

PATH Intl. Regional Conference

Presented
by
PATH Intl. Region 11

April 17 - 19, 2020

Hosted by:
REINS Therapeutic Horsemanship Program
Fallbrook, California

PATH Intl. Region 11 welcomes you to an educational and fun weekend with your friends and colleagues in wonderful Fallbrook, California. Your registration fee includes continental breakfast, lunch and the awards dinner on Saturday as well as continental breakfast and lunch on Sunday.

CONFERENCE LOCATION

REINS Therapeutic Horsemanship Program

4461 S. Mission Road
Fallbrook, CA 92028

Lodging Options

Airbnb.com
Fallbrook, Pala Mesa, Rainbow, Bonsall

Pala Mesa Resort
2001 Old Hwy 395
Fallbrook, CA 92028
(760) 728-5881

Quality Inn Fallbrook I-15
3135 Old Hwy 395
Fallbrook, CA 92028
(760) 723-2888

Rodeway Inn, Fallbrook Downtown
1635 S Mission Rd
Fallbrook, CA 92028
(760) 728-6174

PATH INTL. CONFERENCE REGISTRATION

Online registration will be available February 8, 2020, through April 4, 2020. After April 4, 2020, registration will need to be completed on-site.

**IF YOU ARE A PRESENTER OR CONFERENCE COMMITTEE MEMBER,
DON'T FORGET TO REGISTER WITH YOUR CODE!**

Registration February 8, 2020 through April 4, 2020:

Full Conference	\$150 members	\$200 non-members
-----------------	---------------	-------------------

PATH Intl. Standards Course* \$40 members \$55 non-members

***Register by March 20, 2020. If less than 15 are registered by this date, this course will be canceled and refunds issued. Registration on-site is not available.**

Registration on-site after April 4, 2020:

Full Conference	\$180 members	\$230 non-members
-----------------	---------------	-------------------

Refund Policy:

No refunds due to weather unless the conference is canceled.

Written cancellation request is required for refund. Email manderson@pathintl.org.

Deadline for Full Refund – Request received in PATH Intl. office by **April 4, 2020.**

Deadline for 50% Refund - Request received in PATH Intl. office by **April 19, 2020.**

Individuals who do not submit a written request to PATH Intl. by April 19, 2020, will not receive a refund.

***Deadline for Standards Course Refund** – Request received in PATH Intl. office by **March 20, 2020. No refunds after this date.**

Education:

This conference satisfies up to **17** hours of annual continuing education requirements.

TYPE	DESCRIPTION	CEU Conversion
DE	Disability Education	60 min = 1 DE
CR	Certification Core Requirement	60 min = 1 CR
CE	General Continuing Education	60 min = 1 CE

AGENDA

Friday, April 17, 2020

9 a.m. – 3:30 p.m. **PATH Intl. Standards Course CE**

Lunch on your own. Please bring a copy of the **CURRENT** PATH Intl. Standards Manual with you.

Saturday, April 18, 2020

7:45 – 8:45 a.m. **Registration and Welcome**

Session A

9 – 10 a.m.

A1, Horse Camps – Help Out Your Bottom Line! CE

Horse camps are a great way to not only bring valuable income to your program but also to offer healthy and positive outdoor experiences to children! The presenter will share advice from over 12 years of offering camps, including what activities have worked best and what to watch out for.

Dana Vennen has been in the therapeutic riding industry for most of her life. Starting as a volunteer with Therapeutic Horsemanship of Hawaii, a PATH Intl. Premier Accredited Center in Waimanalo, HI, in high school, she stuck it out for over two decades, eventually becoming the executive director and a PATH Intl. Advanced Instructor.

A2 (Arena), Equine Acupressure Keeping Horses Balanced and Happy CR ESMHL

This presentation will give the audience a few more tools to evaluate and support the mental and physical wellbeing of the horses in their program. We will provide a hands-on demo and points to deal with and prevent mental and physical fatigue; points for new horses in the program that will

help with the adjustment to their new surroundings and their new job; and also some good points to help ward off mental burnout.

