



Regional Conference

June 24-26, 2022

Presented by: PATH Intl. Region 4

**Hosted by: Lake Erie College
Painesville, Ohio**

PATH Intl. Region 4 welcomes you to an educational and fun weekend with your friends and colleagues in Ohio. Your registration fee includes: breakfast beverages, lunch, snacks and cocktail party on Friday; and breakfast beverages, lunch and snacks on Saturday and Sunday.

COVID-19 Information:

Lake Erie College and the George M. Humphrey Equestrian Center follow all CDC and State of Ohio guidelines regarding COVID-19 virus protocols. If you are ill or have been exposed to the virus at the time of the conference, we ask that you not attend. Please see the refund policy.

CONFERENCE LOCATION

George M. Humphrey Equestrian Center

10145 Pinecrest Rd.
Painesville, OH 44077

For questions, contact:

Sarah Dwyer sdwyer@lec.edu 248-982-9626
Dr. Pam Hess phess@lec.edu 440-477-3474

Lodging Options

Holiday Inn Express and Suites Center

11200 Gold Court
Painesville, OH 44077
440-898-0900
\$99/Night includes breakfast
Code: LECOM

Comfort Inn

7581 Auburn Rd.
Painesville, OH 44077
440-579-0300

PLEASE DO NOT go to the main campus of Lake Erie College in Painesville! The Equestrian Center is 5 miles from the main campus. Please put this address in your GPS:
10145 Pinecrest Road, Painesville, OH 44077

PATH INTL. REGION 4 CONFERENCE REGISTRATION

Online registration will be available April 16, 2022, through June 11, 2022. After June 11, 2022, 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 April 16, 2022 through June 11, 2022:

Full Conference \$165 members \$215 non-members
 \$145 PATH Intl. Higher Ed members \$155 other Higher Ed

Registration on-site after June 11, 2022:

Full Conference \$195 members \$245 non-members
 \$175 PATH Intl. Higher Ed members \$185 other Higher Ed

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

**Register by May 20, 2022. If less than 15 are registered by this date, this course will be canceled and refunds issued. Registration on-site is not available.*

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 **June 11, 2022.**

Deadline for 50% Refund - Request received in PATH Intl. office by **June 26, 2022.**

Individuals who do not submit a written request to PATH Intl. by June 26, 2022, will not receive a refund.

***Deadline for Standards Course Refund** – Request received in PATH Intl. office by **May 20, 2022. No refunds after this date.**

Education:

This conference satisfies up to 10 hours of continuing education requirements. The PATH Intl. Standards Course is an additional 5 hours.

AGENDA

Friday, June 24, 2022

8 – 8:30 a.m.

Registration for the Standards Course

Session A Rooms 105/106

8:30 a.m. – 2:30 p.m.

A1, PATH Intl. Standards Course **CE**

1:30 – 2:30 p.m.

Conference Registration & Welcome

2:30 – 3:30 p.m.

Lunch

Session B Rooms 105/106

3:30 – 5:45 p.m.

B1, PATH Intl. Region 4 Meeting, State Meetings & Field Test Standards Hearing

6 – 8 p.m.

Cocktail Party and Facilitated Networking Sessions

All attendees are cordially invited to a cocktail party and facilitated networking sessions at the President's Manor House. Shuttle service is provided from the George M. Humphrey Equestrian Learning Center, as there is no parking at the Manor House. Business casual attire is requested.



Saturday, June 25, 2022

7:30 – 8 a.m. **Registration & Welcome**

8 – 9 a.m. **Tour of the George M. Humphrey Equestrian Center**

Session C

9 – 10 a.m.

Rooms 105/106

C1, Demystifying the CTRI Process CE

The recent change in PATH Intl. from the Registered Instructor process to the Certified Therapeutic Riding Instructor, or CTRI, certification has led to many questions posed by those going through the process and those seeking to mentor others. The goal of this session is to walk through the history of therapeutic riding certification and the reasons for the change as we look toward the future with the goal of increasing the professionalism of our industry. In addition, strategies for successful completion will be provided using examples from those who have been successful in achieving their CTRI.

