

# **PATH Intl. Regional Conference**

**Presented**

**by**

**PATH Intl. Region 4**

## **“Let the Good Times Roll”**



**May 29-31, 2020**

**Hosted by:**

**Reins of Life, Inc.**

**Michigan City, Indiana**



**Registration on-site after May 15, 2020:**

Full Conference

\$195 members

\$245 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](mailto:manderson@pathintl.org).**

**Deadline for Full Refund** – Request received in PATH Intl. office by **May 15, 2020**.

**Deadline for 50% Refund** - Request received in PATH Intl. office by **May 31, 2020**.

**Individuals who do not submit a written request to PATH Intl. by May 31, 2020, will not receive a refund.**

**\*Deadline for Standards Course Refund** – Request received in PATH Intl. office by **April 27, 2020. No refunds after this date.**

**Education:**

This conference satisfies up to **18** hours of annual continuing education requirements.

<b>TYPE</b>	<b>DESCRIPTION</b>	<b>CEU Conversion</b>
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 Central Standard Time

**Friday, May 29, 2020 at Reins of Life, Inc.**

10:30 a.m. – 5 p.m.

**Registration Open**

11 a.m. – 5 p.m.

**P1, Standards Course (lunch included) CE**

Learning Path Intl. Standards is vital for PATH Intl. Certified Professionals, instructors-in-training, center representatives, site visitors, program administrators and anyone interested in learning the highest safety standards and industry best practices for equine-assisted activities and therapies (EAAT). This course will provide you with an overview of how the standards are organized and how they come together to holistically support EAAT programming. We promise that Kim will not only make this course educational but will get the “good times” started! Please bring the most current copy of the standards manual with you.

***Kim Berggren** is a PATH Intl. Advanced and CTRI Level Instructor with over 20 years' experience in EAAT. As program and education coordinator for the Cheff Therapeutic Riding Center, a PATH Intl. Premier Accredited Center (PAC) in Augusta, MI, Kim juggles her time and talents between the classroom and the arena. Completely committed to the field, she has held PATH Intl. titles such as State Chair, Region Representative and MOC Chair. Currently, she functions as a certified mentor, site visitor, standards course faculty/evaluator, registered level instructor evaluator and certified advanced instructor evaluator. She can also be found serving on the current PATH Intl. Governance Committee as well as the Board of Trustees. In her (very limited!) free time, Kim enjoys traveling, riding her horse, hanging out with family, working with an area 4-H group, and playing ice hockey on an area women's league team.*

## **P2, Disabilities Track \$40 member / \$55 non-member (lunch included)**

11 a.m. – 12:25 p.m.

### **Communicating With Sign Language DE**

This workshop is designed for individuals who want to use Sign Language when working with individuals who depend on communicating with Sign Language or who benefit from it. This session will cover: understanding who your target audience is and learning what approach might work best with them; various methods of communication such as American Sign Language, Signed English, Facial Expressions, Larger Gestures, etc.; understanding Deaf Culture and how it applies to the various communication methods, apps and websites for Sign Language, as well as sign vocabulary for terms widely used in the therapeutic horseback riding environment,

**Jason Maloney** is an ASL professor at Purdue University Northwest, Hammond, IN, and Hyles Anderson College, Crown Point. He has been a personal mentor/tutor for students and interpreters since 2008. He has taught various workshops related to ASL and Deaf Culture and has additional ASL teaching experience for five years at LaPorte High School in LaPorte, IN. Maloney also served as a mentor to the staff interpreters in the Hammond School system and was employed as a social work case manager in the mental health field. In spring of 1996, Maloney obtained his BS degree in business administration from Gallaudet University in Washington D.C. While he was at Gallaudet, he performed in the Gallaudet TV shows: "Fastest Hands in the West" and "Florida Avenue."

**Karen Donah** grew up with a deaf sister. She taught elementary school, both regular education and deaf education and now teaches full time at Purdue Northwest in the American Sign Language Program. As a clinical assistant professor, she teaches American Sign Language levels 1-4 and Deaf Culture/History. She has also worked as a freelance ASL/English interpreter, an educational interpreter and a video relay interpreter. Donah has a daughter who participates in therapeutic riding at Reins of Life, Inc.

