

# Symposium



22 mei 2011

HippoCampus Trainingscentre



**What does it mean for the horse to be ridden  
with different trainings concepts?**

**Prof. Dr. Vet. Ellen Kienzle**

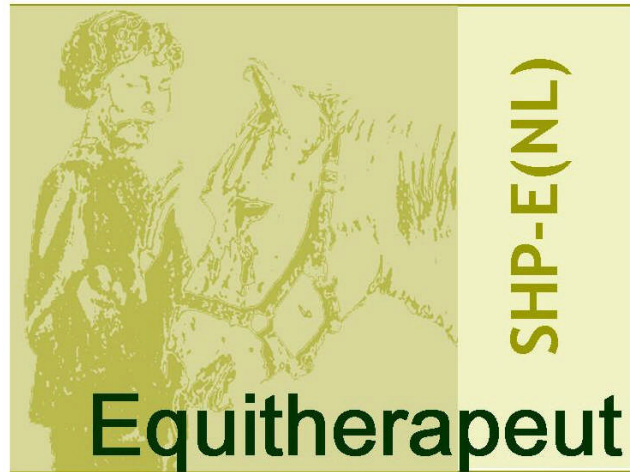
**Dr. Ulrike Thiel**

**Christine Stückelberger**

For the rider and / or horse-lover and Equitherapist looking for Harmony and Balance in communication and teamwork with the horse. For sport riders and therapists who wonder whether the horse's Wellness can be guaranteed in working together and training.

# New Trainingscentre SHP

The position of the Equitherapist now and in the future



SHP celebrating: 11th anniversary year a the training course  
Equitherapy (SHP) in the Netherlands

Since 2000 the Netherlands provides a trainingprogram Equitherapy SHP open to candidates with an educational, therapeutic or psychological professional basis.

Equitherapists SHP are learning in an intensive two-year training program to cope with the skills of the horse to deepen their work with clients. Many therapeutic and educational processes can thus be improved and also lead to much more fun for the clients. 2000 was also the founding years of the Dutch Foundation of Helping with Horses Equitehrapy, in these 10 years with an international focus on quality a good certification scheme has been developed. In this anniversary year several

things that are celebrated are: 1) SHP can now offer training and refresher training in the newly constructed Hippocampus training centre with many new technical possibilities and learning techniques. 2) In this year the forthcoming book Equitherapy SHP-E (NL) written by the course leader Ulrike Thiel and the teachers, all highly skilled specialists in the field of therapeutic riding is been edited. 3) SHP joins an international EU project to develop a quality system for therapy and interventions with animals in Europe.

More information [www.equitherapie.org](http://www.equitherapie.org)

Press Release:

## Symposium: Harmony, Balance, Wellness and Sports



Despite the great development of the sport horse breeding is a fact that the average Dutch sport horse 7 years of age does not reach. Whether the sport can be combined with the welfare of the horse captivates so many riders and friends. This subject was therefore on Sunday, September 24, 2006 (Oranjehal, Apeldoorn) a first one-day symposium organized by hippocampus under the title:

### Harmony, Balance, Wellness and Sport the classic European School

Now is the time for the second symposium in this series. This also will be an opportunity to get acquainted with the newly published book by Ulrike Thiel and to celebrate the opening of the training-centre Hippocampus.

Scheduled lectures, practical demonstrations and a panel discussion highlighting the importance and logic of a systematic training accrued emerges. It explains the physical and mental effects of the various training systems with emphasis on the classical European School in comparison to the so called modern dressage training. It is also demonstrated what the position and seat the rider can do for or against "the movement of the horse. The logic of the development of balance and harmony in the training and the interaction between horse and man is discussed in some detail and there is a clear link to opportunities in the sport. )

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In her lecture as in her book ("Gerittenwerden, so erlebt es das Pferd" Ulrike Thiel gives an overview of the psychomotor and psychological influence of different training methods on the horse. She has invited to this Symposium two of their specialist skills in this theme to explore:

**Prof.dr.vet. Ellen Kienzle**, referring from the view of the vet will compare the training methods

and as the guest of honour multiple Olympic champion **Christine Stückelberger** big dressage rider and trainer. She will be explaining the theme from the top sport and basic sport

In the afternoon the three Ladies will coach some riders and their horses from the specialization of the commentator.

