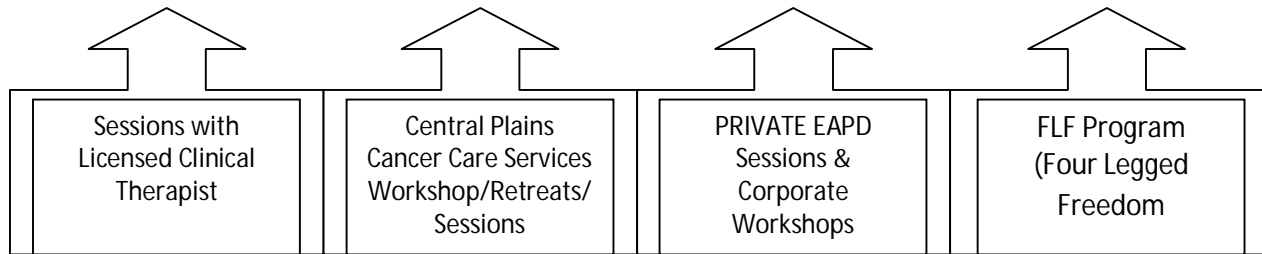


EQUINE ASSISTED PERSONAL DEVELOPMENT PROGRAMS



At Roycan's Country Haven we offer these

"4" Programs under our

EAPD Programs

- 1. EAPD Programs with our Licensed Clinical Therapist as main Facilitator**
- 2. EAPD Programs provided for Central Plains Cancer Care Services**
 - a. 'Kids Can Cope' retreats**
 - b. Adult Cancer Get-Away**
 - c. Adult Grief Workshops**
 - d. Youth Grief Workshops**
- 3. Private EAPD sessions. These sessions usually have 2 – 4 clients at one time. Corporate workshops are available for larger groups.**

4. FLF (Four Legged Freedom) Program. This program is designed for individuals that may have a deficit such as the following or others not listed:

Muscular Dystrophy
Cerebral Palsy
Visual Impairment
Down's Syndrome
Cognitive & Behavioural Impairments
Autism Spectrum Disorders
Multiple Sclerosis
Spina Bifida and other Birth Defects
Brain and Spinal Cord Injuries
Amputations
Deafness/Hard of Hearing
Cardiovascular accident/Stroke

FLF PROGRAM (Four Legged Freedom Program)

Over the years, horses have played a major role as healers. Proof of this is found in centers throughout the world that offer therapeutic horseback riding for persons with special needs.

At Roycan's Country Haven, we are proud to offer the Four Legged Freedom (FLF) Program in order to allow children (4 years and older), youth, adults and the elderly to be exposed to a sense of incredible freedom, joy, excitement and achievement that is uniquely achieved by working and interacting with our well trained horses. Our programs are designed for both working on the ground with the horses and/or riding activities.

Each individual that applies to the program will have their needs assessed by our team of professionals. The team will then design and implement a customized program tailored to meet the specific needs and goals of each client.

The team reserves the right to require that our physiotherapist and/or clinical therapist be involved in the client's program with associated professional costs to be borne by the client or his/her family.

Professional Team:



Karen Saindon, FLF Program Facilitator

Karen was raised on a farm of cattle and horses, where they also bred, trained and raced Standardbred racehorses. Karen was tasked as a little girl with 'quieting' the younguns and exercising the racehorses in the off-season. She soon realized that the pace gait requires level ground, and if you ride a 'pacer' into the base of a hill, the horse will either break into a gallop or fall down! To her grandfather's shagrin, his prized racehorses were quiet, four-gaited trail horses by spring! And so began her journey into understanding the philosophy of movement.

Karen is a Certified Equine Therapist with a full practice in Western Canada and parts of the U.S., using many modalities, including her Certification in CranioSacral Therapy principles, which releases tensions deep in the body to allow all your systems to self-correct. She is a clinician and teacher of youth and adults in therapy and true horsemanship through feel, teaching the human to think like the horse, not trying to make the horse into a human. Karen is member of the teaching faculty with Prairie Winds Equine College, Colorado U.S., a Member of Manitoba's Critical Incident Stress Management Team, and Facilitator of our Four-Legged Freedom Program (F.L.F.), as well as a Civilian Member of the Royal Canadian Mounted Police.

Her continuing studies include Sciences, Aboriginal Perceptions, and Communication. However, she believes her 'true' continuing education comes from the horses she has the privilege to encounter each day, whom she says 'quiet' her and keep her humble. They have taught her that communication is influence, not control, and that the Perfect Ride is not what we think; but instead the marrying of life's balance and rhythm to become one in perfect motion.

With this in mind, Karen invites one and all to experience our 'Four-Legged Freedom'.