12:30 – 2:25 p.m.

### **Lunch and Disabilities Panel DE**

During lunch please join several EAAT participants/families as they share information about their diagnosis, how it impacts their daily lives and their experiences in EAAT. The panel will then answer audience questions. The panelists for this session represent a wide range in diagnoses, age, ability level and program experience (therapeutic riding, interactive vaulting, equine-facilitated psychotherapy, etc.) The panel will be moderated by PATH Intl. Region 4 Representative Tam Homnick.

2:30 – 3:25 p.m.

### **Working With Students With ADHD DE**

In this presentation attendees will learn about the basics of attention deficit hyperactivity disorder as well as strategies for working with students with ADHD.

**Mrs. Wendy Walfer** has a Master of Science Degree in Special Education and is a veteran special education teacher at South Central School. She has experience working with school-age children (kindergarten to 12th grade) who have significant attention difficulties. Currently, she is the ringleader of a multi-categorical classroom that serves kindergarten through fourth grade. Her classes enjoy coming to Reins of Life every month.

3:30 – 5 p.m.

### **QPR - Question, Persuade, Refer - Save a Life CE**

Suicide—understanding, concept and theory, emotional reactions, and when to use QPR to save a life. Ask a Question, Save a Life. QPR is a way to help prevent suicide and take away the stigma.

**Sheryl Mankel** was trained as a gatekeeper with the QPR Institute through her work with veterans. She has presented many times in the public sector and loves sharing on this very sensitive topic that has touched all of us in some way.

5 – 8 p.m.

### **Dinner & Welcome/Meet and Greet/Networking**

Please join your colleagues from around Region 4, and even further away, and kick things off right with an awesome welcome event. There will be an interactive vaulting demonstration at 5:30 by the Reins of Life Vaulting Team. A local food truck will be there to provide dinner to attendees, and beer will be on tap. Tours of the Reins of Life Michigan City facility will be provided, and great networking will take place!

## Saturday, May 30, 2020 At Reins of Life, Inc.

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

8:30 – 8:55 a.m.      **Welcome and light, continental breakfast**

### **Session A**

9 – 9:55 a.m.

#### **A1, Horse Sense: Understanding Equine Behaviors CR All**

This session will explore the reasons why horses behave the way they do and will consider best practices for the handling and care of horses in order to promote their overall health and longevity in EAAT programs. Learning objectives will include 1) understanding the senses of the horse, 2) reviewing signs of overall health and well-being, and 3) analyzing reasons for unwanted behaviors and how to change them.

***Melissa Conner** is a PATH Intl. CTRI, an Advanced Instructor, ESMHL, Lead Site Visitor, and Lead Evaluator for the Registered Level. Melissa is the executive director of Renew Therapeutic Riding Center, a PATH Intl. PAC in Holland, MI. She has been involved in the industry of therapeutic riding for over 15 years.*

#### **A2, Trauma, the Brain and Equine Facilitated Psychotherapy Part 1 CE**

Partner with horses to treat PTSD, anxiety and developmental trauma disorder! You will receive the newest cutting edge brain research on how trauma is stored and processed in the brain and how the best practices techniques of EMDR (eye movement desensitization and reprocessing), PE (prolonged exposure), CPT (cognitive processing therapy), DBT (dialectical behavior therapy), somatic processing and biofeedback can be implemented partnering with horses. Horses can provide significant bilateral stimulation (as used with EMDR) and biofeedback to aid in traumatic memory re-consolidation and reprocessing. They also help people stay present instead of dissociating and are wonderfully adept at integrating the mind and body. Receive up-to-date information, experience the process through a mounted exercise and learn new tools!

***Stacie Johnson, LMSW**, is a 30-year veteran in the mental health field specializing in PTSD, trauma, anxiety and addictions. She has spent the last 20 years working with horses in the field of equine assisted psychotherapy and learning. She has incorporated her training in EMDR, DBT, CPT and somatic processing into a protocol that she developed partnering with horses. Her technique of equine assisted somatic experience (EASE) therapy involves a six-week protocol that helps heal trauma and anxiety. You can learn more at [easetherapy.org](http://easetherapy.org).*

#### **A3, Learning Anatomy and How It Relates to Riding Part 1 CR Riding**

Anatomy of the human and horse is an inside look at how we move around the horse on the ground or astride. Do you know how you are moving your bones and muscles? How does our movement pattern compensate inside our body? Are you aware? Your horse is! Our inside look at your unique body will include nerves, bones and muscles. This lesson in anatomy will help us visualize variations in our body and understand why your practice of being in the presence of a horse won't look like anyone else's.

