

Frequently Asked Questions about Hippotherapy

Contact Information:

American Hippotherapy Association
136 Bush Rd.
Damascus, PA 18415

Website contains course information:

www.americanhippotherapyassociation.org
(888) 851-4592

What is Hippotherapy?

Hippotherapy is done by an Occupational, Physical and Speech Therapists (OT, PT, ST) who has been specially trained to use the movement of the horse to facilitate improvements in their client/patient. It does not teach the client how to ride the horse. Therapists use traditional techniques such as NDT (neurodevelopmental treatment) and SI (sensory integration) along with the movement of the horse as part of their treatment strategy.

What is the difference between Hippotherapy and Therapeutic riding? (Equine Assisted Activities, Therapeutic Horsemanship, etc.)

A licensed therapist in Occupational, Physical or Speech therapy, who has specific training, provides Hippotherapy. The goals are therapy directed such as improving balance, coordination, posture, fine motor control, improving articulation and increasing cognitive skills. Therapeutic Riding teaches the rider to control the horse with such skills as reining, use of aids, and stable management. NARHA certifies Therapeutic Riding Instructor at 3 levels of expertise.

How can I (or my therapist) become a “Hippotherapist”?

There is no such thing as a Hippotherapist, but any OT, PT or ST with special training in the techniques can provide hippotherapy as part of their treatment. The training for therapists is provided by a curriculum of courses offered by AHA, Inc. Check website for course listings.

What is the relationship between NARHA and AHA?

They are Affiliate Partners. AHA began as a section of NARHA and then become incorporated as a separate organization. As partners, NARHA and AHA share many of the same goals and objectives to serve people with special needs. You can be a member of each organization.

How do I become a member of AHA?

You can call, write or get on the AHA website. NARHA members will receive a discounted membership to AHA for their first year.

When is the next hippotherapy course?

Check the AHA website to get a listing of the courses or call the office (888) 851-4592

How do I find a therapist in my area?

NARHA maintains a list of Registered Therapists. These people are licensed in OT, PT, or ST and have successfully completed training in hippotherapy techniques.