EAAP 2010
Heraklion, Greece

THERAPEUTIC REHABILITATION:
SOCIAL ASPECTS AND PHYSICAL HANDICAP
THERAPEUTIC RIDING WORK WITH PSYCHOTIC PATIENTS:
THE PINDAR PROJECT
A PSYCHIATRIC AND VETERINARY RESEARCH
WHAT IS THERAPEUTIC RIDING?

• THERAPEUTIC RIDING IS A REHABILITATION TECHNIQUE BASED ON THE HORSE EMPLOYMENT

• THERAPEUTIC RIDING HAS EFFICIENCY BOTH IN PSYCHIC AND PHYSICAL DISABILITIES

• IT HAS BEEN PRACTICED SINCE THE END OF THE WORLD WAR II

• IT IS PRACTICED WORLDWIDE
THERAPEUTIC RIDING AND PSYCHIATRIC PATIENTS

• IN PSYCHIATRY IT IS EXTREMELY NECESSARY TO FIND FORMS OF CLINICAL AND REHABILITATIVE INTERVENTIONS

• PSYCHIATRIC PATIENTS CAN IMPROVE BY MEANS OF T.R. TECHNIQUES, ESPECIALLY IF BASED ON A PSYCHOLOGICAL WORK CONSIDERING BOTH PSYCHODYNAMIC AND METACOGNITIVE ASPECTS

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PSYCHIATRIC DESEASES TREATED BY THERAPEUTIC RIDING

• THERE ARE A LOT OF PSYCHIATRIC DESEASES WHICH CAN BE TREATED BY T.R

Pervasive disease of development
Schizophrenic axis deseases (DSM-IV)
Alimentary Behaviour deseases
ADHD
Anxiety
SCHIZOPHRENIA

• Schizophrenia is a very complicated disease, whose symptoms are personality disorders, delirium, hallucinations, paranoic disorders, difficulties in communications with the Other, etc.

• We can differentiate chronic schizophrenia from elderly one
CAN THERAPEUTIC RIDING PLAY A ROLE INTO PSYCHIATRIC REHABILITATION IN ELDERLY SCHIZOPHRENIA?

THIS IS THE QUESTION WE ARE TRYING TO ANSWER BY THE PINDAR MULTICENTRIC RESEARCH PROJECT IN THERAPEUTIC RIDING
PSYCHIATRIC REHABILITATION

• THE PSYCHIATRIC REHABILITATION TRIES TO ACT ON THE MOST IMPORTANT INVALIDATING CONSEQUENCES OF MENTAL DISASES: THE DIFFICULTIES IN HAVING A DEFINITE SOCIAL ROLE

• ITS FINAL AIM IS THE RECOVERING, SO THAT THE PERSON COULD BE ABLE TO SATISFY APPROPRIATELY HIS OWN REQUESTS AND NEEDS AND THE ONES OF THOSE WITH WHOM HE LIVES OR WILL LIVE
PSYCHIATRIC REHABILITATION MISSION

• LET THE PERSONS ABLE
  1. TO IMPROVE THEIR SOCIAL LINKS AND BEHAVIOURAL ORGANIZATION
  2. TO CARRY OUT A TASK IN A SATISFACTORY WAY FOR THE COMMUNITY
  3. TO SATISFY THEIR OWN NEEDS
  4. TO DEMAND THE LEAST CONTINUATIVE MEDICAL CARES
THERAPEUTIC RIDING AND PSYCHIATRIC REHABILITATION

• OF COURSE THERE ARE A LOT OF WAYS TO GET PSYCHIATRIC REHABILITATION, for example
  
  • TO TAKE DRUGS
  • TO HAVE PSYCHOTHERAPY
  • TO WORK WITH THE THEORY OF THE MIND
  • OTHER "NON-TRADITIONAL" WAYS TO WORK, USING HOWEVER SPECIALIZED OPERATORS AND SOMETHING OF TRADITIONAL TECHNIQUES
THERAPEUTIC RIDING AS A “NON TRADITIONAL” REHABILITATIVE TECHNIQUE

• AMONG THESE WE CAN CONSIDER FOR EXAMPLE MUSIC-THERAPY, PET-THERAPY, PLAY-THERAPY, OCCUPATIONAL THERAPY AND SO ON

SO THE QUESTION IS

• CAN THERAPEUTIC RIDING ACT AS A NON TRADITIONAL PSYCHIATRIC REHABILITATION WAY SUCCESSFULLY?