***Julie Freeman** is a professional anatomist who holds several accreditations in the medical, massage therapy, yoga and equine professional fields. She is a certified yoga therapist, board certified practitioner of complementary and alternative medicine, licensed massage therapist, certified massage instructor, certified reflexologist, and holds a master of acupressure. Julie is an A&P department head, higher education instructor, and PATH Intl. CTRI, Driving Level 1 Instructor, Equine Specialist. She holds a science degree and has taught in a variety of educational settings for over 18 years.*

### **Session B**

10 – 10:55 a.m.

#### **B1, Stepping Up and Stepping Out With Ground Driving CR All**

Come and discover how to teach to different life stages and strengthen the relationship between your students and their horses through ground driving. Experience this foundation of focus and fitness for both human and equine. Lesson Objective: A deeper look at utilizing a ground driving program with different populations to achieve diverse goals.

**Tina Bennett** is a PATH Intl. CTRI/ Level III Driving Instructor/Lead Driving Evaluator/ESMHL/Mentor. Cheff Center & 4-H certified in both riding/driving with over 40 years of riding/driving/training horse experience. Currently Tina teaches in three different Michigan 4-H programs: Saginaw, Bay and Midland counties. Her day job is managing "Temptation Farm," a horse breeding and foaling facility.

**Kim Berggren** see bio in Session P1.

## **B2, Trauma, the Brain and Equine-Facilitated Psychotherapy Part 2 CE**

See Session A2.

## **B3, Learning Anatomy and How It Relates to Riding Part 2 CR Riding**

See Session A3.

11 a.m. – 12:25 p.m.

**Lunch and PATH Intl. State Meetings**

## **Session C**

12:30 – 1:25 p.m.

### **C1, Equine Chiropractic and Acupuncture Part 1 CR All**

In this session we will cover the basic anatomy and biomechanics of the horse, how a balanced vs. unbalanced rider can affect the function of the horse, how to recognize when your horse is being affected, how chiropractic/acupuncture can be used to prevent and treat your EAAT horses, how to identify horses that can use chiropractic /acupuncture treatments as well as how chiropractic/acupuncture can help horses improve their performance.

**Dr. Christopher Payton** holds his DVM degree from Kansas State University College of Veterinary Medicine. Additionally, he is certified in large and small animal chiropractic from Options for Animals School of Chiropractic; veterinary acupuncture for large and small animals from The Chi Institute School for Animal Acupuncture; and canine rehabilitation therapy from the University of Tennessee Animal Rehabilitation School. Dr. Payton is the chief of staff at Western Veterinary Clinic in South Bend, IN, and was the 2017 PATH Intl. Region 4 Veterinarian of the Year. In addition to his work, Dr. Payton enjoys time with his wife and two daughters, the great outdoors, hunting, fishing, Kenpo Martial Arts, horseback riding and archery.

### **C2, Versa Form - Adaptive Equipment for Mounted Lessons Part 1 CR Riding**

If you have ever been challenged to find a solution for a particular rider who has a physical disability that prevents them from sitting in a typical riding position, you won't want to miss this session. You will learn the origin of Versa Form, its integration into Agape's therapeutic riding program, the benefits that it provides to the horse, its rider, and your volunteers. We will also discuss the questions you should ask yourself when deciding whether or not to use Versa Form, how to acclimate your horses to its use, and how to use it, as well as the options that are available for use.

**Christy Schmitt** is part of the fantastic team at Agape Therapeutic Riding Resources, a PATH Intl. PAC. She joined PATH Intl. in 2016, and currently serves as site manager and instructor at Agape's south location in Martinsville, IN. Growing up, she was active in her local 4-H Horse and Pony club, and then progressed to showing Pony of the Americas. She put her pursuit of a career with horses on hold when she became a mother. Life has blessed her with six children, and one granddaughter. Each of her children have taught her valuable lessons, including her youngest son who has autism. These life lessons have contributed to her heart to serve and have given her a unique perspective on the challenges that many of our participants face.

