



# Regional Conference

**August 19-21, 2022**

**Presented by: PATH Intl. Region 9**

**Hosted by: Healing Reins  
Bend, Oregon**

**PATH Intl. Region 9 welcomes you to an educational and fun weekend with your friends and colleagues in Oregon. Your registration fee includes dinner on Friday night, a continental breakfast, lunch and dinner on Saturday, and a continental breakfast on Sunday.**

## **CONFERENCE LOCATION**

### **Healing Reins**

60575 Billadeau Road  
Bend, Oregon 97702

### **Lodging Options**

Lodging in Bend can be expensive—hotels in the area may be pricey as there are several major events around the time of the Region 9 Conference. Unfortunately, local hotels do not offer discounts for booking blocks of rooms. Please note that if you are flying in, the airport is in the next town over (Redmond) and is about 30-40 minutes from Healing Reins. Remember these are not your only options. There are tons of hotels in the Bend area; it just depends on how far you are wanting to drive to Healing Reins. Air BnB's are a great option when traveling as a group and are worth looking into.

### **Hotels that are within a 10 minute drive from Healing Reins:**

Country Inn and Suites By Radisson, (541) 617-9696 62065 SE 27th St., Bend, OR 97701  
Sleep Inn, (541) 639-4369 500 NE Bellevue Dr, Bend, OR 97701  
Home2 Suites by Hilton, (541) 797-7782 21241 Livingston Dr, Bend, OR 97701

**Hotels that are within a 15-25 minute drive from Healing Reins:**

Hampton Inn & Suites, (541) 388-3000 730 SW Columbia St, Bend, OR 97702  
River House on the Deschutes, (541) 639-3481 3075 N Hwy 97, Bend, OR 97703  
Camp Fire Hotel, (541) 382-1515 721 NE 3rd St, Bend, OR 97701

**Hotels that are within 2 miles of the Redmond Airport:**

SCP Redmond Hotel, (541) 508-7600 521 SW 6th St, Redmond, OR 97756  
Best Western Plus Rama Inn, (541) 548-8080 2630 SW 17th Pl, Redmond, OR 97756  
Super 8 by Wyndham Redmond, (541) 548-8881 3629 SW 21st Pl, Redmond, OR 97756  
Comfort Suites Redmond Airport, (541) 504-8900 2243 SW Yew Ave, Redmond, OR 97756  
The Redmond Inn, (541) 548-1091 1545 S Hwy 97, Redmond, OR 97756  
Motel 6 Redmond, Or, (541) 923-2100 2247 S Hwy 97, Redmond, OR 97756

**Alternate Options, RV parking:**

Scandia RV Park (13 min drive), (541) 382-6206 61415 S Hwy 97 # 59, Bend, OR 97702  
The Camp (15 min drive), (541) 382-2335 305 NE Burnside Ave, Bend, OR 97701  
Tumalo State Park Campground (24 min drive), (541) 388-6055 64185 O. B. Riley Rd, Tumalo, OR 97703  
Cascade Meadows RV Resort (29 min drive), (541) 536-2244 53750 US-97, La Pine, OR 97739  
Newberry RV Park (31 min drive), (541) 536-7596 52660 US-97, La Pine, OR 97739

**PATH INTL. REGION 9 CONFERENCE REGISTRATION**

Online registration will be available June 10, 2022, through August 5, 2022. After August 5, 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 June 10, 2022, through August 5, 2022:**

Full Conference      \$125 members      \$175 non-members

**Registration on-site after August 5, 2022:**

Full Conference      \$155 members      \$205 non-members

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

*\*Register by July 15, 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](mailto:manderson@pathintl.org)**

**Deadline for Full Refund** – Request received in PATH Intl. office by **August 5, 2022.**

**Deadline for 50% Refund** - Request received in PATH Intl. office by **August 21, 2022.**

**Individuals who do not submit a written request to PATH Intl. by August 21 will not receive a refund.**

**\*Deadline for Standards Course Refund** – Request received in PATH Intl. office by **July 15, 2022. No refunds after this date.**

**Education:**

This conference satisfies up to nine hours of continuing education requirements. The Standards Course is an additional five hours.