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AN ITALIAN PILOT PROJECT ABOUT PSYCHIATRIC REHABILITATION AND THERAPEUTIC RIDING

- IN 2009 THE ROMA F MENTAL HEALTH DEPARTMENT DECIDED TO PUT A FEW PSYCHOTIC PATIENT IN A PROJECT OF HIPPOThERAPY
- THESE PATIENTS WERE 18-40 YEARS OLD DIAGNOSED WITH ELDERLY SCHIZOPHRENIA (DSM-IV), AND IN THE MENTAL HEALTH CENTER THEY WERE CONSIDERED VERY DIFFICULT TO HOOK
- THEY WERE IN TOTAL 9 PERSONS
- IN THE PREVIOUS YEAR THEY HAVE HAD A TOTAL OF 80 HOSPITALIZATION DAYS (for all the patients)
THE RESULTS OF THE PILOT PROJECT

• THE RESULTS WERE EXCELLENT!!!
• AFTER 8 MONTHS SPENT IN A RIDING CLUB THE PATIENTS HAD
  1. NO MORE HOSPITALIZATION (and no more after a 8 months follow up)
  2. A BETTER COMPLIANCE WITH THEIR PHARMACOLOGICAL CARES
  3. A GOOD ACQUISITION OF THE BASIC RIDING TECHNIQUES
  4. AN IMPROVEMENT IN THE INTERPERSONAL RELATIONSHIPS

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THE RESULTS OF THE PILOT PROJECT

• ALL THE RESULTS HAVE BEEN MONITORIZED THROUGH THE SOMMINISTRATION OF SOME PSYCHOLOGICAL TESTS AND SELF-EVALUATION SCALES

• THE TEST USED WERE

• SF 36
• VGQ
• ALEXITHIMIA SCALE
• PANSS WITH 8 ITEMS
• BPRS
• All administered at the beginning and at the end of the project, lasting 8 months

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WHY THESE GOOD RESULTS?

• I THINK WE CAN GIVE MANY DIFFERENT ANSWERS

• NO ANSWER IS ABSOLUTELY THE UNIQUE AND RIGHT ONE

• EVERY ANSWER HAS ITS PECULIAR MEANING IN THE GENERAL SITUATION OF THESE PATIENTS
• THE REHABILITATION WAS NOT EXPERIENCED AS A BORING ACTIVITY IN THE MENTAL HEALTH CENTER BUT AS A REALLY EXCITING EXPERIENCE IN A COMPLETELY NEW WORLD, THE RIDING CENTER, WHERE THE PATIENT COULD MEET OTHER RIDERS AND INTERACT WITH THEM

• PSYCHIATRISTS AND NURSES WERE ON THEIR SAME LEVEL, BECAUSE THEY OUGHT TO LEARN RIDING TOO

• THEY HAD TO LEARN THE SPECIFIC HORSES’ WORLD, WITH THEIR TYPICAL BEHAVIOURS AND TRY TO UNDERSTAND THEIR WAYS OF COMMUNICATION

• THEY HAD THE POWER AND THE STRENGTH TO RIDE AND TO “DRIVE” A HORSE BY THEMSELVES
GENERAL IMPROVEMENTS

- INCREASE OF THEIR SELF-ESTEEM
- IMPROVEMENT OF THEIR QUALITY OF LIFE
- IMPROVEMENT OF THEIR SOCIAL ARTICULATION
- IMPROVEMENT OF THEIR BEHAVIOURAL ORGANIZATION
- ACQUISITION OF NEW ABILITIES
THE FISE PINDAR PROJECT

ON THE BASES OF THESE VERY INTERESTING RESULTS, ITALIAN EQUESTRIAN FEDERATION THERAPEUTIC RIDING DEPARTMENT DECIDED TO START A NEW AND WIDER MULTICENTRIC RESEARCH PROJECT REGARDING THE POSSIBILITY OF USING THERAPEUTIC RIDING IN PSYCHIATRIC REHABILITATION WITH PSYCHOTIC PATIENTS DIAGNOSED WITH ELDERLY SCHIZOPHRENIA
PINDAR PROJECT GOALS

• TO EVALUATE WHETHER THERAPEUTIC RIDING IS A GOOD MANNER TO APPROACH ELDERLY SCHIZOPHRENIA FROM A REHABILITATIVE POINT OF VIEW