### **C3, Increasing Empathy and Teamwork - Using the Enneagram CR All**

Learn the nine personality types of the popular self-discovery tool, the Enneagram. For each leader, volunteer, participant and staff, self-awareness is key to the success of your team! By gaining a basic understanding of your Enneagram type, you can become a better leader and team player, and can cultivate a deep sense of empathy for your partners. Come discover how this interesting tool can bring a positive, empathetic culture to your farm's therapeutic team!

**Allie Barnett** has been involved in the wonderful world of therapeutic equine-assisted activities since age 13. After years of working as a nurse in adolescent mental health and volunteering as a youth mentor, Allie was inspired to start Safe Haven Equine Ministries, a PATH Intl. center in Georgetown, KY, in order to provide a safe place for youth in central Kentucky to experience healing and hope through working with horses. As a PATH Intl. Registered Instructor, CHA Certified Instructor, and Stable Moments Licensed provider, Allie currently serves as director at Safe Haven, is a therapeutic foster parent and foster care advocate.

## Session D

1:30 – 2:25 p.m.

### D1, Equine Chiropractic and Acupuncture Part 2 **CR All**

See Session C1.

### D2, Versa Form - Adaptive Equipment for Mounted Lessons **CR Riding**

See Session C2.

### D3, Whoa! Creating Equestrians Safely **CR All**

Stop worrying! Find the equine resources you need. United States Pony Club (USPC), the equine educational industry leader, provides access to exclusive instructional materials for ALL instructors, professors, teachers and educators. Organized, easy-to-understand lesson plans and resources make instruction easier. Participants will understand what resources are available to instructors and to students through the USPC.

**Connie Jehlik** joined the USPC National Office in June of 2010. Her background is in education where she taught middle school science and high school agriculture for a total of 22 years. She received her A certification from Morgan Territory Pony Club and has remained involved in various volunteer/leadership roles in Pony Club through the years. Connie has been married to Michael since 1984 and they have two daughters who are Pony Club graduates. Connie and Michael own a farm in Mount Sterling, KY, and are now proud grandparents.

## Session E

2:30 – 3:25 p.m.

### E1, What Your Farrier Wants You to Know: Hoof Problems That May or May Not Be Fixable Part 1 **CR All**

We have all seen it. We found a GREAT horse for our program. There's just one little issue... Is it really a little issue? Will it be OK or is it a deal breaker? This presentation will look at common hoof problems in horses. Attendees will learn which problems might be able to be fixed/managed with the help of a good farrier and which may not. Timelines for fixing problems as well as costs to fix and maintain problems will be discussed, as well as long term effects.

**Brad Langhofer** is a certified journeyman farrier as well as a registered veterinary technician. He began volunteering at Reins of Life as a youth during his time in 4-H and has now been the farrier at ROL for 16 years. When Brad isn't working he enjoys spending time with his family and serving as a 4-H leader.

### E2, Activity Boot Camp Part 1 **CR All**

Tired of doing the same activities? Looking for new ideas? This session will increase your tool box of ground and mounted activities, teach creative strategies for adapting any lesson for specific populations and disabilities, and help develop teaching strategies that benefit both the client and our equine partners.

**Blair McKissock** began as a recreation therapist specializing in adventure therapy and animal assisted therapy in mental health. She was certified as a therapeutic riding instructor in 1998 and later an equine specialist. She earned her master's degree in education and a PhD degree in ecopsychology. She has worked with Strides to Success, a PATH Intl. PAC in Plainfield, IN, as the director of education and research for over 10 years, publishing several equine-assisted learning curricula and leading training programs both in person and online with Debbie Anderson. She is very active in the organization as the chair of the equine-Facilitated learning community and the Indiana State Chair for PATH Intl.