***Melissa Conner** is the executive director at Renew Therapeutic Riding Center, a PATH Intl. Premier Accredited Center in Holland, MI. She holds an Advanced Instructor Certification, CTRI, ESMHL, is a Mentor, Lead Site Visitor and former Registered Instructor Lead Evaluator. She has previously served as a State Chair for PATH Intl. and on the Riding Certification Subcommittee, as well as other task forces and workgroups. In 2021, she was selected to be a part of LEAD 24/7 in West Michigan, a cohort of nonprofit leaders committed to leadership development in the social sector.*

Room 108

C2, The Efficacy of Equine Facilitated Psychotherapy (EFP) in the Treatment of Trauma: A Review of the Literature. CE

A literature review on the current research with regards to the efficacy of equine facilitated psychotherapy (EFP) on those experiencing trauma. A deeper look into the specific therapy modalities shown to be efficacious in treating trauma and how this can be implemented into the development of EFP moving forward. Learning Objectives: defining terminology; literature review looking at current research and its validity with regards to EFP and trauma treatment; analyzing treatment modalities and applying them in the EFP setting; and a look into what the future of EFP could be and the steps we need to take to get there.

***Eryn Olson** became a PATH Intl. Registered Level Instructor and Equine Specialist in Mental Health and Learning in 2018. She currently has her master's of science degree in nursing and is attending Columbia University in NYC to obtain her doctorate of nursing (DNP) in psychiatric mental health. She plans to open her own psychiatric care practice that combines her two loves, medicine and equines.*

10 – 10:15 a.m. **Break**

Session D

10:15 a.m. – 12:15 p.m.

Rooms 105/106

D1, Instructing the Future: Teaching EAL and EAP CR ESMHL

This presentation will reflect on the essential components of equine-assisted learning (EAL) and psychotherapy incorporating equines and how they are taught in the classroom environment. It will reflect on the changes in the industry over the past 10 years and how that has impacted the what and how of this work. There are quintessential differences between facilitating ground sessions with therapeutic riding students and facilitating equine assisted learning and psychotherapy. How do we teach facilitation as well as supervise and train those within programs who are providing these increasingly popular services? This presentation will share lessons learned over the past decade, stories of students past and present who have completed the course, and key pieces of insight to understanding teaching of EAL and psychotherapy incorporating equines facilitation. Experiential

exercises will keep the audience involved and learning. Objectives: 1) Attendees will understand the key differences between ground lessons and equine assisted learning; 2) Attendees will learn the core components of experiential learning; 3) Attendees will gain an understanding of how to teach, train and supervise those providing EAL and EAP services who have completed the course, and key pieces of insight to understanding teaching of EAL and psychotherapy incorporating equines.

Chris Goodall, MSSA, LISW-S, is the director of outreach and transition services for Hopewell, a therapeutic farm community. Chris has a lifelong passion for horses, lecturing on psychotherapy incorporating equines at Lake Erie College and co-founding In Step with Horses, a PATH Intl. member center in Chagrin Falls, OH.

Room 108

D2, The Benefits of Offering Diverse Programming at Your Center CE

This presentation will cover various equine-assisted services (EAS) that your center could offer, why they may be beneficial and steps to get started. We will share our center's journey of growth from a single program area to include multiple services. We look forward to sharing how the benefits of program diversity positively impact our center, equines and participants. Attendees will: identify and discuss different program areas under the EAS umbrella; identify the potential value of program diversity for their center, equines, volunteers and participants; learn the challenges associated with diversifying and expanding program areas; recognize which programs could be a good fit for specific populations served; and gain knowledge of the steps and requirements needed to add various programs to their center.

Amanda Bubb is a PATH Intl. CTRI, Interactive Vaulting Instructor, Therapeutic Driving Instructor and ESMHL at Reins of Life, Inc., a PAC in Northern Indiana. Amanda has worked in the EAS 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.

Daniele Charriere began volunteering in the therapeutic riding program 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 2015. In early 2019, she attained certification as a PATH Intl. Interactive Vaulting Instructor. She enjoys working closely with the students, volunteers and horses to create an ideal learning environment.

12:15 – 1:45 p.m.

Lunch & the PATH Intl. Update

Session E

2 – 3 p.m.

Rooms 105/106

E1, When to Call for Reinforcements CE

When to intervene, de-escalate or call in reinforcements. Your program is prepared for natural disasters, but is it prepared for man-made disasters? Is your program working with local law enforcement to ensure everyone is well equipped for a situation? The only way to be prepared is to plan ahead and start to work through what that might look like for your program.

Kim Berggren has been in the EAS industry for over 25 years as a PATH Intl. Advanced Instructor, CTRI, site visitor, ESMHL and mentor. She has served on several PATH Intl. committees and currently serves on the PATH Intl. Board of Trustees.

Room 108

E2, Organizational Leadership: Your Center as a Living System CE

This session will provide a framework for understanding an organization as a living system and will speak to the challenges of miscommunication, unstable structures and a lack of focus that can occur and lead to conflict and increased anxiety among stakeholders. The importance of having an emotionally mature leader will be explored, as well as strategies for decreasing anxiety, improving

communication, refining structures and maintaining organizational focus through a commitment to the mission. Attendees, having gained new skills in active listening, problem-solving and conflict resolution, will have the knowledge to be able to analyze challenges at their center and develop a plan for moving forward with a renewed commitment to the mission.