This symposium is intended for riders and / or horse lovers and Equitherapists who are looking for harmony and balance in the communication and teamwork with the horse. For sport riders, who wonders whether psychological and physical wellness can be obtained. And for the enthusiastic breeders who are breeding healthy and successful aging horses..

#### Objectives

Systematic explanation of the physical ability of the horse.

Preconditions and skills a rider needs.

Logic of balance and harmonic imaging of the horse going.

Application of classical training in sports

#### Location:

Trainings centre Hippocampus Bult 2 6027 RG Soerendonk

#### Organization:

**Hippocampus, Institute for EquitheraPy and Equestrian Sport Psychology, Cranendonck,**  
**www.hippocampus-nl.com, E-mail: hippocampus@iae.nl Tel: 0031 495-45 37 57**



# HippoCampus

Dit symposium is een activiteit die voldoet aan de eisen voor hippische bijscholingen voor Equithera-peuten SHP-E(NL)



Program Symposium 2:

## What does it mean for the horse with different training methods to be ridden.

The referees speak Dutch or German. If in German Dutch translation provided.



09.00 Reception with coffee and registration of participants

09.15 am Opening by the chairman

09.30 am Dr. Ulrike Thiel: Ridden and training methods from the horse's point of view!

10.30 am Christine Stückelberger: In the interest of the horse in the sport!

30 hours 11 Pause

11.45 am Prof. Dr. Ellen Kienzle: Small differences with important consequences for the horse!

Anatomically-ergonomic reason why the classical training cannot arbitrarily be varied or changed

Possibility 12.30 hours for questions to the referees

Following lunch

13.30 pm Practice Sessions:

Under the supervision of the three experts driving a few combinations and receive advice and feedback from their experience:

**Christine Stückelberger:**

solving training problems and developing good horses movement in different phases of the training.

**Ulrike Thiel:**

Improve the movement dialogue with the horse from the psychomotor point of view

**Ellen Kienzle:**

Supervision of training span from the classical theory and veterinary background.

Up to 5 combinations participate actively in this practice session.

Notifications via [hippocampus@iae.nl](mailto:hippocampus@iae.nl)

Evaluation Stage 16.00 hours with the ability to ask questions and discussion

17.00 Summary, conclusions and closing of the day.

Recommended reading:

The famous book "Die Psyche des Pferdes" and the new book by Ulrike Thiel:

"Geritten werden" Can be viewed .





# Programma Opening Trainings Centre: De Equitherapist (SHP) now en in the future.



The referees speak Dutch or German. If in German held Dutch translation provided.  
May 21, 2011

## Provisional program

Planned are the following program points:

Coffee and registration of participants

Opening by the chairman

Welcome and tour of the center and the new rooms of SHP

Presentation of the book Equitherapy (SHP)

Dreisbach Gerd and other Teachers: the development of the education program for Equitherapists

An Exercise with the horse

Training Group 11 carries a story

Slideshow: The training in the last 11 years Picture Show and an exercise for all participants

## Lectures: the theme: The position of the certified Equitherapist SHP in the Netherlands and Europe

Prof. Marie José Enders-Slegers: Animal-assisted interventions in the world and in the Netherlands

Dr. Ulrike Thiel: The future of a quality system for Equitherapy in Europe and the Netherlands

Presentation of the results of an investigation by the AAIZOO and SHP in the Netherlands with Anet Geerlings.

## Information and initiatives:

The chance to take an active role in the future of Equitherapy in the Netherlands and abroad

Information about the possibilities within the EU project trainings abroad to participate.

Possible questions to the referees and the ability to report for work groups

The opportunity to form working groups to SHP (1) PR (2) evidence based research (3) Fund raising

A big Tombola organized to help the funds for therapy for social poor children

**Closing by practice with the horses.**





## Olympisch Champion Christine Stückelberger

Trainer, Judge, Dressage Rider



Christine Stückelberger (born May 22, 1947 in Bern) is a Swiss equestrian and Olympic champion. She won an individual gold medal in dressage at the 1976 Summer Olympics in Montreal.[1] Her trainer is Georg Wahl.

The winner of five Olympic medals in dressage, Stückelberger is the most successful woman ever in international dressage events. From 1970 to 1979 she was Swiss champion in individual dressage. Apart from her Olympic medals she was also successful at the World Championships, winning the individual championship in 1978 and silvers in 1982 and 1986. She also earned team medals at the Worlds in 1974, 1978, 1982, and 1986.