**Debbie Anderson** has been involved professionally in the equine business for over 35 years. After showing hunters and jumpers as a young girl, she worked as a veterinarian technician for a large equine practice. Her interest in working with children led her to become an equitation instructor. Six years and several world champions later, she started working in the therapeutic riding industry. Today, Debbie serves as the executive director at Strides to Success. Her experience spans over 10,000 arena hours serving schools, mental health providers and corporate leaders. Debbie served on the PATH Intl. Board of Trustees from 2004 to 2010 and still sits on numerous committees. Debbie's qualifications include PATH Intl. certifications as both a TRI and an ESMHL, EAGALA certification, and she is also a Board Certified Equine Interaction Professional in Education.

**Daniele Charriere** began volunteering at Reins of Life at the age of 13. Once she turned 18 she began the instructor-in-training process and was hired as a part-time instructor after becoming certified in 2014. Last year she was certified as an interactive vaulting instructor. She enjoys working closely with the students, volunteers and horses to create an ideal learning environment.

### **E3, Developing or Redeveloping Your Board CE**

Finding new board members that bring the experience and passion that your organization needs takes both science and art. Engaging those board members once you have recruited them is also critical to an effective board. In this board development session, you will learn specific steps and strategies to identify the type of board member you need, where and how to recruit (technology can be your friend), and how to assess an applicant's potential for your organization. In addition, you will learn how to engage your board for the greatest organizational return on your investment. You will leave with a roadmap to develop or redevelop your board and engagement tools for organizational success.

**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. PAC 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 the 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.

### **Session F**

3:30 – 4:25 p.m.

#### **F1, What Your Farrier Wants You to Know: Hoof Problems That May or May Not Be Fixable Part 2 CR All**

See Session E1.

#### **F2, Activity Boot Camp Part 2 CR All**

See Session E2.

#### **F3, Spice Up and Enrich Therapeutic Horsemanship by Adding the Life Skill of Leadership! Part 1 CR All or DE**

This presentation will demonstrate how to incorporate natural horsemanship principles, herd dynamics and effective handling techniques into the characteristics required for effective leadership and a sense of empowerment by therapeutic riding students and volunteers. This form of groundwork will provide many opportunities for the instructor and educator to facilitate the learning opportunities the horse presents prior to and in the riding lessons. Purposeful development of core values, self-awareness, self-discipline and soft skills are woven into the lesson plans provided on the ground and while mounted. The horse's response is constantly telling us to what the candidate's emotional, social and cognitive status is in any given moment. The horse's behavior will also be a direct reflection of the candidate's level of confidence, self-esteem, attention to detail and determination—all of which are needed for good leadership. Learning objectives for this presentation include: The audience will clearly identify the principles behind this natural horsemanship technique and how it can be taught to both students and volunteers. The audience will learn how to incorporate the top six qualities of leadership including self-discipline, level of influence, listening, insight, empowering others and courage into an EAL and therapeutic curriculum. The audience will observe and be able to incorporate the principles of good leadership into their pre-mounted and mounted therapeutic riding activities, camps and school groups. The attendees will learn instructional methods for this technique for specific populations of people with different disabilities.

**Sandy Webster** began riding at age 4 and can't imagine a day without horses. Sandy was the first female thoroughbred jockey in Canada and rode professionally throughout North America, Australia and New Zealand. Sandy is a PATH Intl. Master Instructor, CanTRA Coach, Canadian Equestrian Federation Level 2 Eventing and Dressage Coach. She is an enthusiastic instructor of therapeutic riding, horsemanship, interactive vaulting and therapeutic driving. She is a PATH Intl. Evaluator for the Registered, Advanced and Master Certification. She is an accreditation site visitor, mentor training and interactive vaulting faculty. Sandy coached the Canadian Paralympic Team at the two Paralympics and three World Championships. She was the program director and executive director of CARD in Toronto for over 23 years. After surviving cancer twice, Sandy has spent the past 14 years building and staffing therapeutic riding centers, mentoring instructors and consulting worldwide. Sandy worked with the Ministry of Education in Singapore to create a unique equine-based core value program for pre-teens, which successfully lowered the suicide rate 25%. Sandy was awarded the PATH Intl. James Brady



Professional Achievement Award in 2012 and in 2019, she was awarded the Silver Buckle "Life Without Barriers Award." Sandy is passionate about helping the EAAT industry grow and is proud to be back in Region 4 and now in the State of Kentucky developing a PATH Intl. center toward accreditation.