Melissa Conner see bio in session C1.

3 – 3:15 p.m. **Break**

Session F

3:15 – 4:15 p.m.

Main/Small Arena

F1, Capturing Your Participants' Attention With Clicker Training CE

Looking for fresh ideas for unmounted activities in your program? Try some simple clicker training activities! This session will briefly cover basic information about operant conditioning, including positive reinforcement, negative reinforcement, positive punishment and negative punishment. The rest of the session will focus on positive reinforcement and will discuss marking behavior, shaping, luring and capturing. Participants will perform a warm-up activity to learn how to use a clicker and will then use a clicker and treats to teach a horse to nose-target a target stick.

Dr. Steffanie Burk is an associate professor in Otterbein University's Equine Science Department. She became a PATH Intl. Registered Therapeutic Riding Instructor in 2007 and is now a CTRI. She has a PhD degree in animal science from the University of Kentucky and an MEd degree from Slippery Rock University.

Inspiration Arena

F2, Registered Equine Massage Therapy CR All

Equine massage therapy is a non-invasive approach that utilizes hands-on manual therapy and may also incorporate hydrotherapy, stretching and remedial exercise plans. It can be a valuable part of a horse's ongoing health maintenance plan and can be used to: relieve muscular tension; help detect signs of strain early on; encourage a more supple and balanced way of going; and provide important mental downtime, particularly for those with demanding schedules. For older horses or those with chronic musculoskeletal conditions, massage can be valuable in maintaining mobility and relieving discomfort. When horses at your facility are feeling better, they will perform better, which will allow participants to achieve their goals that much quicker and better! The objective of this presentation is to show you how beneficial massage therapy can be for the horses, and little things that YOU can do to help too!

Emilie Arthurs has always had a passion for all things equine. Emilie is a registered equine massage therapist, a board member for the International Federation of Registered Equine Massage Therapists, a college instructor for the equine massage therapy program, and the head instructor at SARI Therapeutic Riding in Ontario, Canada.

4:15 p.m. **Dinner on Your Own**

A selection of recommended local eateries will be available.

Sunday, June 26, 2022

Session G

8 – 9 a.m.

Rooms 105/106

G1, Riding Arena Layout for a Busy Schedule CR Riding

A riding arena offers instructors a lot of opportunity to provide a safe space for lessons to be successful. However, an empty arena can be intimidating when an instructor must consider not just one upcoming lesson, but multiple. This presentation will touch on a number of considerations when putting together your arena layout for the day in order to match your objectives. Instructors will come

away from this presentation with a new perspective of riding arena layouts, being more mindful of arena layout variability and feeling more confident in using arena space effectively.

Claire Oestreich was introduced to PATH Intl. and the equine-assisted services industry at Lake Erie College, from which she graduated with a degree in equine studies. After graduation, she quickly completed her PATH Intl. certification and jumped into the industry. Claire has taught at several therapeutic riding centers over the past 10+ years and is currently an instructor at Green Chimneys, a residential treatment facility located in Brewster, NY, for children with disabilities and youth at-risk.

Room 108

G2, Efficiency and Profitability in the Equine Business CE

Join us to learn how to run an equine-related operation like a well-oiled machine. Learn about developing standard operating procedures for classes/programs and on-boarding and training of staff and volunteers. Efficiently organized equine management and scheduling management will be discussed. And most importantly, learn how to become and operate in a financially healthy way.

Karin Schmidt is a lifelong horse lover and equine professional. In addition to decades of experience and qualifications in multiple equine disciplines, she became a PATH Intl. instructor 20 years ago. For 10 years she has had her own riding stable with 30+ horses in Grand Rapids, MI. She specializes in catering to the horse lover of ALL ages and ALL abilities. Roughly 250 people come every week to enjoy her happy horses and ponies. Her operation has grown substantially, especially in the last couple years. Karin is happy to share how and why her organization became successful and how continuous growth is being managed.

9 – 9:15 a.m. **Break**

Session H

9:15 – 11:15 a.m.

Main/Small Arena

H1, Trauma, the Brain and Therapy Incorporating Equines DE

Trauma, the brain and therapy incorporating equines will provide you with a wealth of information on how trauma is stored in the brain and how to treat trauma through treating the brain. You will be introduced to a protocol of specific and concise sessions partnering with the horse to rewire the brain and end symptoms. This will be a live demonstration, so you can see the actual horse behavior and client and therapist interaction.

