President's Message

I am writing to you for the last time as president of CanTRA, as my term in this position ends in May 2019.

I am especially proud to have had the privilege of working with so many great-hearted people who are so deeply engaged in an organization recognized internationally for the quality of its services, its openness to new insights, and its leadership in the education and training of equestrian professionals in the field of therapeutic riding.

The future of our organization looks very promising because CanTRA knows how to remain focused on new developments in research that target the needs of our clients. We can never insist enough on the importance of supporting and encouraging those of you whose goal is the improvement of our riders’ quality of life.

Buoyed by the last 40 years of unremitting work fundamentally oriented to the wellbeing of our riders, CanTRA looks forward to a promising future. New faces, new structures, new technologies – but always the same mission to inspire the continuous evolution of our organization. Long Live CanTRA!

CanTRA's MISSION

To promote the benefits of therapeutic riding throughout Canada, by raising public awareness, working closely with the medical profession, providing continuing education, maintaining high standards for therapeutic riding instructor certification and accrediting therapeutic riding centres.

Serving Canada since 1980

Positively impacting lives since that time.
CanTRA’s Hippotherapy Committee has been active at home and internationally:

- April 2018 - AHA Level 1 Training held at Little Bits Therapeutic Riding Association in Edmonton, Alberta.
- October 2018 - in Canberra, Australia, Pippa Hodge presented to 16 therapists over three workshops, with horse handlers involved in parts of the training.

2019 ongoing research studies and development include:

- Use of Hippotherapy for aging population, a study out of Japan with geriatric participants showing decreased lateral sway after only 1 hour of riding.
- Speech Language Pathology (SLP) study demonstrating iPad use for increased communication on the horse.
- Following results of study out of Germany looking at positive outcomes in clients with MS.

"When I ride, I feel the rhythm and warmth of the horse relaxing my tight, spasm-prone legs. Sitting tall in the correct posture strengthens my core. Stretching my arms and turning improves my flexibility and balance. I am having a physical challenge and it is enjoyable. It is much better than just trying to battle my body doing exercises on my own."

Pippa Hodge, Chair, Hippotherapy Committee

"I never thought I would see my little guy have fun while doing therapy."

"Riding a horse is not only therapeutic for me - it is my stepping stone into the world."

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Certification, Standards, and Accreditation

The following goals were set and successfully met:

- To establish several accredited examination centres across the country, providing continuity for both candidates and examiners.
- To assist program leaders to interpret and implement requirements at all levels of accreditation.
- To review and update all levels of instructor certification examination papers.
- To introduce a new certification level, CTRBI-2, which would enable instructors at the CTRBI level to teach two riders at a time.
- To diligently address positive public relationships between CanTRA and its member centres, as well as both established and candidate instructors.
- To provide mentors through the Certification Committee Chair for both instructors and candidate instructors in regions where qualified CanTRA personnel are not available.
- To complete materials for certification workshops and mentor clinics scheduled for the Spring of 2019 with dates and locations confirmed.

Looking forward to the next fiscal year, plans include:

- To continue to strengthen our public relations outreach.
- To provide video conferencing through the ZOOM program, which allows for multiple participants. This platform will enable us to offer continuing education and access to panel discussions with experts in their field.
- To continue working with member centres, supporting them in reaching the required accreditation standards, and providing mentors for leaders and instructors in areas of the country where this is a challenge.
- To continue providing clinics and workshops across the country at all of our Examination Centres.
- To host an educational 40th Anniversary Conference.

We extend our appreciation to the many examiners and other knowledgeable volunteers who have assisted us in reaching the goals for 2018.

Margaret Rigby, Chair, Certification & Education
Ann Caine, Chair, Standards & Accreditation

14 CTRBI certified in 2018 with the additional certification of 2 CTRBI-2, 8 CTRII, 4 CTRSI, and 2 CanTRA Coach.

60+ Member Centres offering various programming in Therapeutic Riding, Driving, Hippotherapy, Vaulting, Competition, Camps, Equine-Facilitated Wellness, and other equine-assisted activities.
2018 Board and Staff

Officers
Eliane Trempe, President (QC)
Daphne Davey, Past President (PE)
Shelene Williams, 1st Vice-president (AB)
JoAnn Thompson Franklin, 2nd Vice-president (NB)

Directors
Jo-Anne Billington (AB)
Tricia Mellor (ON)
Kathleen Murphy (ON)
Christine Ross (BC)
Margaret Tibbo (NL)

Staff
Brenda Coward (ON)
 Administrator
Bren Pickel (BC)
 Communications Coordinator

CanTRA is recognized by Equine Canada and Horses in Education and Therapy International (HETI) as the governing body for therapeutic riding in Canada.

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“I my biggest pleasure is watching how far my child has come, which is further than I had ever hoped for.”