## Session G

4:30 – 5:25 p.m.

### G1, The Secret Touch **CE**

All life has energy flowing in a constant rhythm. When that rhythm is interfered with, issues arise: pain, anxiety, sleep issues, eating or digesting issues, not being at our best to enjoy life. The list goes on... During this hands-on workshop, you will be shown how to "SEE" those interferences and how to use touch to open the pathway. This applies to people, horses, dogs, etc. and you have the ability to assess and help relieve anxiety and pain in the horse and rider.

**Sheryl Mankel** is a PATH Intl. CRTI and ESMHL, CHA level 2 riding instructor, Nationally Certified Animal Acupressure Practitioner, Title One Para-professional. She began with NARHA in 1976 and has been involved with several organizations before becoming certified in 2000. After both of her horses became 'sour' from the EAAT field, she set as one of her goals to find a way to help the horse feel good in our line of work and to help prevent burnout. Acupressure does that!

### G2, Spice Up and Enrich Therapeutic Horsemanship Part 2 **CR All or DE**

See Session F3.

### G3, Membership Ins and Outs **CE**

What are the pros and cons as well as the benefits of individual and center memberships, with all of the changes to PATH Intl. certifications? We will look at what the benefits of membership are and how they can affect us professionally. Also, in an ever-changing and more competitive world, how does center membership set PATH Intl. apart from the competition?

**Kim Berggren** see bio in Session P1.

### 5:30 – 8 p.m. **Networking Event/Game Night**

You aren't going to want to miss this networking event/game night! We have another local food truck coming in to provide dinner. We will have a facilitated networking session and after that we will "Let the Good Times Roll" with a game night.

## Sunday, May 31, 2020 At The Blue Chip Casino

8 – 8:55 a.m. **PATH Intl. Region 4 Meeting and PATH Intl. Field Test Standards Hearing**

## Session H

9 – 9:55 a.m.

### H1, Interns Welcomed: How to Implement and Utilize Internships in Your Program **CE**

Tap into the world of internships! During this session we will define internship, share benefits, talk about pay and legality, international students, do's and don'ts, and a method to success. "Interns Welcomed" offers a methodology on forming a successful, engaging, and lasting internship program. Through the presentation, participants will learn a five-step method that can be applied to their center as well as important internship topics like orientation, legality, concerns and the impact of interns.

**Aly Olson** is a PATH Intl. Registered Instructor at Reins of Life, Inc. in Northern Indiana and also serves as assistant to the executive director. Aly works closely with Reins of Life staff, community partners and regional chamber of commerce offices expanding the Reins of Life, Inc. network and scope of services. Her background is healthcare administration within large hospital systems and she has a passion for finding care that works for patients and reduces re-admission rates.

### H2, A Roadmap for Skill Progression **CR Riding**

This session will focus on skill progression for therapeutic riding students and how to consistently and systematically move students towards independence while learning horsemanship skills. Attendees will learn to 1) create a map for progression to include long-term and short-term goals, 2) add layers of support to ensure safety and determine when it is appropriate to peel the layers away, and 3) how to accurately document progress concisely and appropriately in compliance with PATH Intl. standards.

**Melissa Conner** see bio in Session A1.

### **H3, Healthy Attachment: What Is It and Why We Need It to Function Well in a Chaotic World DE**

What is healthy attachment? What does it look like? Why is it so important? What are the impacts unhealthy attachment in individuals have on society? How can individuals working in the EAAT field utilize knowledge about attachment issues to serve clients better? Attendees to this presentation will learn what attachment disorders are, what healthy and unhealthy attachments look like, possible causes and effects, and how to utilize this information when working with participants in EAAT programming, including riders, ground program participants, EFP/EAL clients, and volunteers.

**Tasha Federinko** is a PATH Intl. Advanced Instructor and Evaluator who is also a licensed mental health professional. Her focus is on trauma, attachment, grief and loss. She's privileged to provide EFP and traditional talk therapy to her clients. In the field of therapeutic riding, Tasha's passions are working with teenage girls in developing/teaching riding /horsemanship camps, encouraging new instructors in their journey, and building creative curriculum. She is known to regularly sing in the arena while teaching a lesson.