Nedra Abramson has worked in animal rescue for the past 11 years. She became a Reiki Master in 2008 and started her journey toward becoming a small-animal acupressure practitioner in April 2010. She is nationally certified in small animal acupressure, equine acupressure and small animal massage through NBCAAM (National Board of Certification for Animal Acupressure and Massage). She believes traditional Chinese medicine (TCM) is a lifelong practice and is looking forward to the journey. Nedra works with all types of creatures: dogs, cats, horses, exotics and humans.

10 – 10:15 a.m. **Break**

Session B

10:15 a.m. – 12:15 p.m.

B1, Facilitating Communication & Interaction: Collaborating with Speech-Language Pathologists DE

This presentation will highlight philosophical and strategic supports included in traditional speech-language therapy sessions and how they can be integrated into therapeutic riding, including playful obstruction and communicative temptations. It will define typical caregiver-child interaction and how families are impacted when initially discovering their children have a developmental disability. We will include video-taped interviews with parents reflecting on their initial responses to a diagnosis and review Pamela Bass' work on "ambiguous loss" to help define the process, which is critical knowledge to be aware of when working with families. Also included will be videotaped examples of how the collaboration works and some pre- and post-outcomes. Data collection will also be explored, in addition to discussing how families participating in therapeutic riding are often impacted by seeing their children experience a recreational activity.

Karyn Searcy, author of Early Intervention in Speech & Language (2011), has worked in hospitals, private practice and an undergraduate school before relocating to San Diego County in 1988. She founded Crimson Center for Speech & Language in 2003 (now TERI Crimson) and has been a clinical supervisor at SDSU since 2010. Karyn has been consulting with riding instructors at REINS Therapeutic Horsemanship Center for nearly 10 years.

Kaitlyn Siewert has a B.S. in Kinesiology and is a PATH Intl. CTRI. She has been working in Therapeutic Riding for over 20 years. Kaitlyn has been working at REINS Therapeutic Horsemanship Program for her entire career in therapeutic riding and has been the Program Manager at REINS for the past 7 years. She is currently serving as the PATH Intl. Region 11 Representative.

B2 (Arena), Starting an Equine-Assisted Mental Health Program CR ESMHL, DE

This presentation will spend time outlining intake paperwork, defining roles and responsibilities between the ESMHL and the mental health professional as well as evaluation and selection of appropriate equines, with a demonstration of an EFP session and examples of EAL lesson plans.

Courtney Mellor is a PATH Intl. Advanced Instructor and program manager working in therapeutic riding and equine-assisted activities for over 10 years.

Alexis Forgnone-Judd is a dual EAGALA certified mental health professional who is also a PsyD, licensed marriage and family therapist practicing clinical and EFP intervention for over 10 years.

12:30 – 2 p.m. **Lunch and the PATH Intl. Update**

Session C

2:15 – 3:15 p.m.

C1, Silence Is Golden DE

Learn about the use of verbal and non-verbal communication with participants with autism and other cognitive disabilities and the role of processing time, quiet time and silence within the lesson for all participants.

Sue Rickard is a certified teacher and has been a PATH Intl. instructor since 2016 at Giant Steps, a PATH Intl. Premier Accredited Center in Petaluma, CA. Originally heralding from Wales, she grew up on a farm with all sorts of animals, including ponies and horses, competing for her local pony club through her teens. She found Giant Steps upon moving to the Bay Area in 2013 with her family; after volunteering for a year she was happy to learn the joys of being an instructor.

C2, Research Projects at the Shea Center CE

Industry credibility and sustainability rely on implementing best practices and publishing research outcomes. Dana will share the Shea Center's methods, successes and challenges with their current and past research projects.

Dana Butler-Moburg has been the executive director of the J.F. Shea Therapeutic Riding Center, a PATH Intl. Premier Accredited Center in San Juan Capistrano, CA, for 21 years. Her work in the therapeutic riding industry has been nationally recognized a number of times.

3:15 – 3:30 p.m. **Break**

Session D

3:30 – 4:30 p.m.

D1, Successful Outpatient Treatment Protocol for a Complex Comorbid Diagnosis CE

This single case study demonstrates the combined effectiveness of equine-assisted therapy and the innovative use of smartphone technology to create a unique therapeutic intervention resulting in (1) recovery from 10+ years of compulsive slot machine gambling and subsequent losses leading to severe financial consequences and serious disruption to normal daily functioning; (2) ongoing recovery from posttraumatic stress disorder due to childhood and later life family trauma; and (3) ongoing recovery from a recent ischemic stroke with severe left side paralysis, stemming from chronic hypertension related to gambling and other life stressors. In addition, the importance and significance of the therapeutic alliance will be addressed.