**Candice Kontzie, EAPD Facilitator
and Don Middleton, M.A. (Psychology) Clinical Therapist**

Candice Kontzie has experience working with various youth groups through community youth organizations. In addition she's worked with a student campus in the role of Student Advisor/Coordinator (recruiting/assessing students, dealing with in-house youth activities and problems). The last three years, Candice and Don Middleton have created and delivered EAPD (Equine-Assisted Personal Development) programs with at-risk youth and adults. Candice along with her husband Roy, own and operate "Roycan's Country Haven". Their horse experience goes back throughout their 30 yrs of marriage. They raised purebred Morgan horses and trained and showed throughout western Canada and the U.S. including at the World Morgan Championship in Oklahoma City.

Don Middleton has been working with at-risk youth for 39 years including as a school psychologist (13 years), coordinator for youth clinical services (17 years) and a private practice mental health therapist (13 years). Approximately twenty-five per cent of his private clinical practice now involves equine-assisted therapy with both youth and adults. Don is a trauma/grief specialist and a contract clinician for Manitoba Public Insurance, Manitoba Compensation for Victims of Crime, the First Nations and Inuit Health Branch, Blue Cross and a number of other employee assistance providers. Don is also the oncology therapist for Central Plains Cancer Care Services and delivers a number of equine-assisted group interventions for children who have a family member with cancer, adults with a cancer diagnosis and youth and adults grieving the loss of a family member to cancer. Don has paired with Candice for the past three years in developing and offering equine-assisted personal development programs. Don is also an active equestrian.



Darcy Reynolds

BMR PT, FCAMT (Orthopaedic Manual Therapist, Acupuncture Certified)

Darcy attended the University of Manitoba and graduated in 1997 with a Bachelor of Medical Rehabilitation Physiotherapy. Wanting to pursue a career in private practice, Darcy began working at Portage Physiotherapy & Sports Injury Clinic in May, 1997. He has a keen interest in orthopedics and is currently one of only a handful of physiotherapists in Manitoba to complete the Advanced Examination in Musculoskeletal Assessment and Treatment and has taken advanced courses in spinal manipulations in addition to the general physiotherapy treatment options. Darcy is a Fellow of the Canadian Academy of Manipulative Therapists (CAMT), Canada's member organization of the International Federation of Manipulative Therapists (IFOMT). Darcy has also achieved the qualifications to perform acupuncture and has been practicing in this area since 1999. He continues to broaden his knowledge base by participating in continuing educational opportunities in the areas of acupuncture, sports, and orthopaedic related courses.

Additionally, Darcy's enthusiasm for his profession and expertise have enabled him to instruct other physiotherapists at a post graduate level as an assistant instructor with the Canadian Physiotherapy Orthopaedic Division, as well as being an instructor for his own educational company, ReynWood Physiotherapy Consulting.

Contact Darcy at: Portage Physiotherapy & Sports Injury Clinic

57 Royal Road North
Portage la Prairie, MB
R1N 1T9
204-239-4730

Assisting our team are trained 'Horse Handler's' who look after each horse that is being used. Then, we have a cadre of volunteers who become our walkers and go through a six-hour training course before being scheduled into our program.

Additionally, all our staff, including volunteers, must have both a clear RCMP Criminal Record Check and a clear Manitoba Child Abuse Registry Check.

All individuals will experience on the ground training with the horse and depending on their skills and interest may advance to riding horses.

Horseback riding is recognized as one of the more progressive forms of therapy. The ability to control a horse as well as one's own body inspires self-confidence, responsibility and teamwork. Best of all, it is a thoroughly enjoyable experience, that creates a special relationship between rider and horse and promotes our clients to overcome personal challenges.

- From the beginning, riders learn balance, coordination and self-assurance while receiving therapeutic muscle stimulation.
- As a result of carefully planned lessons, poise posture, strength and flexibility improve.
- A strong sense of responsibility develops as the rider learns to take part in the care of the horses and equipment.

Physical Benefits

- ***Improved balance.***

As the horse moves, the rider is constantly thrown off-balance, requiring that the rider's muscles contract and relax in an attempt to rebalance. This exercise reaches deep muscles not accessible in conventional physical therapy. The three-dimensional rhythmical movement of the horse is similar to the motion of walking, teaching rhythmical patterns to the muscles of the legs and trunk. By placing the rider in different positions on the horse (therapeutic vaulting), we can work different sets of muscles. Stopping and starting the horse, changing speed and changing direction increase the benefits.

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- ***Strengthened muscles.***

Muscles are strengthened by the increased use involved in riding. Even though riding is exercise, it is perceived as enjoyment, and therefore the rider has increased tolerance and motivation to lengthen the period of exercise.

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- ***Improved coordination, faster reflexes, and better motor planning.***

Riding a horse requires a great deal of coordination in order to get the desired response from the horse. Since the horse provides instant feedback to every action by the rider, it is easy to know when you have given the correct cue. Repetition of patterned movements required in controlling a horse quickens the reflexes and aids in motor planning.

