



*"Treatment with the help of the horse"*

## Guidelines for Student Research Relative to Hippotherapy

The American Hippotherapy Association, Inc. (AHA, Inc.) recommends students complete the following steps prior to engaging in research projects investigating hippotherapy as a treatment strategy.

- Review the AHA, Inc. website
  - o Look over the general information explaining hippotherapy, and have an understanding of treatment principles relative to their specific discipline:  
<https://www.americanhippotherapyassociation.org/>
  
- Learn the correct terminology
  - o Review the AHA, Inc. terminology guidelines to make sure any verbal or written communications are accurate:  
<https://www.americanhippotherapyassociation.org/assets/docs/AHA-%20Recommended%20Terminology.pdf>
  
- Complete a literature review
  - o Review the bibliography of papers published on hippotherapy to see what research projects have already been completed:  
[https://www.americanhippotherapyassociation.org/assets/docs/AHA%20Bibliography%20and%20Reference%20List\\_updated%20June%202022.pdf](https://www.americanhippotherapyassociation.org/assets/docs/AHA%20Bibliography%20and%20Reference%20List_updated%20June%202022.pdf)
  
- Find a mentor
  - o The AHA, Inc. website has a "Find a Therapist" tab to help students find professionals practicing in their area:  
<https://www.americanhippotherapyassociation.org/find-a-therapist-directory>
  
  - o Take the opportunity to observe a therapy session and dialogue with a mentor on proposed research topics
  
- Ask questions
  - o AHA, Inc. has a Research Chair who is available to help with questions regarding potential research projects. Please contact them at  
[info@theahainc.org](mailto:info@theahainc.org)