• TRYING TO DEMONSTRATE THAT AN EARLY REHABILITATION CAN INFLUENCE THE COURSE OF THE ILLNESS

• TO VERIFY IF THE PATIENTS SUBJECTED TO T.R. HAVE REAL BENEFITS IN SOCIAL RELATIONSHIPS, BEHAVIOURAL ORGANITATION AND SOCIAL ARTICULATION
PINDAR PROJECT GOALS

• TO IMPROVE THEIR COMPLIANCE TOWARDS THE CARES
• TO DECREASE THE HOSPITALIZATION DAYS
• TO IMPROVE THEIR QUALITY OF LIFE
• TO IMPROVE THEIR “CARE-GIVER” QUALITY OF LIFE
• TO VERIFY FROM A SCIENTIFIC POINT OD VIEW IF T.R. HAS SUBSTANTIAL AND MEASURABLE EFFECTS AS A REHABILITATIVE TECHNIQUE ON ELDERLY SCHIZOPHRENIA
PINDAR PROJECT MATERIAL

• 55 PATIENTS – MALES AND FEMALES – WITH A DIAGNOSIS OF “ELDERLY SCHIZOPHRENIA”
• AGED 18-40
• SUBJECTED TO USUAL PHARMACOLOGICAL TREATMENT
• WITH UNSATISFIED PREVIOUS EXPERIENCE OF OTHER FORMS OF PSYCHIATRIC REHABILITATION
• WITH PRECEDING SEVERAL DAYS OF HOSPITALIZATIONS IN THEIR CLINICAL HISTORY
PINDAR PROJECTS MATERIAL

• THE PATIENTS COME FROM MENTAL HEALTH SERVICES IN DIFFERENT REGIONS OF ITALY

• SOME OF THEM (about 15) LIVE REGULARLY IN RESIDENTIAL STRUCTURES FOR MENTAL ILLS

• THE HIPPOTHERAPY TREATMENT OCCURS IN THE ITALIAN EQUESTRIAN FEDERATION THERAPEUTIC RIDING CENTERS
THERAPEUTIC RIDING CENTERS IN ITALIAN EQUESTRIAN FEDERATION (F.I.S.E.)

• IN EVERY CENTER THERE IS A SPECIALIZED EQUIPE COMPOSED OF
  1. A DOCTOR (specialized in psychiatry, neurology, childhood psychiatry, ecc.)
  2. A RIDING INSTRUCTOR SPECIALIZED IN THERAPEUTIC RIDING
  3. A PSYCHOLOGIST
  4. A VETERINARY
  5. THERAPEUTIC RIDING AUXILIARIES
HORSES

• OF COURSE WE MUST NOT FORGET THE HORSES
• ALSO THE HORSES ARE INCLUDED IN THE PINDAR PROJECT RESEARCH
• THE HORSES USED BY THE PATIENTS DURING THE PROJECT ARE 25
• THE HORSES HAVE BEEN CHOSEN BY VETERINARIES CONSIDERING THE PARTICULAR WORK THEY HAD TO PLAY
• EVERY HORSE WILL BE EVALUATED FROM A BEHAVIOURAL POINT OF VIEW
PINDAR PROJECT METHODS

• THE PROJECT HAS STARTED IN APRIL 2010
• IT WILL FINISH IN FEBRUARY 2011
• TOTAL NUMBER OF THE SESSION 35-45
• THE PATIENTS MONITORING WILL TAKE PLACE AT THE BEGINNING (time 0), IN THE MIDDLE (time $\frac{1}{2}$) AND AT THE END (time $f$) OF THE PROJECT
• THE HORSES MONITORING IS DONE EVERY MONTH
PINDAR PROJECT METHODS (PATIENTS)

• FOR EVERY PATIENT THE T.R. EQUIPE FORMULATES AN INDIVIDUAL PROJECT TO WORK ON HIS OWN SPECIFIC PSYCHIC, COGNITIVE AND SOCIAL- RELATIONAL DEFICITS

• THE INDIVIDUAL PROJECT MUST IDENTIFY THE SPECIFIC CHANNELS RELATED TO THE PARTICULAR CONTEXT (the riding center) WHERE THE EQUIPE WORKS TO STIMULATE THE PATIENT SKILLS IN ORDER TO OBTAIN AMELIORATIVE RESULTS OF THE SINGLE PERSON CAPABILITY
EVALUATION TESTS