**COVID-19 Information:**

Healing Reins follows all CDC and State of Oregon 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.

# AGENDA

## Friday, August 19, 2022

- 11 a.m. – 6 p.m.                      **Registration & Welcome**
- 11:30 a.m. – 5:30 p.m.              **PATH Intl. Standards Course CE**
- 5:30 – 7:30 p.m.                      **Dinner & Round Table Discussions**

## Saturday, August 20, 2022

- 7:30 – 8:30 a.m.                      **Registration, Welcome & Continental Breakfast**

### **Session A**

8:30 – 9:30 a.m.

#### **A1, Think Like a Horse: How to Improve Equine Well-Being in Your Programs CR All**

Current work on international guidelines for equine well-being by the Horses and Humans Research Foundation, as well as other sources, offer a powerful lens to take home fresh guidelines for assessment of the well-being of your equines in your equine-assisted services programming. It offers new directions for your care and management practices, as well as programming. Specific principles are detailed along with possible practices for creating beneficial changes that maximize well-being.

**Trish Broersma** is a PATH Intl. CRTI, ES, Mentor, past president of the Equine Facilitated Mental Health Association, and current founder and director of Riding Beyond, an equine assisted learning program in human development in Ashland, OR, incorporating body-based approaches for restoring well-being in breast cancer survivors and thrivers. She is a member of the Equine Well Being Committee for the Horses and Humans Research Foundation, and a certified coach for mBit: Multiple Brain Integration Techniques. Her book, *Riding Into Your Mythic Life: Transformational Adventures with the Horse*, was published by New World Library in 2007.

#### **A2, Working With Students With Anxiety/Phobias CE**

Do you struggle with how to reach students who have high levels of fear and anxiety? These are common issues across the board when we're working with students living with issues from neurodiversity or struggling from trauma, and even youth at risk. Learn how techniques used for working with high anxiety horses and gentling feral horses also worked with students. Hear how these techniques have helped the speaker overcome a phobia of getting an MRI and a phobia of spiders. There will be discussion about basic calming techniques that help us take the sensitization from the trigger and help our subconscious (or horse-like) mind re-learn a feeling of safety.

**Julia Montagnet** has been a PATH Intl. CRTI since 2017 after several years of teaching students with developmental disabilities in her own private lesson program. In 2018, she founded Tasha Therapeutic Riding Center but due to health problems had to put that idea on hold. Now Paradise Waits Mustang Sanctuary in Port Angeles, WA, has joined their mustang rescue program with therapeutic horsemanship, and Julia volunteers with them. She is also a Certified Master Life Coach, End of Life Doula and does art coaching. Her favorite riding disciplines are dressage, jumping, Western gaming, trail obstacles and mounted shooting.

9:30 – 9:45 a.m.                      **BREAK**

### **Session B**

#### **B1, Increasing Executive Functions for Learners With Autism and Learning Disabilities DE**

9:45 – 11:45 a.m.

Learners will be introduced to universal design for learning (UDL) and executive function skill building techniques in order to better support adaptive riding clients with autism and/or learning disabilities. Learners will explain at least three interventions to use during adaptive riding lessons to increase client planning, prioritizing and mental flexibility. Learners will create visual organizer for clients to use during

a lesson to improve working memory and task initiation. Learners will create models to help clients improve impulse control and self-advocating. Learners will develop a mock lesson using UDL in and out of the arena to help clients and support staff with organization and planning. Learners will demonstrate teaching an executive function skill builder lesson (as time permits).