## **Session I**

10 – 11:55 a.m.

### **I1, How to Run Your Center Like a Business and Still Keep the Heart CE**

Do you think of the service you provide as a business or is it a service fueled by passion and giving back to the community? Fortunately, these descriptions are not mutually exclusive. Most of us join this field because of our passion for equine-assisted activities and therapies. In researching the challenge of sustainability for centers, one of the top issues consistently raised was business knowledge. In order to be sustainable, it is important to not only follow the passion and mission but to approach service delivery from a business perspective. Join PATH Intl. CEO Kathy Alm as she explores the steps to running your center in a sustainable manner while remaining focused on mission delivery and the "heart" of your organization. Objectives include, understanding the definition of nonprofit, identifying the key components of a successful nonprofit business, identifying best practices within each of these areas to be successful and the ability to answer the question - do you want your organization to be sustainable after you leave?

**Kathy Alm** see bio in Session E3.

### **I2, Position Matters: How Rider Position Impacts Goals and Function CR All or DE**

This presentation will cover correct rider/driver/vaulter alignment for various skill levels and disabilities, why it matters to your participants, and how to achieve proper alignment. Skills impacted by proper alignment will be discussed as well as ways to challenge participants in your program. Learning Objectives Include: Attendees will identify correct rider/driver/vaulter (TR/TD/IV) alignment and position. Attendees will learn how to attain correct rider/driver/vaulter alignment and position. Attendees will identify the impact correct alignment and position has on performance of rider/driver/vaulter.

Attendees will identify the impact correct rider/driver/vaulter alignment and position has on activities of daily living, school and play. Attendees will identify how to incorporate participant/therapist/parent goals into TR/TD/IV lessons. Attendees will learn ways to dynamically challenge rider/driver/vaulter posture and alignment and how to accommodate various disabilities. Attendees will learn how the equine and equipment used impact rider/driver/vaulter posture and alignment.

**Bobbie Seng** is a pediatric physical therapist with 36 years of experience working with children of all ages with a wide variety of delays and special needs. Bobbie has worked in many settings from outpatient pediatric rehab, preschool and school settings, early interventions and pediatric home health. Her recent educational experience has been in manual therapy and development and treatment of infants and toddlers. She also has extensive training in neurodevelopment and lower extremity biomechanics and bracing. Bobbie has been volunteering at Reins of Life for 15 years.

**Amanda Bubb** is a PATH Intl. CTRI, Interactive Vaulting Instructor, Therapeutic Driving Instructor and ESMHL at Reins of Life, Inc., where she is also the barn manager. Amanda has worked in the EAAT industry for more than 15 years and during that time she has served on different PATH Intl. committees and in various volunteer roles. Amanda is also a PATH Intl. Mentor and Associate Site Visitor and CHA Level 4 Equine Facility Manager and Assistant Clinician.

### **I3, Becoming a "Trauma Informed" Farm CE**

Explore what it means to be a "trauma informed" facility by gaining an understanding of trauma at large in our communities, the foster care system and more! Part One includes information to better understand trauma, the fascinating effects during childhood development and the massive

implications on the foster care system. Part Two includes a look into the vibrant Stable Moments curriculum, designed to serve foster and adoptive children. Join us to gain practical tips and guidelines to implement at your facility in order to become "trauma informed."

**Allie Barnett** see bio in Session C3.

12 – 1:55 p.m.      **Lunch, PATH Intl. Update and PATH Intl. Region 4 Awards**

## **Session J**

2:00 – 2:55 p.m.

### **J1, Critical Thinking Can Change Your Center's Future Part 1 CE**

Everyone thinks we are focusing daily on exactly what we should be doing. However, our instincts, daily pressures and often distorted or uninformed actions can lead our programs to go off track. Learn how critical thinking can be a game changer—for fundraising, board function, sustainability, staff teams, volunteers and students. Shoddy thinking is costly. Excellence can be intentionally cultivated.