- ***Stretching of tight or spastic muscles.***

Sitting on a horse requires stretching of the adductor muscles of the thighs. This is accomplished by pre-stretching prior to mounting the horse, and starting the rider off on a narrow horse, gradually working to wider and wider horses. Gravity helps to stretch the muscles in front of the leg as the rider sits on the horse without stirrups. Riding using stirrups with the heels level or down helps to stretch the heel cords and calf muscles. Stomach and back muscles are stretched as the rider is encouraged to maintain an upright posture against the movement of the horse. Arm and hand muscles are stretched as part of routine exercises on the horse and by the act of holding and using the reins.

- ***Decreased spasticity.***

Spasticity is reduced by the rhythmic motion of the horse. The warmth of the horse may aid in relaxation, especially of the legs. Sitting astride a horse helps to break up extensor spasms of the lower limbs. Holding the reins helps to break flexor spasm patterns of the upper limbs. Many of the developmental vaulting positions are also designed to break up or reduce spasticity. Fatigue also helps to decrease spasticity by producing relaxation.

- ***Increased range of motion of the joints.***

As spasticity is reduced, range of motion increases. Range of motion is also improved by the act of mounting and dismounting, tacking up, grooming, and exercises during lessons.

- ***Reduction of abnormal movement patterns.***

If spasticity is reduced and range of motion increased, it follows that abnormal movements will be inhibited. Relaxation techniques while riding also help to inhibit abnormal movement.

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- ***Improved respiration and circulation.***

Although riding is not normally considered a cardiovascular exercise, trotting and cantering do increase both respiration and circulation.

- ***Improved appetite and digestion.***

Like all forms of exercise, riding stimulates the appetite. The digestive tract is also stimulated, increasing the efficiency of digestion.

- ***Sensory integration.***

Riding stimulates the tactile senses both through touch and environmental stimuli. The vestibular system is also stimulated by the movement of the horse, changes in direction and speed. The olfactory system responds to the many smells involved in a stable and ranch environment. Vision is used in control of the horse. The many sounds of a ranch help to involve the auditory system. All of these senses work together and are integrated in the act of riding. In addition, proprioceptors (receptors that give information from our muscles, tendons, ligaments and joints) are activated, resulting in improved proprioception.

Psychological Benefits

- ***General sense of well-being.***

Exercise in the fresh air of a ranch, away from hospitals, doctor's office, therapy rooms, or home help to promote a sense of well-being.

- ***Improved self-confidence***

Confidence is gained by mastering a skill normally performed by able-bodied people. The ability to control an animal much larger and stronger than oneself is a great confidence builder. Participating in events such as shows and play days add to the sense of achievement.

- ***Increased interest in the outside world.***

For those confined by a disability, the world tends to shrink in size. Riding increases interest in what is happening around the rider, as the rider explores the world from the back of a horse. Even exercising becomes interesting when done on horseback.

- ***Increased interest in one's own life.***

The excitement of riding and the experiences involved stimulate the rider, encouraging the rider to speak and communicate about it.

- ***Improved risk-taking abilities.***

Riding is a risk sport. The rider learns to master fears through the act of staying on the horse, as well as attempting new skills and positions on the horse.

- ***Development of patience.***

Since the horse has a mind of its own, the rider learns patience as he or she attempts to perform skills on the horse when the horse is not cooperating. Repetition of basic riding principles also helps to develop patience.

- ***Emotional control and self-discipline.***

The rider quickly learns that an out-of-control rider means an out-of-control horse. Shouting, crying, and emotional outbursts upset the horse, which in turn frightens the rider. Riders learn to control these emotions and appropriately express them.

- ***Sense of normality.***

By being able to master a skill considered difficult by the able population, the rider experiences him/herself as being normal.

- ***Expansion of the locus of control.***

The rider begins to view him/herself as having control over his/her world as control over a powerful animal increases.

Social Benefits

- *Friendship.*

Although riding can be a solitary activity, it is normally performed in groups. Riders share a common love of horses and a common experience of riding -- a good foundation on which to build a friendship.

- *Development of respect and love for animals.*

Horses require a great deal of care and attention. Riders find themselves bonding with the animals. They develop an interest in them and learn to care for them. They learn to put the needs of the horse first.

- *Increased experiences.*

The variety of experiences involved in riding can be endless. From tacking and grooming to trail riding, from going to horse shows to learning the parts of a horse, the rider is constantly experiencing and growing. The horse also provides the rider with the ability to go places otherwise inaccessible due to a disability.

- *Enjoyment.*

There is no doubt about it, riding a horse is fun. Riders experience excitement and pleasure every time they come for a lesson.