**Rohana Swihart** is a PATH Intl. CTRI, Special Education Teacher, and PhD scholar from Washington State. When she is not in the arena riding her talented equine Etch or teaching adaptive riding, she designs virtual reality vocational curriculum for students who are neurodiverse. Ms. Swihart experienced an industrial accident in 2015. She embraced the new challenges a disability presents and became a secondary special education teacher, focused on STEAM, in a rural, Title 1 school district. As a teacher with a disability, she models self-determination, self-efficacy and grit to overcome adversity. Ms. Swihart currently co-facilitates learning at a school for students with autism and behavior challenges. She incorporates equine-assisted learning as a means to improve daily living for individuals with disabilities.

### **B2, Organizations, Growth and Management CE**

9:45 – 10:45 a.m.

This discussion-style presentation will offer executive and program administrators a chance to collaborate, problem solve and work toward individual and common industry goals.

**Mistilyn Gebow** is not only recognized as a creative and intrepid problem solver, but she also helps organizations drive growth and reach strategic outcomes. Mistilyn has driven results for over 50 organizations ranging from household names to unsung heroes. Her primary industry focus areas include life sciences, technology, healthcare, retail, pet and energy. Mistilyn's breadth of experience and collaborative style lead her to be sought out as a facilitator, executive coach, corporate educator and speaker. Recently, Mistilyn has eased up on her time in the corporate world and reignited her passion in the equine world through her work with Healing Reins.

### **B3, Storytelling for Therapeutic Centers and Professionals CE**

10:45 – 11:45 a.m.

Storytelling is a crucial piece of how humans learn new ideas. There's a reason many cultures around the world, including our own, explain complex ideas through the use of fairy tales, mythology, anecdotes and other forms of narrative-making. Well-told stories are essential for fundraising, building community awareness and learning new ideas in the arena. We will explore ways to improve our ability to craft compelling narratives directed toward those outside our industry (donors, partners, new participants, etc.), how to include storytelling in our daily work and creative ways to share those stories with our community.

**Dani Nichols** is a PATH Intl. CTRI and ESMHL with more than 13 years of experience in therapeutic horsemanship and equine-assisted services. She is also a journalist and storyteller. Her work has won several awards and has been published in *RANGE* magazine, *Fathom Magazine*, *Oregon Humanities* and more. Her first book for children, *Buzz the Not-So-Brave*, is a story about her Quarter Horse, inspired by her children and the horsemanship participants at Healing Reins, who show her every day the value of facing fear and living with compassion. You can learn more at [www.wranglerdani.com](http://www.wranglerdani.com) and @buzzthenotsobrave on IG.

11:45 a.m. – 1:15 p.m.

**Lunch & the PATH Intl. Field Test Standards Hearing,  
PATH Intl. Region 9 Meeting & State Meetings**

## **Session C**

1:30 – 2:30 p.m.

### **C1, Rider Biomechanics - On and Off the Horse CR Riding**

Riding horses is a dynamic activity. There are so many moving parts, both on the horse and with the human that sometimes it can be challenging to decide where to focus. In this presentation Anvia and Jess will be discussing how positioning and alignment can affect both the horse and the rider, as well as offering tips and exercises to help improve alignment of the rider and improve the overall riding experience.

**Anvia Hampton** has been passionate about horses from a young age. Starting out training in the hunter/jumper world, experiencing western riding and IHSA competition in college, and most recently falling in love with dressage, has encouraged a lifelong passion for horsemanship and learning. Choosing equine-assisted services as a career path took Anvia to Rocky Mountain College where she earned dual degrees in equine business management and therapeutic riding. Anvia has worked in a variety of roles and programs in California, Montana and now Oregon as a PATH Intl. Certified Therapeutic Riding Instructor, Equine Specialist in Mental Health and Learning and Mentor. Anvia currently represents the PATH Intl. membership community as the Oregon State Chair.