Dr. Peter Claydon is a clinical psychologist with 36 years of experience working with clients individually and 24 years providing equine-assisted therapy to children identified as at-risk, adolescents and adults, including veterans. He was a NARHA certified riding instructor and is currently both a PATH Intl. Equine Specialist in Mental Health and Learning and an EAGALA certified equine specialist. Dr. Claydon is the founder and president of the Santa Barbara Youth Project, a nonprofit 501(c)(3), and is an active advocate for underserved populations. His experience as a lecturer at the University of California, Santa Barbara, adjunct faculty at Antioch University and the Santa Barbara City College inform his ability to engage with a diverse audience in a way that enhances learning through active engagement. Dr. Claydon has a special interest in endurance riding and has successfully completed the TEVIS 100 mile race three times to date on his horse, Remy a.k.a. Khnight to Remember.

D2, Not If But When CE

Join us for an equine emergency evacuation overview. The number and severity of major wildfires is growing rapidly every year, especially in the Region 11 area. Besides fires, debris mudflows and flash

flooding are increasing in frequency, sometimes related to the fires. This overview will present the tools needed to prepare horses and handlers to know when to evacuate, how to evacuate, where to go and what to do once at an evacuation center.

Connie Weissoff has been a professional in the equine-assisted activities and therapies (EAAT) industry since 1992. She started as a volunteer, then became a certified instructor (Advanced), then program director and executive director at Hearts Therapeutic Equestrian Center, a PATH Intl. Premier Accredited Center in Santa Barbara, CA. Recently, she has been a PATH Intl. Registered Instructor Evaluator and Mentor. Her "day job" the last several years has been as an animal care manager for 70 large and small animals and birds, which includes 10 equines, at a private ranch in Montecito, CA. Between December 2016 and June 2017 she was involved in five separate evacuations in less than six months due to fires and debris flows.

4:30 – 4:45 p.m. **Break**

Session E

4:45 – 5:45 p.m.

E1, Connected Horse – Research-Based Program for People Affected by Dementia DE

Through Connected Horse's Equine-Assisted Study, conducted in partnership with UC Davis, researchers measured the effectiveness of equine-assisted activities on stress reduction and quality of life indicators for people with early stage dementia and their care partners. Xenophon Therapeutic Riding Center in Orinda, CA, and Kids and Horses Therapeutic Center in Minden, NV, both PATH Intl. Premier Accredited Centers, have successfully launched this evidenced-based program in their communities. Now, Connected Horse and Xenophon are offering an evidenced-based training program to other barns in the region. In this session, participants will learn why research/evidenced-based programs are important, hear a case study from Kids & Horses Therapeutic Center, and gain knowledge of special considerations for therapeutic centers when working with this population.

Mari Parino is the past executive director of Xenophon Therapeutic Riding Center and has been involved in equine-assisted activities and therapies for over 18 years. She began her career in Singapore as an instructor for Riding for the Disabled, Singapore. Her career continued in the United States working for both Xenophon Therapeutic Riding Center and Ride to Fly, a PATH Intl. Member Center, in Southern California. At Xenophon, Mari worked in the capacity of instructor, head instructor, program director and now executive director. During that time, she grew the center from a seasonal to a year-round program, increasing its operations from two days a week to five days. She also augmented the center's flagship therapeutic riding and hippotherapy programs by adding a program for adults with disabilities, a veteran's program and recently piloted a program with Connected Horse for individuals living with dementia and their care partners. Mari holds a Bachelor of Science in Animal Science degree from the University of CA, Davis and is a PATH Intl. Therapeutic Registered Instructor. Mari has presented on many aspects of equine-assisted activities and therapies in many venues, both in the United States and in Asia, including the Kaoshiung Medical University in Taiwan. Mari implemented a therapeutic riding program in Thailand, one of only three centers in the country at the time. In 2016, Mari received the PATH Intl. Credentialed Professional of the Year award. Mari is very involved in the horse industry, competing in both driving and dressage, as well as presenting driving clinics within California.

