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### **Become a NARHA Certified Instructor**

**Denver**— NARHA, formerly the North American Riding for the Handicapped Association, was formed to promote equine-assisted activities and therapies for individuals with special needs. With over 3,500 certified instructors, more than 42,000 children and adults with physical, mental and emotional challenges find strength and independence through the power of the horse each year.

NARHA offers three levels of certification for therapeutic riding instructors: registered, advanced and master. Therapeutic riding instructors who teach at NARHA Centers are required to achieve one level of NARHA Instructor Certification status. Riding instructors conduct a safe, basic equestrian lesson to individuals with disabilities. An instructor at the second level of certification, advanced, is knowledgeable in horsemanship and understands disabilities and their relationship to therapeutic riding. At the master's level, the instructor has a strong background in horsemanship and teaching, as well as a thorough knowledge of disabilities. The instructor has the ability to step into any instruction situation in the field of EAAT and take charge effectively. This program is designed for those instructors with career involvement in therapeutic riding.

NARHA also offers instructor certification in the specialty disciplines of driving, interactive vaulting and the recently released equine specialist in mental health and learning. Centers can use driving to offer students the rewards of interacting with a horse or pony while driving from a carriage. Interactive vaulting, often equated to gymnastics on horseback, uses a surcingle to allow riders to perform many movements. It promotes strength, flexibility, balance and coordination as well as confidence, trust, patience and critical thinking. The equine specialist in mental health and learning certifies an individual as the horse handler in any un-mounted mental health or learning session.

In addition to these certifications, NARHA also now offers an international certification.

To learn more about certification, visit the [NARHA website](http://www.narha.org).

To find upcoming workshops in your area, visit the [NARHA events calendar](http://www.narha.org).

Contact [Tara McChesney](mailto:Tara.McChesney@narha.org), (800) 369-RIDE (7433) with questions regarding certifications or workshops..



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About NARHA:

*NARHA, formerly North American Riding for the Handicapped Association, was formed in 1969 to promote equine assisted activities and therapies for individuals with special needs. At over 700 member centers, a total of 42,000 children and adults find a sense of independence through involvement with horses. These member centers range from small, one-person programs to large operations with several certified instructors and licensed therapists. In addition to therapeutic equitation, a center may offer any number of equine assisted activities including hippotherapy, equine facilitated mental health, driving, interactive vaulting, trail riding, competition, ground work, or stable management. Through a wide variety of educational resources, the association helps individuals start and maintain successful equine assisted activities and therapies for individuals with special needs. There are more than 24,000 volunteers, 2000 instructors, 5,700 therapy horses and thousands of contributors from all over the world helping people at NARHA centers.*