Stacie Johnson, LMSW, is a lifelong horse owner with 30 years of experience as a therapist. She is trained extensively in EMDR, DBT, CBT, somatic experiencing and mindfulness. She has spent the last 20 years integrating this training and experience into her proven successful six-week protocol for equine assisted somatic experience (EASE) therapy. She can be reached through her website at easetherapy.org for more information.

Inspiration Arena

H2, Special Considerations for Feeding the Working Senior Horse CR All

Instructor of Equine Studies Laura Stockhaus will discuss the challenges of feeding an aging population of valuable equine partners. Topics will include proper body condition scoring, dental issues, metabolic disorders and general digestive changes due to age. Professor Stockhaus will present general feeding solutions to these challenges while providing experiential opportunities for participants.

Laura Stockhaus has been an instructor in the Lake Erie College Department of Equine Studies since 2013. She holds a bachelor's degree in equine facility management from Otterbein College (now University) and has management experience that includes several years as equestrian director at Andrews Osborne Academy. At LEC, Prof. Stockhaus teaches courses in equine business, anatomy and physiology, health, management and nutrition. She also owns a small hobby farm where she shares her personal horses with her husband and three young children.

11:15 a.m. – 12:30 p.m.

Lunch & the 2022 PATH Intl. Region 4 Awards Ceremony

Session I

12:30 – 1:30 p.m.

Rooms 105/106

I1, Therapeutic Communication DE

Individuals with disabilities can have a range of communication challenges. From individuals with autism spectrum disorder (ASD) to individuals with early developmental trauma and more, therapeutic communication can make all the difference! By putting some practical communication tools in our tool box, we will be better equipped to provide comfort for our participants, address concerns, build relationships and manage conflict. Attendees will walk away feeling empowered with simple techniques to utilize in every area of their center.

Allie Barnett has been involved in EAS for over 15 years and has done every role from volunteer to instructor to executive director. As current executive director of Justin's Place in Wilmore, KY, Allie works primarily with children ages 3 to 13 with a diagnosis of ASD and early developmental trauma. Along with being a PATH Intl. Mentor, CTRI, CHA Level 2 Instructor, Stable Moments provider and registered nurse, Allie is also a certified therapeutic foster parent to three incredible boys.

Room 108

I2, Assess to Achieve CE

"Insanity is doing the same thing over and over and expecting different results." Albert Einstein
We believe as organizational leaders that we are focusing daily on exactly what we should be doing. However, our instincts, daily pressures, little fires to put out and what is often a distorted or uninformed perspective can lead our centers off track. Learn how critical thinking can be a game changer — for fundraising, board function, sustainability, staff teams, volunteers and for 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 – as 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 campaign, built a state-of-the-art equine facility and developed a staff of 31 people that served 200 students weekly. In 2006 she received the James Brady Professional Achievement award from PATH Intl. (fka NARHA). KC was the founding executive director of Horses and Humans Research Foundation where she worked for 12 years. She works with a large variety of nonprofit centers both nationally and internationally and served on the PATH Intl. board in the 1990s and is currently on the board again. She is principal at Transitions Unlimited, a consulting firm for nonprofit businesses that specializes in strategic planning and organizational development.

1:30 – 1:45 p.m.

Break

Session J

1:45 – 2:45 p.m.

Rooms 105/106

J1, Exploring the Sensory Trail CE

Break out of the arena blahs and harness the potential of the nooks and crannies of your property by building a sensory trail! Learn what it takes to enhance each of the seven sensory systems on horseback, including costs, who can help, equine training strategies and brainstorming of your own ideas to build a sensory experience of any size into your program!

Janine Langley is the executive director of SARI Therapeutic Riding in Arva, ON. Janine is a PATH Intl. CTRI and Mentor, a Canadian Therapeutic Riding Association Senior Instructor, and an Equestrian Canada Instructor and Learn to Ride Evaluator. As a former classroom educator with over 20 years coaching in therapeutic riding up to provincial levels, she brings a wealth of knowledge to the ring and loves to share her teaching passion with developing coaches.

Room 108

J2, Horse Powered Tutoring: Equine-Assisted Learning in Education CE

Learn about the horse powered tutoring program and how young children can benefit from reading to horses. You will be able to identify and describe the best practices to build confidence in reading with equine assistance.

***Dr. Katharine Delavan** is the dean of the school of education at Lake Erie College. She is a former preschool/kindergarten teacher.*

***Hannah Fairbanks** is the early childhood faculty at Lake Erie College. Hannah taught for 39 years in the Painesville City School District.*

We look forward to seeing you soon in Ohio!