**Jess Lydon** has a degree in kinesiology with an emphasis in adapted physical activities and more than 15 years of experience working in the adapted field, including work with Special Olympics, adapted personal training for older adults, adapted aquatics, behavior management and more. In 2016, after volunteering for 11 years at a PATH Intl. barn in California, she moved to Central Oregon where she joined the Healing Reins team as a PATH Intl. CTRI and ESMHL.

### **C2, Inclusion: Does It Work for Your Center? CE**

Inclusion is a big talking point in today's world. Many centers want to add to their programs and utilizing an inclusive model is often discussed but rarely executed. This presentation will touch on the pros and cons of the model from the viewpoint of 16 years of successful programming at Forward Stride in Beaverton, OR. In a breakout session, we will encourage you to reimagine what you could achieve at your center if you added just one facet of inclusive programming.

**Amber Varner** founded Forward Stride in 2003 and has been a PATH Intl. CTRI (or Registered Instructor) since 1998. Amber's experience and success have been gleaned from years as head instructor, program director and associate executive director. As the executive director, Amber works toward executing the board's vision of a vibrant, innovative and sustainable future. Amber's three favorite things include her family, traveling and her pets. As a parent of children with learning differences, she now also understands the importance of equine-assisted services from a personal perspective.

**Amanda Garrison** has been with Forward Stride since 2008 and started as a volunteer. She is now the programs director and a PATH Intl. Certified Therapeutic Riding Instructor. Amanda is a lifelong horse person and has a BS degree in public health. Amanda has a passion for nonprofit work, equality for all and the healing power of horses.

**Mackenzie Johnson** has been involved with Forward Stride since 2004. Her time started with riding lessons and volunteering. After spending four years in Corvallis at Oregon State University studying Animal Science, Mackenzie is back at Forward Stride as the equine manager. She became a PATH Intl. Certified Therapeutic Riding Instructor in 2017. Working at Forward Stride combines her passion for horses and dedication to her community's overall wellbeing.

2:30 – 2:45 p.m.

**BREAK**

### **Session D**

2:45 – 3:45 p.m.

#### **D1, Partnering With Horses Through Touch and Observation CR All**

Partnering with horses is an important component in EAS programs and includes a variety of activities in which the horse is a fundamental part of the experience. In this session, you will learn a new activity you might add to your program. Specifically, in this session, you will: identify the basic principles of the Masterson Method and its intersection with many EAS program goals; recognize how you can use touch and observation to identify where a horse is holding tension, help horses release tension and build a trusting connection with the horse; and consider the various levels of application of this equine bodywork to your own EAS learning or therapy program, benefiting horses, staff, volunteers and/or participants. Join us to see how you can create a win-win where your horses benefit from receiving bodywork and volunteers, staff and program participants increase their understanding of and connection with the horse.

**Lise Lunde** has been involved in equine-assisted services programs as a volunteer, PATH Intl. CTRI and ESMHL. She is also a Masterson Method Certified Practitioner and Masterson Method Equine Specialist. She is involved as an instructor for the Masterson Method in training for Masterson Method Certified Practitioners and Masterson Method Equine Specialists. *Balanced Partners Equine Bodywork* is her personal equine bodywork business.

## **D2, Trauma-Informed Care in Therapeutic Horsemanship DE**

Using the framework of polyvagal theory, participants will gain an understanding of different mind-body responses to trauma, including hyperarousal and dissociation and how the equines' fight-or-flight instinct parallel this dynamic for the client's personal awareness and benefit. Through this awareness, participants will learn to be mindful of communication approaches, facility stimulation and methods to help reduce triggering events for clients with a trauma background. Additionally, participants will learn several grounding techniques that can be applicable with and without equines, should a client become triggered or emotionally dysregulated.

**Emily Swisher** is a licensed psychotherapist with a private practice specializing in EMDR and psychotherapy incorporating equines, located in Whitefish, MT. Emily obtained her CTRI and ESMHL certificate through PATH Intl. and has worked in conjunction with several PATH Intl. centers in Colorado, Arkansas and Montana. Previously, Emily worked as a program director for an organization that provided therapeutic horsemanship and psychotherapy to adolescents with a trauma, abuse or neglect background.