Nancy Schier Anzelmo is a co-founder and educational director of Connected Horse and is a widely known, highly regarded gerontologist and Alzheimer's/dementia care specialist, consultant, speaker and trainer. As principal and founder of Alzheimer's Care Associates LLC, she strives to enable her clients to achieve excellence in dementia care. Whether the environment is assisted living, adult day programs, skilled nursing or home care, Nancy is dedicated to promoting "person-centered" care that offers those with dementia opportunities to grow socially and spiritually and to enjoy enriched and satisfying lives. Nancy's career spans nearly 20 years and includes hands-on understanding of

senior care marketing, operations, budgeting, program development, planning and evaluation gained as staff in a variety of long-term care settings. She is a faculty member in the Gerontology Department of California State University Sacramento and the Program Forum Professional Training Program Coordinator for the Alzheimer's Association of California. Nancy holds a master's degree in gerontology and has achieved national recognition and awards as a speaker, teacher and innovator in the field of Alzheimer's dementia care programing. Currently, she is a board member and education co-chair of the California Assisted Living Association and a member of the American Society on Aging, the Assisted Living Federation of America and the Gerontological Society of America.

Catherine O'Brien has been involved with Kids & Horses since January 2017. The center has been in Minden, NV, for 20 years working with children and adults with disabilities. She came on as equine manager and program director and went on, in the summer of 2017, to become a PATH Intl. Certified Registered Instructor. She retired from 20 years in public education, teaching English as a Second Language and Spanish in elementary, middle school, adult education and college programs. She has had horses her life for the last 30 years. She began attending facilitator sessions, through Connected Horse, in January 2018 at Xenophon. She continued to attend sessions at UC Davis where research was being conducted and at Connected Horse sites in Alameda County. She launched the first Connected Horse session at Kids & Horses, along with the support of Connected Horse in October 2019.

Wanda Sayuk has been involved with therapeutic riding programs for close to a decade. She has been a PATH Intl. Registered Instructor for nine years and was instrumental in launching the first pilot Connected Horse Project at Xenophon just over two years ago. She is now the lead facilitator and trainer for the Connected Horse program. She is also a certified Jazercise instructor and franchisee for the past 34 years.

E2,Equine-Assisted Leadership Development™ (EALD™) CE

In this session we will share the Equine-Assisted Leadership Development™ (EALD™) methodology proven in multiple PATH Intl. Premier Accredited Centers to develop leadership skills for local organizations (corporate/professional), colleges/universities, veterans, and youth identified as at-risk, while at the same time generating funding to support your center's mission. The methodology involves certifying your Instructors to offer and teach the EALD courses to local organizations, which then generates revenue to fund your center's sustainability. The methodology focuses on advancing an individual or team's leadership skills using equine-assisted learning (EAL), assisting organizations and society to develop better and more inspiring leaders while creating a unique and innovative additional revenue stream for your facility. Join us to learn about the methodology, licensing, certification and results centers have experienced in generating revenue to support their employees, horses, programing and infrastructure.

Jeff Arnold is the founder of Leadership Adventures, Inc., which focuses on developing inspiring leaders around the globe. He has spent a 25-year career working in corporate consulting with clients all over the world developing leaders. He has worked with more than 100 CEOs and client organizations worldwide, including colleges and universities, Fortune 100 companies, nonprofits, and faith-based organizations. He is a student of leadership and believes that each of us is on a journey to become a better leader, and that becoming a better leader is an adventure requiring both new skills and practice opportunity. In 2008, he was honored with the esteemed Inspiring Leadership award by the world's largest consulting firm as measured by revenue, a Fortune Global 500 company. He was recently featured in PATH Intl. Strides magazine discussing the benefits of experiential, accelerated, equine-assisted leadership development.

Carol Petitto, Ph.D., is founder and executive director of On Eagles' Wings Therapeutic Riding Center, a PATH Intl. Premier Accredited Center in Fairmont, WV. She is a PATH Intl. Therapeutic Riding Instructor, PATH Intl. Equine Specialist in Mental Health and Learning, served on the PATH Intl. Higher Education Task Force, and also was on the PATH Intl. Membership Outreach Committee for two

terms. She has been an adjunct professor in the Davis College of Agriculture, Natural Resources and Design at West Virginia University for the last 10 years. She developed and currently teaches the equine-assisted activities and therapies minor within West Virginia University's equine program and is currently certified in the EALD™ program.