At the European Championships, Stückelberger claimed six team medals between 1973 and 1987, and five individual medals, including golds in 1975 and 1977. In 1980, Stückelberger also won the Dressage Festival held one week after the Olympics for riders who had boycotted the Moscow Games, at which most of the world's top dressage riders competed.

Competitor for Switzerland Equestrian Olympic Games:

Gold 1976 Montreal Individual dressage

Silver 1976 Montreal team dressage

Silver 1984 Los Angeles dressage team

Silver 1988 Seoul Team dressage

Bronze 1988 Seoul Individual dressage

[www.youtube.com/watch?v=YI5vGM6HrS8](http://www.youtube.com/watch?v=YI5vGM6HrS8)

<http://www.youtube.com/watch?v=blGmBFbhDM8>



The aim of the classic horse-oriented education: a pretty common experience of movement Especially today, in our fast running time the-in values of human thought are more and more lost, It is a time of rapid success, whatever it costs, which is indeed expressed in the global economy. Money is again becoming one of the most important factor of our time. The Winning Feeling must be achieved as quickly as possible. The methods on the road to success sometimes are more than questionable. That's where we're at the point: in horsemanship and dressage riding , all these factors, unfortunately, get a great value. The traditional values of classical education for many "trainers" or those who want to be, seem to "work too slowly , and too difficult to learn. They bring the success and easy money less quickly. We notice a lot of suddenly self-proclaimed "gurus" with questionable training-methods , who sometimes even call themselves "classical". Equally incredible is the development in the dressagesport asking for "blind obedience" to the horses, but in all aspects against the nature of the horse. The horse, by nature a prey animal, has no alternative, no escape from the "torturer". But there is another way, which takes the nature oif thje horse and its personality into account

Voorprogramma zaterdag 21 mei 2011:  
Opening van het opleidingscentrum HippoCampus voor Equithrapeuten SHP-E(NL)



Dr. Marie-José Enders-Slegers, associate professor  
Department Clinical and Health Psychology  
Faculty of Social and Behavioral Sciences  
University of Utrecht

M.J. Enders-Slegers was born in 1945 in Geertruidenberg and started her studies later in life (1985).

Successively she obtained at the University of Utrecht her Doctoral Diploma Psychology (1990); a Doctorate (Phd) in Psychology (2000); a Diploma Health Care Psychologist (2001), Certificates Basic- and Senior Lecturer (2003) and until now numerous post doctorate courses for further qualifications in research and clinical psychology. Her teaching was focused on psycho gerontology; psycho diagnostics, psychopathology and counselling. She supervised many master- and PhD students and teaches post doctoral psychologists ( health care psychologist students) in the field of elderly.

She specialized in human-animal interactions. Her research is focused on the meaning of human-animal interactions for vulnerable people (e.g. elderly, demented elderly, traumatized children, mentally handicapped people, children with psychiatric disorders, autistic children, and psychiatric patients) and on the link between domestic violence and animal abuse. She presents on many national and international conferences and published several articles, reports and chapters in books.

Furthermore she researches the influence of green care and nature on the quality of life of demented elderly. She supervises many master students and I PhD students on Animal Assisted Interventions, on Green Care, on the relation between Animal Abuse and Domestic Violence. She is a fellow at the Denver University, U.S.A.

Beside her academic work she was for many years a part time staff member in a psychiatric hospital and had her own practice as a health psychologist.

Marie-José is vice president of I.A.H.A.I. O. (International Association of Human Animal Interactions Organization); a board member of the international research group ISAZ (International Society for Anthrozoology); member of the Community of Practice: 'Farming for Health' Group, Europe ; was member of "the European Cost Action 866 Green Care in Agriculture"; founder and board member of AAIZOO ( Animal Assisted Interventions in Zorg (Care), Onderzoek (Research), Onderwijs (Education) and is President of the Taskforce Domestic Violence and Animal Abuse in the Netherlands. She served 2 terms at the Board of American Humane (Denver, U.S.A.) and was for many years the President of the National Board of the Dutch Society for the Protection of Animals. She is still serving on the board of the Regional Animal Shelter in de Bommelerwaard, which she founded 25 years ago, where mentally as well as physically handicapped persons work and find reintegration in society. Marie-Jose is married and has 3 children, a son in law and a grandson. She lives with husband and her dog in the country.