3:45 – 4 p.m.            **BREAK**

## **Session E**

4 – 5 p.m.

### **E1, Starting a Veterans Therapeutic Horsemanship Program CE**

Many program centers interested in veteran programs struggle with how to locate veterans and how to locate funding for veteran programs. While funding is still scarce for veteran programs, there are a number of federal funding sources just now becoming available. The presenters have been active leading veteran equine programs for over 12 years and have helped create PATH Intl. education programs for veteran program instructors (PATH Intl. Education Instructor). They participated in the Baylor research project on veterans and equines in 2014 and are familiar with the University of Missouri-Columbia research project on veterans and equines in 2015. They will share data from these studies showing how horses reduce PTSD symptoms by 50% in just eight weekly classes. They have published veteran class curriculums, which have been sold to over 200 equine centers around the world. Their book was published on Amazon last year called *Stopping Veteran Suicide with Horses*.

**Debbi Fisher** is a lifelong horse person, Military widow and 4H leader (seven years). She is co-founder and was program director of Rainier Therapeutic Riding in 2010-2015 (100+ veterans weekly); and co-founder and program director of Hope for Heroes Horsemanship Center 2018-present (50+ veterans weekly). She is on the PATH International Equine Services for Heroes® Committee and a consultant for veteran center startups with Hope for Heroes Equine Therapy Consultants. She is trained in Clinton Anderson Downunder Horsemanship methods, and a Grand Champion and certified judge of IMTCA Extreme Mountain Trail competitions.

**Robert Woelk** is co-founder and executive director for Rainier Therapeutic Riding in 2010 and co-founder and executive director of Hope for Heroes Horsemanship Center in 2018. He serves on the PATH International Equine Services for Heroes® Committee, is a consultant for veteran center startups with Hope for Heroes Equine Therapy Consultants and has 30 years corporate management experience. He also has a BS degree in mechanical engineering and an MS degree in business administration.

### **E2, Words Matter DE**

The WHO estimates there are over 1 billion people with disabilities world-wide. This corresponds to about 15% of the world's population, which is often misunderstood and stigmatized through the use of

language. As members of the EAS industry, it is vital that we use and promote appropriate and inclusive language. This presentation will cover disability models, types of disability language, ableism, the harm that can be caused by using inappropriate language, and how to be an advocate and ally for inclusive language and terminology. Learning Objectives: Provide an example of person-first language and identity-first language. Describe how inappropriate language is harmful. List two examples of ableism.

**Hilary Groh, CTRS**, is the program director at NorthWest Therapeutic Riding Center, a PATH Intl. Premier Accredited Center in Bellingham, WA. Hilary has a BA degree in recreation from Western Washington University, is a nationally certified therapeutic recreation specialist, a PATH Intl. Advanced Riding Instructor, CTRI and Mentor.

5:30 – 7:30 p.m.           **Dinner with PATH Intl. Update & 2022 PATH Intl. Region 9 Awards Ceremony**

**Sunday, August 21, 2022**

7:30 – 8:30 a.m.           **Continental Breakfast**

## **Session F**

8:30 – 10:30 a.m.

### **F1, Equine-Assisted Mental Health at Healing Reins CE**

An experientially based reflection and discussion on EAMH services at Healing Reins. Objectives include gaining an understanding of the structure of EAMH services at Healing Reins, as well as gaining knowledge and experience of what EAMH is and offers. In this hands-on, experientially based reflection and discussion, participants will have the opportunity to embody the structure and components that make up EAMH services at Healing Reins. We will cover topics such as the structure of the clinic, ideas and thoughts about the future of equine-assisted mental health, and the very nature of what makes EAMH successful for the various populations that seek these services.

