

"Conclusion: A structured THR program provided beneficial therapeutic effects for veterans with PTSD and functional disabilities."



Horses and Humans Research Foundation News & Updates

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"It takes a trained and discerning researcher to keep the goal in sight, and to detect evidence of the creeping progress toward it." - John C. Polanyi

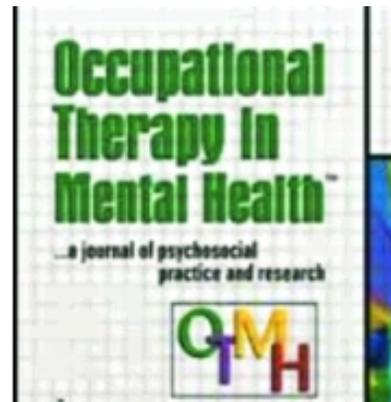
Publication Announcement from Baylor University Team

Principal Investigator Beth A. Lanning, PhD, MCHES, and her team from Baylor University had their 2014 HHRF-funded research study published in Occupational Therapy in Mental Health [June 2017 Edition](#).

Title: Using Therapeutic Riding as an Intervention for Combat Veterans: An International Classification of Functioning, Disability, and Health (ICF) Approach

Abstract: The aim of the study was to examine the effects of therapeutic horseback riding on posttraumatic stress symptoms, quality of life, and functioning of combat veterans using the International Classification of Functioning, Disability, and Health (ICF) as a framework.

Fifty-one veterans and active duty service members participated in an 8-week therapeutic riding program. The study findings revealed clinically significant decrease in PTSD symptoms, improved social functioning, vitality, less interference of emotions on daily activities, and



increased participation. Qualitative themes discovered included improved confidence, trust, acceptance of self and others, and gratitude. Qualitative and quantitative data linked to the ICF components.

Conclusion: A structured THR program provided beneficial therapeutic effects for veterans with PTSD and functional disabilities. The ICF model proved to be a useful lens through which to examine changes in mental and physical functioning and to explore the changes as they related to specific levels of disability, quality of life, and overall functioning.

[Access the full published article](#)

[Read their original research application](#)

[Read their final research report to HHRF](#)

Welcoming Our Newest Scientific Advisory Council Member

Pamela R. Mitchell, Ph.D., C.C.C./SLP, Kent, OH

"I am interested in [working with] HHRF so that I can assist in promoting increased research on this important topic and in evaluating and disseminating news about studies funded by the Foundation."

Pamela Mitchell has over twenty-five years of experience in higher education training speech-language pathology students and has numerous publications, presentations and grant awards at local through international levels. She has a particular interest and expertise in speech/language and communication impairments in a wide range of individuals with complex communication and cognitive impairments, including those who would benefit from Augmentative and Alternative Communication and the development of intentional communication skills. She is committed to improving evidence to promote effective practices for individuals with disabilities in all areas of functional abilities, but particularly those areas related to communication.



Prof. Mitchell has a special interest in horses that began when she was quite young, and has continued. She has assisted with Horse 4H clubs for many years and has personally observed the power that horses and horse care have on emotional competence, perseverance and sense of responsibility.

[Meet the rest of the advisors](#)

HHRF Participates in American Horse Council Research Panel

At their annual meeting in June, the American Horse Council held a panel discussion on the impact of equine research on the wellness of equines and equestrians. It was an exciting opportunity for sharing the fruit of research initiatives from a diverse group of equestrian organizations. Among the invited panelists were representatives from the Grayson Jockey Club Research Foundation, American Associations of Equine Practitioners Foundation, American Quarter Horse Foundation, Colorado State University and HHRF.

Each panelist was asked to share examples of research projects they supported and discuss that research's impact on the equine community. Presentations of research ranged from a systematic mapping review study of equine assisted activities and therapies to the latest veterinary studies of laminitis. Rather than detracting from the research panel, the panels wide ranging diversity highlighted the critical importance of both communication and collaboration. Indeed, specific recommendations from the panelists on how research can continue to support both horses and humans all focused on increasing the dissemination of research results as well as communication and collaboration amongst diverse research communities.



The importance of both research and collaboration in ensuring the welfare of horses as well as equine enthusiasts were central themes throughout the panel discussion. HHRF is grateful to take on an important role in supporting the advancement of knowledge of horse-human interaction through increased collaboration with other organizations that support and value research.

- Allyn Mann, Luitpold Animal Health, Moderator
- Edward Bowen, Grayson-Jockey Club Research Foundation
- Paul Haefner, PhD, Horses and Humans Research Foundation
- Tom Lenz, DVM, American Quarter Horse Association
- Nathaniel White, DVM, AAEP Foundation
- Wendy Wood, PhD, Colorado State University, Temple Grandin Equine Center

What Are Your Thoughts On Research, Kathy Alm?

Occasionally we still hear someone in the field ask us "Why is research important? Why does my program need it?" So we decided to ask the Executive Director of PATH International, [Kathy Alm](#), some of her thoughts on those issues.

HHRF: Kathy, you did not start at the ground level of the equine-assisted activities and therapies (EAA/T) field. What personal research did you do early on that convinced you of the worthiness of this field?

KA: I was convinced of the worthiness of this field through interaction with participants and their families, seeing and hearing first-hand how EAA/T had changed their life physically, cognitively, and emotionally. Very little data research existed, but the significance of the impact on the individual, coupled with the numbers reporting that impact (along with seeing it for myself) convinced me of the incredible value of the various EAA/T services.

HHRF: Does PATH Intl include research in its strategic planning goals and strategies? If so can you explain?

KA: In our most recent strategic planning process, the data gathered both internally and externally pointed us to prioritize and focus on Credentialing, Quality Assurance, and Education. However, as an industry leader devoted to education, training and credentialing in EAA/T field, PATH Intl. recognizes empirical research as a critical focus for the growth and sustainability of EAA/T...[read more](#).

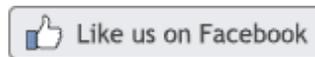


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"Research is to see what everybody has seen and think what nobody has thought." -Albert Szent-Gyorgyi

"An investment in knowledge pays the greatest interest." - Benjamin Franklin

Please invest in EAA/T research through HHRF. Your donation will pay off far into the future.



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