

# **PATH Intl. Regional Conference**

**Presented  
By**

**PATH Intl. Region 2  
In Partnership With and  
Sponsored by  
Maryland Council of  
Equestrian Therapies  
(MCET)**



**VIRTUAL**

**March 26-28, 2021**

**PATH Intl. Region 2 and MCET welcome you to a virtual, educational weekend with time to network and ask questions of our presenters from the comfort of your own home/barn.**

## **PATH INTL. CONFERENCE REGISTRATION**

Online registration will be available February 2, 2021, through March 24, 2021.

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

**Registration February 2, 2021 through March 24, 2021:**

Full Conference	\$200 members	\$250 non-members
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**Refund Policy:**

**No refunds. Content will be recorded and available to watch on your own time.**

**Education:**

This conference satisfies up to **9** hours of annual continuing education requirements. 18 hours potentially if you watch the recordings of the sessions you do not attend live!

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**

### **All times are Eastern Daylight Savings Time**

**Friday, March 26, 2021**

7 – 7:10 p.m.	<b>Welcome</b> Conference schedule and format
7:10 – 7:50 p.m.	<b>The International 5 star Eventing Competition at Fair Hill</b> followed by Q&A  <b>Jeff Newman</b> began his career in events working for the Georgia State Olympics before being hired by sports marketing legend Donald Dell at ProServ, Inc., in 1995 as a tournament associate for the Legg Mason Tennis Classic (now Citi Open) in Washington, DC. Four years later, he became the youngest tournament director within the ATP Tour and held that distinction through 2011. During Newman's tenure as tournament director from 2000 – 2017, the event grew to be one of only five combined ATP/WTA professional tournaments in the United States and one of only 11 ATP 500 level events worldwide, broadcast internationally in 185 countries. Other highlights include capturing >\$50M in corporate sponsorships and raising over \$2.75M for the tournament owner and beneficiary – Washington Tennis & Education Foundation.
8 – 8:40 p.m.	<b>Maryland: The Whole State Is a Horse Park</b> followed by Q&A  From the Assateague ponies on the Eastern Shore to several large trail riding outfits in the Western Maryland mountains--and the thousands of horse farms and competition venues in between--the entire state is a horse park. To make sure the industry continues to thrive, the Maryland Horse Industry Board has initiated several projects to foster growth and attract new participants.  <b>Ross Peddicord</b> became executive director of MHIB in 2011. He has spent most of his life involved with horses, either professionally or for fun, showing, foxhunting, and breeding

Thoroughbreds, and for a brief period he rode amateur steeplechase races. He graduated from McDonogh School and Washington College. He has had a varied career in journalism, marketing, sales, public relations and fundraising at a number of Maryland institutions such as the Maryland Jockey Club tracks, the *Baltimore Sun*, Mount St. Mary's University and *Maryland Life Magazine*, where he was co-publisher from 2004-2010. He is a past chair of the Maryland Tourism Coalition and represents the equine industry on the executive directors committee of the Maryland Office of Tourism Development. He is an ex-officio member of the boards of the host organizing committee for the Maryland 5 Star at Fair Hill and the Fair Hill Foundation.

8:50 – 10 p.m.

### **Facilitated Networking Breakouts**

Administration, Equine Health, Instructors or Mental Health

## **Saturday Morning, March 27, 2021**

### **Communication and Equine Health Tracks**

8:15 – 8:30 a.m.

### **Welcome**

Conference schedule and format

## **Session A**

8:30 – 9:30 a.m.

### **A1, Everyone Communicates CR All**

Good leaders are great communicators; they stand out in the crowd, they are honest, they're authentic and they listen more than they talk. Research documents a clear connection between communication and leadership. Many business leaders feel they need to communicate better with those they lead. But, to be effective, leaders must know how to communicate with the various groups within the organization—staff, volunteers, donors, clients, etc. Learn the key principles of leadership communication to develop a culture of collaboration and success.

**Debbie DiVirgilio** is a certified governance trainer through BoardSource and a licensed standards for excellence consultant. She has more than 25 years of experience serving in the nonprofit sector in a variety of roles including board member, executive director, program director and grant writer. Debbie is a nonprofit coach, consultant, teacher, facilitator and grant professional. Above all, Debbie is committed to helping organizations thrive.