6 – 6:30 p.m. **Happy Hour**

6:30 – 7:30 p.m. **Dinner and the PATH Intl. Region 11 Awards**

Sunday, April 19, 2020

7:45 – 8 a.m. **Registration and Welcome**

8 – 9 a.m. **PATH Intl. Region 11 Meeting, State Meetings & Networking**

Session F

9:15 – 11:15 a.m.

F1, How to Run Your Center Like a Business and Still Keep the Heart CE

Sustainability for centers is a critical issue. In researching the challenges around sustainability, business knowledge was a key factor in an organization's ongoing success and was reported as an important missing component for many centers. Many professionals reported a fear of losing the heart of the organization if they became too business-like. This presentation gives an overview of how to run a center professionally, while maintaining a focus on the mission. It also encourages attendees to ask themselves the sometimes difficult question, "Do you want the organization to continue after you leave?" If the answer is yes, here are best practices for business and succession planning.

Kathy Alm began her service as chief executive officer of the Professional Association of Therapeutic Horsemanship International (PATH Intl.) in August 2014. For the previous 16 years she served as executive director of Little Bit Therapeutic Riding Center, a PATH Intl. Premier Accredited Center in Woodinville, WA. She grew the previously grassroots organization from a \$280,000 annual operating budget to a professional \$2.1 million organization. Kathy served as PATH Intl. board president in the 2010-2012 term, first joining the board of trustees in 2005. She has facilitated numerous workshops and presentations on board, staff, fundraising and strategic planning and enjoys the opportunity to share her experience as well as learn from others. Her dedication to the field of equine-assisted activities and therapies spans over 19 years with a passion that was ignited the moment she walked through the door at her first therapeutic riding center.

F2 (Arena), Strategies for Teaching Riders at Different Levels in a Group CR Riding

It's not ideal, but it happens sooner or later. You will have to teach a safe, effective riding lesson to two or more riders who are at totally different levels, whether they be skill, age, ability or even personality. This session will look at the reasons this happens and offer some ideas to keep lessons safe, effective and enjoyable for all riders.

Dana Vennen see bio under session A1.

11:15 – 11:30 a.m. **Break**

Session G

11:30 a.m. – 12:30 p.m.

G1, Creative and Effective Ways to Grow and Expand Equine Services for Military Veterans DE

This presentation will offer tried and true suggestions for what to do and what not to do in order to grow and expand equine services for military veterans. This will include where and how to find

veterans and recruit for your programs, strategies for networking with VAs, Vet Centers and other veteran-serving organizations, and creative program ideas that work.

Martha McNiel is the founder and director of DreamPower Horsemanship, a PATH Intl. Premier Accredited Center in Gilroy, CA. She is a CA Licensed Marriage and Family Therapist and PATH Intl. Therapeutic Riding Instructor, Therapeutic Driving Instructor and Equine Specialist in Mental Health and Learning. She has worked in the nonprofit sector for the past 38 years.

G2, Working with Parents During Stressful Times: Impact of Ambiguous Loss DE

The purpose of this presentation is to review the development of parent-child (p-c) interaction from ages 0-3, and how that process is often impacted by the discovery that your child has a developmental disability or delay. We will compare and contrast the traditional trajectory of p-c interaction and the impact any diagnosis may have on families. Pamela Boss studied ambiguous loss in the '70s, including her work with families experiencing lack of closure following the loss of a loved one through Alzheimer's disease and related losses. Her discussions provide a strong framework for understanding the process our families experience when they sense or determine that their children have a life-impacting developmental disability or differences. We will discuss typical development, the evolution of becoming a parent, typical communication development and how engaging their children in therapeutic horseback riding can help normalize their experiences as well as facilitate language skills.

Karyn Searcy & Kaitlyn Siewert see bios under session B1.

12:30 – 1:30 p.m. **Lunch and the PATH Intl. Field Test Standards Hearing**

Session H

1:45 – 2:45 p.m.

H1, Emergency Preparedness Planning CE

Emergency Preparedness: Determining your risks. Making your plan. Sourcing materials. Training and prepping horses and people. Funding your plan.