**KC Henry** has been working in nonprofit management for 30+ years. She co-founded two therapeutic centers and also worked at Fieldstone Farm Therapeutic Riding Center, a PATH Intl. PAC in Chagrin Falls, OH, where she was the first paid staff member. She moved from instructor to program director to executive director and under her leadership Fieldstone Farm completed a \$4.5 million dollar campaign, built a state-of-the-art therapeutic riding facility, and developed a staff of 31 people that served 200 students weekly. In 2006 she received the PATH Intl. James Brady Professional Achievement Award from PATH Intl. (then the North American Riding for the Handicapped Association). She is principal at Transitions Unlimited, a consulting firm for nonprofit businesses. KC works with a large variety of nonprofit programs both nationally and internationally. She specializes in project development, board development, strategic planning and start-up programs.

### **J2, This is Your World Part 1 CE**

In this session attendees will learn how to turn your arena into a "world" and what it takes to provide meaningful programs to individuals recovering from addiction and trauma through partnering with mental health professionals from outside organizations. After the session PATH Intl. instructors will understand how to identify potential partners, create a successful partnership, set and track goals, and prepare yourself/your center for facilitating quality EAL/EFP lessons. Samples of custom program outlines and lesson plans will be shared and discussed. There will be an opportunity for questions to be answered.

**Emily Padgett** has a BS degree in special education and elementary education. She found Agape in 2010 as a volunteer and has since been on staff for six years facilitating therapeutic riding and EAL sessions with schools and mental health organizations as a CTRI and ESMHL. She is the site manager at one of Agape's three locations in Cicero, IN.

**Becca Spitzig** started riding at a PATH Intl. Center at age 9 and has been involved in many roles in the industry ever since. She has been a CTRI for six years facilitating both TR and EAL sessions and is currently pursuing PATH Intl. Advanced Instructor certification. She is the site manager at one of Agape's three locations in Greenfield, IN.

### **J3, Workshop for Chronic Pain, Chronic Fatigue, Fibromyalgia, Myalgibromyalgia, Myalgia DE**

Understanding how our body perceives pain is key to our work. We will talk about the latest conceptual understanding of how the nervous system experiences pain and then address the limitation and inaccuracies of common beliefs about pain. We will discuss an introduction/history on chronic pain, chronic fatigue, fibromyalgia, myalgia, nervous system, muscular system overview. We will explore four common beliefs about how the nervous system processes pain. General teaching guidelines. Setting an Intention.

**Julie Freeman** is a professional anatomist who holds several accreditations in the medical, massage therapy, yoga and equine professional fields. She is a certified yoga therapist, board certified practitioner of complementary and alternative medicine, licensed massage therapist, certified massage instructor, certified reflexologist, and holds master of acupressure. Julie is an A&P department head, higher education instructor, and PATH Intl. CTRI, Driving Level 1 Instructor and ESMHL. She holds a science degree and has taught in a variety of educational settings for over 18 years.

## **Session K**

3 – 3:55 p.m.

### **K1, Critical Thinking Can Change Your Center's Future Part 2 CE**

See Session J1.

### **K2, This is Your World Part 2 CE**

See Session J2.

### **K3, The Art of the Abstract CE**

Have you ever wanted to present at a PATH Intl. conference but were stopped by the thought of writing an abstract? This presentation removes the mystery by breaking down the components. At the end you will have a checklist to proof your abstract before you hit that send button. Don't let fear stop you from sharing your passion, knowledge or story. At the conclusion of this presentation participants will identify components of a strong abstract; distinguish between different types of abstracts; understand how to write learning objectives, and; consider the requirements of CEUs when constructing an abstract.

**Tamara Homnick** is a PATH Intl. CTRI, ESML with a BSA degree in nursing. She has worked in an elementary school library for 20 years as a librarian and storyteller. She is the current PATH Intl. Region 4 Representative and has worked in EAAT for over 15 years. She has presented at numerous PATH Intl. conferences at the state, regional and international level, including two for HETI (Health Education and Training Institute) in Greece and Taiwan. She has had the pleasure of mentoring many through the presentation process, from abstract submission to the actual presentation.

**We look forward to seeing you soon in Michigan City, Indiana!**

**Reins of Life will be offering both a PATH Intl. Interactive Vaulting Workshop and a PATH Intl. Registered Instructor Workshop and Certification as post-conference opportunities. Please go to [www.reinsoflife.org/events](http://www.reinsoflife.org/events) for more information.**