### **A2, The Importance of Equine Chiropractic and Acupuncture Part 1 CE**

Learn the importance of chiropractic and acupuncture techniques in keeping working horses happy and healthy. On Sunday this topic will continue with Dr. Blakeslee giving a demonstration of the techniques that are discussed in this session.

**Patricia Blakeslee, VDM**, is a 1988 grad from University of Penn School of Veterinarian Medicine after she completed a two-year internship and residency at New Bolton Field Service. She joined Unionville Equine Associates practice in 1990. Dr. Blakeslee also completed a chiropractic course in 1997 and received an AP from Chi Institute in 2001.

9:30 – 9:45 a.m.

### **STRETCH BREAK**

## **Session B**

9:45 – 10:45 a.m.

### **B1, Nonprofit Management CE**

Learn effective techniques of board of directors' management in running a successful nonprofit organization. There are three primary roles in their service to the organization. We will discuss these roles and how to get your board members to comply.

**Debbie DiVirgilio** see bio in A1.

## **B2, Value of Pasture for Horses and the Environment CE**

This presentation shares benefits of pasture for horses, management strategies for how to maintain productive pasture grasses, how pastures enhance soil and water quality, and tips for what to do when you have too much pasture. Current research findings on the use of grazing muzzles to control weight gain in the pastured horse will also be discussed.

**Dr. Amy Burk** is an associate professor and coordinator for the Equine Studies Program in the Animal and Avian Sciences Department at the University of Maryland. In addition to teaching courses in horse management, equine science and equine reproduction, she mentors, advises the Maryland Equestrian Club and Maryland Eventing Team. She's given over 160 invited talks on equine nutrition, pasture management and equine health at local, regional and national events. Her Equine Rotational Grazing Demonstration site has been used to educate over 600 members of the horse industry. Dr. Burk has received national awards for her work, including Educator of the Year from the Equine Science Society. Dr. Burk is the current chair of the National Association of Equine Affiliated Academics and board members of the Equine Science Society and Maryland Horse Industry Board. She completed her graduate work in equine nutrition as a Pratt Fellow at Virginia Tech having earned an MS degree in 1998 and a PhD degree in 2001.

10:45 – 11 a.m.

### **STRETCH BREAK**

## **Session C**

11 a.m. – 12 p.m.

### **C1, Promoting Speech While Interacting With Horses CR All**

Learning treatment techniques to promote language development with clients is essential in creating a successful program and partnership with horses. The movement of the horse clearly benefits the rider. Often first words are heard as the horse and rider form a partnership that can last for years. Discover the impact of incorporating the horse into speech therapy.

**Martha Dubensky** attained her bachelor's degree in animal science, a master's degree in food technology science and a master's degree in psychology. She developed and founded GAIT Therapeutic Riding Center in 1995. She is a PATH Intl. Advanced Instructor, a mentor, ESMHL and a lead faculty for OSWC. She is a past Region 2 Representative and has helped on various subcommittees of PATH Intl. She has presented numerous on-site and off-site presentations regarding therapeutic programs for various organizations including at PATH Intl. Regional and National conferences. And most of all, she is passionate about how the horse interacts naturally with humans, and how the movement of the horse directly affects the riders for example with hippotherapy.

**Jenny Goodman-Bowden** received her graduate degree and then her Certificate of Clinical Competency in 1986. Since that time, she has worked with adult developmentally delayed individuals as well as young children. Fifteen years ago, she attained her certification in hippotherapy and has worked with a variety of age groups in that field.

### **C2, How to Identify & Release Your Horses Pain Points With Natural Equine Remedies Part 1 CE**

This session will include use of herbal remedies, homeopathic techniques, nutrition, acupressure and essential oils for equine health. Part 2 on Sunday will continue with a demonstration of the techniques that are discussed in this session.

**Lorrie Bracaloni** has been in the equine holistic business for over 10 years and has numerous certifications in herbal remedies, homeopathic, nutrition, essential oils and equine acupressure application. Currently a practitioner of the body code by Dr Bradley Nelson, she has helped hundreds of horses regain their health from illnesses.