Websites: [www.uu.nl](http://www.uu.nl); [www.aaizoo-ned.nl](http://www.aaizoo-ned.nl); [www.taskforce-hg-dm.nl](http://www.taskforce-hg-dm.nl)

<http://www.iahaio.org>; [www.isaz.net](http://www.isaz.net)



## Prof. Dr. Vet Ellen Kienzle

University München

Veterinarian and classical rider student of the famous classical  
Neindorf Institute in Germany

Born 1959.



1979-1981 Study of Veterinary Medicine in Hanover, then PhD student, later a research assistant in Animal Nutrition in Hannover, in 1983 Ph.D., 1988 specialist vet for animal nutrition and dietetics, 1989 Habilitation, 1993 appointment to the Chair of Animal Nutrition and Dietetics at the LMU Munich, etc. Walter Frey Award from the University of Zurich, Jim Morris Lectureship of the University of California at Davis, Founding President of the European College of Veterinary and Comparative Nutrition, Member of the Subcommittee on Dog and Cat of the NRC at the National Academy of Sciences in Washington. Research interests: horses, dogs, cats, exotics.

Equestrian Experience: excited as a teenager after a standard training in the sport horse by reading classic works of the search for alternatives, then first Spring Training at Rolf cup and reading the works of Udo citizens, as a student riding warden test and then the issue of youth riding instruction, as a Ph.D. student judges review and align part-time, from 1998 to 2004 regularly visits as a guest at the Horse Riding Institute of Neindorff, further training with Michael Putz.

Theme:

Small differences, big impact - anatomical and ergonomic reasons why the classical horsemanship can not be changed arbitrarily .





## Dr. Ulrike Thiel

Instructrice, Hippische Sportpsychologe,  
Equithérapeute  
Geb 1953



Developmental Psychologist, Clinical Psychologist, Psychotherapist, Equine Sport Psychologist,

Training in remedial riding and vaulting (ÖKThR<sup>1</sup>), riding instructor for the disabled (ÖKThR) amateur riding instructor (FENA<sup>2</sup>), vaulting instructor (FENA), equitherapy trainer (SHP-E (NL), B Trainer in riding and vaulting, Xenophon<sup>3</sup> Trainer in classical riding, basic-level dressage competition judge. With a doctorate in Psychology, she was involved in the research into learning and therapy, and after various professional posts now works in her own practice as well as in universities, clinics and scientific fields, as a prison psychologist, as an expert witness for the courts and psychologist for the youth service. For 15 years now she has been running her own "HippoCampus" Institute for Equitherapy and Equine Sport Psychology. She has lived in the Netherlands for 25 years, where she practises equitherapy with her 7 equine co-therapists and trains SHP equitherapists at the SHP-E(NL) (a Dutch national foundation promoting science-based equitherapy (equine mediated therapy and treatment) and therapeutic riding). She is chair of the SHP-E(NL) and member of the executive board of FATP<sup>4</sup> and member of the FAPP<sup>5</sup> and has specialised in the psychomotility of riding and the harmony between human and horse in leisure, sport and therapy. Ulrike Thiel believes above all in horse-friendly training methods and seeks to carry out and support this form of harmonious collaboration with the horse in theory and practice

Originating from Austria, where she psychology, ethnology and ethnology studies and in psychology doctorate and was trained to clinical psychologist and psychotherapist, she did research and practical clinical work where they include professionally immersed in man, his learning and psychomotor performance. Addition, she was always closely connected with the sport as a practitioner and as a sports teacher. "Paardengek" From her childhood she learned through different branches of sports (dressage, jumping, composed ride hunting, horseback riding ... ..) horses and went better and better the more they love them. Given her academic background meant that she tried to understand horses better by systematically studying on the psychomotor interaction.. In the Netherlands, she specialized in basic and ridden dressage competitions, and jury in the basic dressage sport. Since 1995 she runs the Institute for Equitherapy hippocampus and Equestrian Sport Psychology where she combines her professional background as a psychologist with the education and training horses, riders and equitherapists.

Harmony between man and horse through the development of knowledge, technique and feeling is her motto. Through her professional and academic background, Ulrike was learning to understand the horse and rider in their learning process and support and them. She also keeps busy with what is "between the ears" of the rider and horse playing during training. Ulrike will give riders understanding about what happens in the horse and how the relationship and the dialogue of movement by their four-legged partners is perceived.