- BPRS Version 4.0 (T/0, T/1/2, T/f)
- PANNS REMISSION WITH 8 ITEMS (T/0, T/1/2, T/F)
- VGF (T/0, T/F)
- SF 36 (T/0, T/F)
- TCQ (self-administration) (T/0, T/F)
- METACOGNITION QUESTIONNAIRE (T/0, T/F)
- TAS- TORONTO ALEXITHYMIA SCALE (T/0, T/F)
PINDAR PROJECT METHODS (HORSES)

• TO EVALUATE THE HORSES FROM A BEHAVIOURAL POINT OF VIEW
• THE VALUATION IS DONE BY THE MONTHLY ADMINISTRATION OF A SCALE PROCESSED FOR THIS PURPOSE
• AT THE END OF THE PROJECT THE VET WILL ESTIMATE WHETHER AND HOW THE HORSES BEHAVIOUR HAS BEEN MODIFIED
### PINDAR PROJECT – VETERINARY FORM

**HORSE** ………………………… **N° microchip**  

Age ………… **Genetic Type**  

**Stereotypy**  

**Sex**  

**M**  

**F**  

**Gel**  

…….  

**intensity (1-5)**  

**Appearance**  

**Linear Evaluation of the Behaviour at Rest**  

<table>
<thead>
<tr>
<th>Hypersensitive-sensitive-insensitive</th>
<th>1 2 - 3 - 4 5</th>
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<tbody>
<tr>
<td>Intolerant-tolerant-Hyporeactive</td>
<td>1 2 - 3 - 4 5</td>
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<tr>
<td>Provoker-cooperative-indifferent</td>
<td>1 2 - 3 - 4 5</td>
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Nervous – calm – apathetic

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Linear Evaluation of behaviour at work

1  2  -  3  -  4  5
Hypersensitive-sensitive-insensitive

1  2  -  3  -  4  5
Intolerant-tolerant-Hyporeactiv

1  2  -  3  -  4  5
Provoker-cooperative-indifferent

1  2  -  3  -  4  5
Nervous – calm – apathetic

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General Clinic Examination

Harness
Aids
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WORK INSTRUMENTS

THE WORK INSTRUMENTS OF THE PROJECT ARE

1. SETTING
2. HORSE
3. HARNESS
4. GROOMING
5. BASIC ELEMENTS OF RIDING TECHNIQUE
WORK INSTRUMENTS

- **SETTING** – The setting is the specific situation where the Therapeutic relationship is acted. The Therapeutic Riding Setting consists of the Patient, the Horse, The Therapist and the Riding Instructor.

**FEATURES:**
- Covered or not arena of mt. 20x 40
- Length of the work divided in homogeneous parts: 1 part on ground, 1 part riding, 1 part on ground again - total length about 45-50 minutes
- Fixed days and hours of work
- The starting setting, whenever the patient is for the first time in T.R. work, will be individual, at least for the first 4 times, so that he can become familiar with the horse and the bases of riding technique.
WORK INSTRUMENTS

• HORSE
• The Horse choice is done according to the Vet. Where possible they try to use no more than two different horses for each patient. The horse must have behavioural and mental characteristic fitted to T.R.
The name of each “part” of the horse body must be indicated in the right way to the patient, and we must stimulate him to repeat and remember these names.
WORKING INSTRUMENTS

• HARNESS
  • The preferential harness is the english saddle with the horse in snaffle. Sometimes also a vaulting girth can be used. The horse is harnessed by the patient, together with the therapist, and it is very important to work on the right operations succession, as well as on the harnesses nomenclature.
WORK INSTRUMENTS

• **GROOMING**

• The grooming is very important as a cognitive and relational fundamental moment with the horse world, his behavioural and communication codes. In this phase the possibility of tactile and pre-verbal communication stimulated by the horse must be exploited to the utmost.
WORKING INSTRUMENTS

• BASIC ELEMENTS OF RIDING TECHNIQUE

Even if the learning of the riding technique is not the goal of T.R., however the therapeutic program must teach to the patients the bases of the riding. For each patient the riding instructor will consider the possibility and the level of riding capabilities, until the self leading of the horse.
WORK SESSION

• **1° PHASE – ON GROUND**

Length 10-20 minutes
Activity: Grooming
Goal: Acquisition of specific capacities (ethological, meta-cognitive, etc.)
WORK SESSION