12 – 1 p.m.

### **LUNCH BREAK ON YOUR OWN**

## **Saturday Afternoon, March 27, 2021**

### **Business Education and Mental Health Tracks**

#### **Session D**

1 – 2 p.m.

##### **D1, The Language of the Breath Part 1 CE, CR All**

In working with traumatized and aggressive horses, Linda Kohanov learned that breathing is a nonverbal language all its own, a kind of universal language that crosses species lines. How you breathe affects others physiologically and emotionally. In most people, shifts in breathing are unconscious, but with a little training in the grammar of this nonverbal communication system, humans can learn to speak it fluently, too. In this two-part presentation, Linda will introduce a “breathing vocabulary” that is helpful for instructors, therapists and participants alike, one that ultimately teaches people how to regulate their own nervous systems in times of stress, and, over time, coregulate people, horses and other animals who may be fearful or aggressive. This breathing vocabulary first of all speaks to your body. It changes your physiology. These changes have contagious effects on others that can be productive or unproductive depending upon how they are used. During Saturday’s presentation, Linda will discuss research relevant to understanding how these various “breathing signals” work. In Sunday’s presentation, she will demonstrate their effects on horses, including how she teaches clients to exercise this “breathing vocabulary” through various equine-assisted activities.

**Linda Kohanov** is an internationally-recognized author, speaker, riding instructor and horse trainer. She is a pioneer in the field of equine-assisted learning and a respected writer on the subject of equine-assisted therapy. In 1997, she founded an Arizona-based collective of horse professionals, educators, coaches and mental health professionals exploring the potential of the horse-human bond. That organization, now called Eponaquest Worldwide, has grown to serve clients on six continents. Her first bestselling book *The Tao of Equus* was selected as one of the top books of 2001 by Amazon.com. Four more books followed, including *Riding Between the Worlds: Expanding Our Potential through the Way of the Horse*, *Way of the Horse: Equine Archetypes for Self-Discovery*, *The Power of the Herd: A Nonpredatory Approach to Social Intelligence, Leadership, and Innovation*, and her latest *The Five Roles of a Master Herder: A Revolutionary Approach to Socially Intelligent Leadership*. While Linda often works with horses to teach people advanced human development skills, she also has a gift for helping people take “horse wisdom” into the home, the workplace, schools, and other human environments, offering equine-inspired insights on relationship, leadership, non-verbal communication, creativity, power, spirituality, authenticity, healing, and balance. Her new online video-based training *Connections: Life Wisdom from the Herd* teaches skills without horses that can be immediately used in personal and professional development settings.

##### **D2, TRF Second Chances Program: Saving Horses, Saving Lives CE**

The TRF Second Chances Program is the nationally-acclaimed, flagship undertaking of the Thoroughbred Retirement Foundation (TRF). This program, first launched in 1984 at the Wallkill Correctional Facility in Wallkill, NY, places retired Thoroughbred racehorses from the TRF herd in the care of the inmates within seven correctional facilities across the US. Participating in a skills-oriented vocational training program, the participants learn how to care for the aging equine athletes while gaining valuable life skills that will equip them for success when they return to society. The program currently operates in 8 correctional facilities across the United States (NY, KY, FL, SC, MD, IL and CA).

**Kim Weir** is passionate about horses, people, and the potential we each have to make the world a better place with our unique gifts, energy and experience. She believes in celebrating those who are doing the right thing to inspire all of us to do our part. As a Director at the Thoroughbred Retirement Foundation (TRF), Kim harnesses the experience, knowledge and networks she has built over the course of her career to make a direct positive and profound impact on the Thoroughbred racing industry. She often shares: “Horses have made me the person I am today. I believe in the beauty and the magic of Thoroughbred racing. My work with my colleagues at the TRF provides the 500+ retired

racehorses in our herd with a healthy and safe retirement for the remainder of their days when they can no longer compete on the racetrack. It is my honor to share the story of the Thoroughbreds, to identify those who care about these noble, sentient creatures, and to engage individuals across all walks of life in our mission."

2 – 2:15 p.m.

### STRETCH BREAK

## Session E

2:15 – 3:15 p.m.

