u>recertify every three years</u> and then submit their recertification certificate to CanTRA for their records.

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## **EQUINE PROFESSIONAL (EQP) REQUIREMENTS**

### **Prerequisites**

<b>EQUINE PROFESSIONAL (BASIC)</b>	<b>EQUINE PROFESSIONAL (ADVANCED)</b>
<p>Horsemanship certification in any of the following:</p> <ul style="list-style-type: none"> <li>a) Equestrian or FEQ Canada Rider 2 (English) <b><u>or</u></b></li> <li>b) Equestrian Canada or FEQ Rider 1 (Western) <b><u>or</u></b></li> <li>c) Pony Club C level <b><u>or</u></b></li> <li>d) CanTRA Lungeing Certificate, Level 1</li> </ul>	<p>Horsemanship certification in any of the following:</p> <ul style="list-style-type: none"> <li>a) Equestrian Canada or FEQ Instructor of Beginners <b><u>or</u></b></li> <li>b) Equestrian Canada or FEQ Rider 6 (English) <b><u>or</u></b></li> <li>c) Equestrian Canada or FEQ Rider 4 (Western) <b><u>or</u></b></li> <li>d) Pony Club C2 Standard Level</li> </ul>

### **Training**

<b>EQUINE PROFESSIONAL (BASIC)</b>	<b>EQUINE PROFESSIONAL (ADVANCED)</b>
<p>CanTRA CTRBI certification.</p> <p>250 hours specifically related to knowledge and understanding of mental health and education issues, to include</p> <ul style="list-style-type: none"> <li>- CanTRA-approved hands-on clinics and workshops <b><u>or</u></b></li> <li>- classroom training through CanTRA-approved courses, workshops, seminars and conferences that include skills of helping and basic understanding of mental health and education issues.</li> </ul>	<p>CanTRA CTRII <b><u>or</u></b> CTRSI <b><u>or</u></b> Coach certification.</p> <p>500 hours, to include</p> <ul style="list-style-type: none"> <li>- apprenticeship in an established CanTRA EFW program or equivalent participation in CanTRA-approved hands-on clinics and workshops</li> <li>- training through CanTRA-approved courses, workshops, seminars and conferences that includes a more advanced understanding of mental health and education issues.</li> </ul>

### **Final assessment requirements**

Equine Professionals will not be required to write a final examination. A “pass” at either the EQP Basic or Advanced level will be granted upon successful submission and review of all requirements.

### **Continuing education required after certification**

Although EFW certification is important, ongoing education is equally important to keep professionals at the top of their respective fields. The following is required:

<b>EQUINE PROFESSIONAL (BASIC)</b>	<b>EQUINE PROFESSIONAL (ADVANCED)</b>
20 hours of updating over 3 years through CanTRA-approved courses, workshops, seminars and conferences.	20 hours of updating over 3 years through CanTRA-approved courses workshops, seminars and conferences.

**Where to obtain training**

There are many college, university and private practitioner courses already available that will meet the training requirements for the above levels for EQPs. This allows certification candidates to access much of their training in their local communities. Please contact the CanTRA office with any questions related to course eligibility.

EFW candidates and CanTRA-certified EFW practitioners will be notified when CanTRA regional workshops are available.

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**FEES**

Fees are set up in a “tuition” structure. This allows each individual to work out a payment plan with CanTRA that fits within the timelines of their training. All fees must be paid prior to the final granting of certification.

<b>MENTAL HEALTH / EDUCATION PROFESSIONAL (BASIC) and (ADVANCED)</b>	<b>EQUINE PROFESSIONAL (BASIC) and (ADVANCED)</b>
Tuition: \$378.00 for each level  Includes: - CanTRA membership for 2 years - Prerequisite training submission review - Training submission review - Advisor support - Badge and certificate  NOTE: Upon completion of all prerequisites/training and approval by the EFW Committee, Mental Health and Education Professionals are required to register for the CBEIP exam through exam centres listed on the CBEIP website, <a href="http://www.cbeip.com">www.cbeip.com</a> . Exam fees are payable directly to CBEIP and are above and beyond the CanTRA tuition fees. CBEIP currently charges \$300.00 USD for examination.	Tuition: \$378.00 for each level  Includes: - CanTRA membership for 2 years - Prerequisite training submission review - Training submission review - Advisor support - Badge and certificate