• **2° PHASE – RIDING**

Length: 30-40 minutes
Activity: Acquisition of basic riding technique
Goal: To improve Self-Esteem, to decrease the “stigma” of mental ill, acquisition of social role and capacities

*Be aware of the patients’ attention and concentration capacities*

*Important to present interesting and reflexion hints about horse world*
WORK SESSION

• 3° PHASE – ON GROUND

Lenght: 10-15 minutes
Activity: Grooming and psychological talk
Goal: Meta-cognitive work, integration by educational- informative activities (observation of the horse in the paddocks, blacksmith activity, etc.)
DISCUSSION

• THE PINDAR PROJECT FUNDAMENTAL GOAL IS THE STUDY, INTRODUCTION AND VALIDATION OF A SCIENTIFIC INTERVENTION METHODOLOGY IN THERAPEUTIC RIDING WITH PSYCHIATRIC PATIENTS

• SO THE DATA EVALUATION IS THE CRUCIAL POINT TO DISCUSS
DATA EVALUATION

• At the end of the work session to draw up a short “empiric” observation of what is happened
• The described tests (T/0, T/1/2, T/F) must be administered by a psychologist
• This is the right way to quantify the starting of the different situations, the improvement both of the general and the single ones, the difficulties, the failures and the deficits with relation to specific functions or objectives
DATA EVALUATION

• AT THE END OF THE PROJECT EACH PATIENT WILL HAVE HIS OWN
  • CASE SHEET,
  COMPOSED OF:
  • All the clinical data and the individual T.R. Project
  • Test and Questionnaires with the appropriate evaluations
  • Relation about the essential changes in the pharmacological care occurred during the project, the patient relationships with the external world, changes in case occurred in their familiar, working and educational situations.
CONCLUSIONS

- NOW OF COURSE IT IS TOO EARLY FOR PRELIMINARY DATA EVALUATION
- WE CAN REFLECT UPON THE PROJECT GENERAL FEELINGS AND EVALUATIONS FELT BY THE OPERATORS INVOLVED INTO THE PROJECT
- AFTER THE FIRST ADMINISTERING OF THE TESTS THERE ARE NEVERTHELESS SOME GENERAL IMPROVEMENTS TO POINT OUT
INTERPERSONAL RELATIONSHIPS GENERAL IMPROVEMENT

INTERPERSONAL RELATIONSHIPS

VERBAL AND EMPATHIC RELATIONS WITH THE OTHER AND WITH THE HORSES

ETHOLOGICAL APPROACH TO THE HORSE WORLD

BETTER EXPERIENCES REGARDING THE EXTERNAL WORLD

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IMPROVEMENTS RELATED TO PSYCHOLOGICAL AREA

SELF ESTEEM

SELF CONFIDENCE

EGO STRUCTURE
CARE COMPLIANCE

- BETTER CARE COMPLIANCE
- PHYSICAL AND PSYCHOLOGIC IMPROVEMENT
- IMPROVEMENT OF “CARE GIVER” QUALITY OF LIFE
- DECREASE OF HOSPITALIZATION DAYS
- DECREASE OF EXPENSES FOR MEDICAL CARE
- QUALITY OF LIFE GENERAL IMPROVEMENT

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THE PINDAR PROJECT

IN CONCLUSION THE PINDAR PROJECT IS EXPECTED TO DEMONSTRATE THAT

THERAPEUTIC RIDING CAN ACT AS PSYCHIATRIC REHABILITATION IN ELDERLY SCHIZOPHRENIA

THE RIGHT DATA COLLECTION AND EVALUATION IS THE NECESSARY STEP TO OBTAIN SCIENTIFIC INTERNATIONAL RECOGNITION FOR THERAPEUTIC RIDING
PINDAR PROJECT FINAL DATA

• **THE PINDAR PROJECT FINAL DATA WILL BE AVAILABLE ON MARCH 2011**
THANK YOU FOR ATTENTION

• Dr. Stefania Cerino, M.D., Psychiatrist, T.R. Therapist, Head of T.R. Department, F.I.S.E., Rome, Italy- riabilitazione@fise.it
• Prof. Domenico Bergero, Faculty of Veterinary Medicine, University of Turin, Italy domenico.bergero@unito.it
• Dr. Daniele Gagliardi, FEI Veterinary, Campobasso, Italy docdan60@alice.it
• Prof. Nicoletta Miraglia, University of Molise, Campobasso, Italy miraglia@unimol.it