### **E1, EAP: Creating Therapeutic Relationships to Support Individuals With Anxiety Disorders Part 1 DE**

What is anxiety and how is it different from fear? Where does anxiety come from? What are the various anxiety disorders and when is EAP indicated? We will discuss the symptoms, selective treatment approaches and strategies for managing anxiety. Case study will look at how the therapeutic relationship evolves with the horse as co-therapist. This presentation will present important therapeutic, ethical and relationship issues related to psychotherapy utilizing equines with persons presenting with anxiety.

**Marya Pecukonis** is a PATH Intl. Certified Advanced Riding Instructor, CTRI and ESMHL. Professional credentials include a master's degree in Communicative Disorders from Johns Hopkins, post graduate work in administration and special education and National Board-Certified Teacher in Exceptional Needs. Marya has worked as a special education teacher, administrator and transition specialist for Howard County Schools for over three decades. She currently works as a family trainer and adult life planner for MD Autism Waiver program. She has provided leadership for MCET, as president and current member. Marya has volunteered time with PATH Intl. as MD state chair, current Region 2 Representative and faculty apprentice for ESHML.

**Edward Pecukonis MSW, PhD**, is the clinical director at LeCheval Stable and coordinates the psychotherapy utilizing equines program. He has presented on psychotherapy utilizing equines at both regional and state conferences as well as faculty and student presentations and courses. Dr. Pecukonis is an associate professor at the University of Maryland School of Social Work. He has held faculty appointments within the University of Maryland School of Medicine, the Department of Psychiatry and later in the Department of Family Medicine where he coordinated behavioral science training for medical students and residents.

### **E2, Working With Barn Staff With Differing Abilities CR All**

In the past few years, Melwood has had the good fortune to train two employees with differing abilities. The barn manager worked for years to get these employees to a point where they are fairly independent. This was not an easy task. One of the employees had done a few other jobs but had never really loved his job. Now he happily comes to work every day and will even stay after if we allow it. He has the work ethic of an ox simply because he loves the animals. This presentation will discuss his journey and daily job, and ways to include an employee of differing abilities as barn staff.

**Caitlin Martin** has been riding horses since the age of eight. While her family was stationed in Spain she focused mainly on show jumping competitively up to 1.30 meters. When her family moved back state side she started competing in local hunter shows. She earned her C-3 rating in the United States Pony Club with De La Brooke Pony Club. During high school Caitlin began riding and competing with Sam Allan, a local eventer. Directly after graduating from high school in 2008 Caitlin was hired as a groom, barn manager, and rider for Matt Flynn of Flynn Sport Horses. As an instructor, Caitlin, has taught youth and adults from beginners learning to walk and trot to more advanced riders in the sport of eventing. Caitlin began working for Melwood as the Equestrian Program Coordinator in the summer of 2013. She acquired her PATH Intl. certification in 2014. Caitlin has two young children who share her passion for horses. She gained much of her experience and knowledge of working with people of differing abilities from assisting her mom, who is a special education teacher. She appreciates being able to share the inclusive environment of Melwood with her children.

3:15 – 3:30 p.m.

### STRETCH BREAK

## Session F

3:30 – 4:30 p.m.

### F1, Using EAP to Treat Mental Health Part 1 **CE**

This presentation provides opportunities to explore different psychotherapy techniques in an equine setting. This experiential, hands-on intervention has proven to provide effective results in healing and well-being.

**Erin Tancemore** graduated from McDaniel College with a bachelor's degree in social work and minor sociology in 2005. She then received her master's degree in social work from the University of Maryland in 2006. In 2013 Erin began exploring her relationship with horses and attended several internationally accredited equine-assisted therapy trainings and received certification. In 2014, she established a private practice providing mental health services using both the traditional and equine-assisted models. Erin specializes in childhood mental health and trauma utilizing interactions with horses as her primary treatment tool.

### F2, Providing Language Support for Riders With Complex Communication Needs **DE, CR Riding**

Many of our riders present with complex communication needs. Language and/or speech are sometimes limited due to physical, cognitive or emotional disabilities. This presentation is designed to provide a hands-on opportunity to develop communication supports for these riders to enhance their participation and success during their therapeutic riding experience.