APPLICATIONS:

Once an application has been approved, the client is scheduled for a block of 8 sessions. **Prior** to the first session, a check for **\$672.00 (includes GST) is payable**. This includes payment for four one hour sessions billed at \$160 per session plus \$8.00 GST.

Also, a second cheque for \$672.00 post-dated to the date of the fifth session is requested prior to the commencement of the program.

All schedules are made-up in 8 session groupings.

Session Policies

1. Non-Attendance Notice

If client will not be attending their designated class a parent/ guardian or client themselves must notify the office 24 hrs prior to the session. Email: info@roycan.ca or Cell phone Candice Kontzie 204-871-0991 or Office: 204-239-4854 Client will be charged for the session.

If no notice is given as required above:

First-time: Warning

Second-time: Warning

Third-time: Removal from session.

If client removed from the session you will forfeit your riding fee for that session.

2. Missed Classes

A rider is expected to be present at all 8 riding classes. Circumstances do arise and every situation will be assessed on a case by case basis by EAPD Facilitator, Candice Kontzie.

Missing three classes per session will result in client being removed from the session.

If your child is removed from the session you will forfeit your riding fee for that session.

3. Parental or Client Involvement

For each Client a parent/family member or friend is required to volunteer as a "Side-Walker" for a minimum of 8 sessions at a time that the client is schedule to participant in. The volunteer is required to take the mandatory "Side-Walker" Workshop".

If designated volunteer does not show, client will not be allowed to participant in that session and will be charged the session fee.

It is suggested that each client have two volunteers go through the "Side-Walker" training in case one can not make the session.

NOTE: In order to accommodate everyone's schedules we have posted Session dates into January.

During winter months if weather reports are stating no travel, then scheduled classes will be cancelled and made-up in the future. The evening before the sessions if possible clients will be notified.

Session Dates for the 2010 Fall

Wed 10:00-11:00 a.m.

11:30-12:30

1:15-2:15 p.m.

(4 clients per 1 hour group)

Sessions Dates must commit to 8 sessions

Group FLF-1

Wed Sept 29, 2010

Wed Oct 6, 2010

Wed Oct 13, 2010

Wed Oct 20, 2010

Wed Oct 27, 2010

Wed Nov 3, 2010

Wed Nov 10, 2010

Wed Nov 17, 2010

Group FLF-2:

Wed Nov 24, 2010

Wed Dec 1, 2010

Wed Dec 8, 2010

Wed Dec 15, 2010

Wed Jan 5, 2010

Wed Jan 12, 2010

Wed Jan 19, 2010

Wed Jan 26, 2010

Equipment needed:

Approved Riding Helmet (can be purchased at Westgates in Headingley or Greenhawks in east Winnipeg near the Mint)

Gloves

Boots with heels on them. (Preferred winter riding boots if taking sessions through the winter months)

Short chaps

Riding pants (insulated for the winter months)

Toque under helmet.

Layered jackets

The ambient temperature in the indoor arena hovers are +1 degree Celsius so please dress appropriately.

Handlers Workshop

Sat Sept 18th & Sun Sept 19, 2010

9:00-4:00 p.m. Lunch provided

No Cost

Sidewalker Workshop

Sat Sept 25, 2010

9:00-12:00 (Sidewalkers)

1:00-4:00 (Sidewalkers & Handlers)

No Cost

Let Me Teach You

by Willis Lamm



*When you are tense, let me teach you to relax.
When you are short tempered, let me teach you to be patient.
When you are short sighted, let me teach you to see.
When you are quick to react, let me teach you to be thoughtful.
When you are angry, let me teach you to be serene.
When you feel superior, let me teach you to be respectful.
When you are self absorbed, let me teach you to think of greater things.
When you are arrogant, let me teach you humility.
When you are lonely, let me be your companion.
When you are tired, let me carry the load.
When you need to learn, let me teach you.
After all, I am your horse.*

***If after everything you have read you would like to apply to our
FLF (Four Legged Freedom) Program.***

Client:

- Fill out Client application form*
- Physicians Report*
- Physiotherapist report*
- Waivers for Client and individuals arriving with client*
- Submit 2 Volunteer/Sidewalkers applications*

Volunteer/Sidewalkers

- Fill out V/S application*
- Waiver*
- Documents from RCMP and Child Registry*

Handlers

-Handler's Application

-Waiver

-Documents from RCMP and Child Registry

*If you don't have a Physiotherapist then we suggest our physiotherapist.
Darcy Reynolds (Portage Physiotherapy & Sports Injury Clinic, Portage la
Prairie. Man 204-239-4730*

Email or send all information to

Roycan's Country Haven

Candice Kontzie

Box 846

Portage la Prairie, MB R1N 3C3

www.roycan.ca info@roycan.ca 204-239-4854

***Emails will have a receipt sent back to confirm arrival.

***NOTE : There are ONLY 12 spots for Sept-Jan. Each application will be reviewed and then selected for further interview.