Julie Larson is the program director at Giant Steps Therapeutic Equestrian Center, a PATH Intl. Premier Accredited Center in Petaluma, CA, a PATH Intl. Certified Registered Instructor and Equine Specialist in Mental Health and Learning (ESMHL). With over 11 years' experience in the industry, Julie also owns two horses and served as the PATH Intl. Northern CA state representative for two years.

Jen McWherter is the head instructor at Giant Steps Therapeutic Equestrian Center, a PATH Intl. Certified Registered Instructor and ESMHL. She has been in the industry for over 21 years. Jen is currently the PATH Intl. Northern CA state representative.

H2, Acquiring, Retaining and Organizing Volunteers CE

Volunteers are one of the pillars of therapeutic horsemanship. Without them, most organizations would find it very hard to operate at the capacity/level they do. So how do we acquire them? And how do we make them want to stay? After overhauling our volunteer program almost seven years ago, and continuing to refine it every year, we have found successful ways to make volunteering inviting, fun, safe and organized. We wish to share some of our experiences, both positive and negative, that have helped us manage over 100 weekly volunteers.

Maggie Kibler began volunteering at REINS at the age of 11. She went on to become a speech language pathologist assistant, but when the full-time volunteer coordinator position became available in 2013, she jumped at the opportunity. REINS was a safe haven for her as a young volunteer, and she hopes to provide that same sense of community for other volunteers today.

Alyssa O'Kelley became a PATH Intl. Registered Instructor in April 2014 and came to REINS as a college intern in June 2014. She returned to REINS in January 2015, after completing her BS degree in therapeutic horsemanship with a minor in psychology. She started as an instructor, but after a few years she became the second volunteer coordinator at REINS. She loves getting the chance to interact with so many different people. Getting to know all of them is such a privilege and a gift! They inspire her life with all their different stories and experiences.

2:45 – 3 p.m. **Break**

Session I

3 – 4 p.m.

I1, Boundaries and Burnout CR All

For many of us, horseback riding is not only our career but our passion. This complex dynamic of the personal and professional can easily lead to burnout. We will discuss how to recognize burnout before it consumes your love of the job, and how to remedy it. One of the best ways to guard against burnout is creating boundaries, both in your organization and in yourself. We will share ideas for creating boundaries with volunteers, with students and their parents, and with social media. Although PATH Intl. training sets up instructors to teach horseback riding skills, we often spill over into areas of mental health. In setting boundaries and preventing burnout, it is important to know what is and what is not within our scope of practice.

Rebecca Palter is a certified instructor with additional training in the mental health field. She began volunteering in 2013 and received her certification in 2019. In 2019 she also earned her master's degree in child and family development with an emphasis in early childhood mental health.

Samantha Hoffman discovered therapeutic horseback riding in 2013 and began teaching at Partners Therapeutic Horsemanship, a PATH Intl Member Center in Lakeside, CA. In 2014, she completed her PATH Intl. instructor certification, and in 2018 completed the PATH Intl. Mentor Course so she can help others as they work toward their certifications.

I2, (Arena) Teaching the Natural Aids CR Riding

This presentation will focus on how to teach the natural aids (seat, rein, leg, voice) to riders with different physical and cognitive challenges and how to adjust to each horse's response to the aids. Every horse and rider combination will require different teaching techniques. For riders who need assistance, utilization of volunteers will also be an integral part of the lesson. Attendees will develop a more in-depth understanding of how the natural aids work. Instructors will be able to add to their bag of tricks of teaching techniques and develop the ability to follow through with a variety of instructions until they get the best response from both rider and horse. Volunteers will learn how to assist without interfering with the communication between rider and horse. Anyone involved in horse care and training will learn how to better read each horse's response and make adaptations to their schooling and handling methods.

Amy Sheets is a PATH Intl. Master Level Instructor, past chair of the PATH Intl. Certification Committee, Faculty/Evaluator for the PATH Intl. OSWC, Lead Evaluator for PATH Intl. Advanced and Master Certification. She is an owner/trainer Hoofbeats Horse and Rider Training, LLC, and a part-time therapeutic riding instructor at Ivey Ranch, a PATH Intl. Premier Accredited Center in Oceanside, CA.

We look forward to seeing you soon in Fallbrook, California!