**Karen Scott, MEd**, specializes in special education/reading. She is a PATH Intl. Registered Instructor and an assistive technology professional (ATP).

4:30 – 4:45 p.m.	<b>STRETCH BREAK</b>
4:45 – 6:30 p.m.	<b>PATH Intl. Region 2 2020 &amp; 2021 Awards Ceremony</b> <b>PATH Intl. Field Test Standards Hearing</b> <b>State Meeting Breakouts</b>
6:30 – 7 p.m.	<b>STRETCH / DINNER BREAK</b> Grab some dinner and join us for our keynote speakers!
7 – 8:30 p.m.	<b>Keynote Speakers</b> <b>Overcoming Adversity Through Equine Partnership</b> Syd shares his journey through adversity and finding empowerment in therapeutic riding. Participants learn advantages of therapeutic riding to motivate and sustain their clients throughout their journey. <b>Syd Lea</b> of Taneytown, MD, is a multi-sport athlete, winning championships and breaking records in each of his sports, riding, rowing and biking. He has been able to do all of this in the Special Olympics and just recently was able to add more to his long list of accolades. <b>Spreading Awareness About Para-Dressage</b> Explore the world of Para-Dressage, the program and competition details. This session will help trainers and riders who are currently in a program or want to be. <b>Riley Garrett</b> began at the age of 6 after sitting on her first thoroughbred in Saratoga Springs, NY. From that moment on, Riley would never be without a horse in her life. With the encouragement from longtime family friend and president of the Para-Equestrian Association, Hope Hand, Riley began taking lessons at Thorncroft Equestrian Center. At Thorncroft, Riley learned how to accommodate her disability, strengthen her muscles and use braces to give her more support. At the age of 12, Riley competed in her first schooling show and fell in love with the drive to compete and succeed. In September 2017, at the Tryon Fall Dressage Para-Equestrian National Championship, Riley won 2nd place on Friday and Saturday, First place on Sunday and 5th place overall for the whole competition. In addition to placing, Riley also received the Lloyd Landkamer Memorial Para-Dressage Sportsmanship award.

8:45 – 10 p.m. **Social Hour**  
**Facilitated Networking Breakouts**  
Driving, Horsemanship Clubs, Vaulting or Veterans

## **Sunday, March 28, 2021**

8 – 9:45 a.m. **Welcome back!**  
**PATH Intl. Region 2 Meeting**  
With PATH Intl. Region 2 Representative Major George W. Paffendorf  
**PATH Intl. Update**  
With PATH Intl. CEO Kathy Alm

9:45 – 10 a.m. **STRETCH BREAK**

## **Equine Health and Mental Health Tracks**

### **Session G**

10 – 11 a.m.

**G1, EAP: Creating Therapeutic Relationships to Support individuals With Anxiety Disorders Part 2 DE**  
Continuation of E1

**G2, The Importance of Equine Chiropractic and Acupuncture Part 2 CE**  
Continuation of A2

11 – 11:15 a.m. **STRETCH BREAK & GRAB A SNACK**

### **Session H**

11:15 a.m. – 12:15 p.m.

**H1, The Language of the Breath Part 2 CE, CR All**  
Continuation of D1

**H2, How to Identify and Release Your Horses Pain Points With Natural Equine Remedies Part 2 CE**  
Continuation of C2

12:15 – 12:30 p.m. **STRETCH BREAK & GRAB A SNACK**

### **Session I**

12:30 – 1:30 p.m.

**I1, Using EAP to Treat Mental Health Part 2 CE**  
Continuation of F1

### **I2, Magna Wave PEMF Treatment, Use and Benefits CE**

This is a non-invasive, pain-free modality that indiscriminately recharges your cells, increasing your cellular metabolism, which allows your body to heal itself more efficiently.

**Megan Wicks Doran** has a BS degree in equine studies from Wilson College. Racehorses taught her conditioning and understanding injuries and rehabbing, specializing in extensive layups, breaking babies and developing a string of horses at Fair Hill Training Center. She has taught equine anatomy and physiology at Cecil College's Large Animal Program.

**We look forward to seeing you soon at our first ever Virtual Conference!**