**Lisa Bradley, LPC**, completed an internship integrating Dance/Movement Therapy (DMT) and Equine-Facilitated Psychotherapy (EFP). Afterwards, Lisa obtained a Master's of Arts degree in Somatic Counseling Psychology from Naropa University in December 2011. Since receiving her credentials, Lisa has begun a private somatic psychotherapy practice, inviting teens and adults to experience the therapeutic value of a body-based perspective in therapy, with and without the co-facilitation of horses. Over the past 12 years, Lisa has been supporting individuals who are experiencing grief and loss, low self-esteem, anxiety, depression, self-harming behaviors, suicidal ideation, posttraumatic Stress Disorder (PTSD) and more. Lisa is dedicated to providing a practice with a compassionate, multi-culturally sensitive approach. She is invested in continuing her education in equine and somatic therapy practices and is currently working as the clinical manager of the Equine Assisted Mental Health Clinic at Healing Reins Therapeutic Riding Center. She is awed by the healing power of both dance/movement therapy and psychotherapy incorporating equines from personal experience and professional training and thus is passionate about providing these therapeutic modalities for others in a journey toward health.

### **F2, Proper Equipment Fit - For Horses and Humans CR Riding**

An appropriately fitting saddle is incredibly important to the comfort and wellbeing of the equine. In this demonstration we will not only talk about why fitting saddles is so important, but we will also cover the differences in fitting Western and English saddles, bust several saddle fitting myths and general saddle fitting education. This session will also cover the ASTM/SEI protocol for standard helmet testing and fitting. As well as awareness of the importance of proper helmet fitting and the possible repercussions of an ill-fitted or damaged helmet through visual and physical demonstration. Also discussed will be the benefits of more safety products such as the inflatable air vest and a demonstration of how it works.

**April Taylor** has been on horseback since before she was born. Animals, plants and nature speak to her and have always been her path. She's been fortunate to find her niche in an industry that has so

much to offer to the average person trying to care for their beloved pets as best they can. With years of experience, April has been a consultant for Martin Saddles, Amerigo, Stubben, Crump, Courbette, Bates, Wintec, Crates, Frontier and more.

**Jennifer Thomas** is a volunteer captain at Healing Reins, an accomplished dressage rider, and is recently retired from years with Gallops Saddlery. Jennifer has a passion for safety within the equestrian world and has extensive experience matching riders with the perfect helmet and safety equipment.

10:30 – 10:45 a.m.

**BREAK**

## **Session G**

10:45 – 11:45 a.m.

### **G1, Care for Our Caregivers CR All**

There is much concern in the industry about maintaining the well-being of horses in equine-assisted services. These horses are highly trained and often kept working into old age. Even so, very little scientific research has been published to substantiate potential detrimental effects on animal partners in equine-assisted services and even less scientific evidence has been published regarding evaluation of the capacity of professionals and volunteers providing these services to correctly assess the affective states in horses. As a veterinarian, the author is dedicated to the well-being of animals being employed in therapeutic interventions. In light of the growth of the equine-assisted services industry, it is incumbent on us to evaluate the impact on the animals and to identify short- and long-term deleterious effects that may result from their participation in this activity. The ability to recognize classic signs of stress has implications for veterinarians, human health professionals employing equine-assisted services and program volunteers. Human health professionals and volunteers benefit from recognizing stress in the horses that may indicate the animal's need for a break from the current activity. While behavioral indices of stress are attractive because they appear technically easier to obtain than other indices in identifying those horses experiencing a level of stress leading to "burn-out" and associated health and behavioral problems, it is important to understand more of the causal mechanisms underlying the behaviors. We who are passionate about this work, can shape the future of equine welfare. Equine well-being is our commitment; with knowledge we can recognize the signs of emotional health in equines and keep our working horses fresh and enthusiastic over time. In this session participants will learn to advocate for the equine partner by recognizing the signs of emotional health in horses and know how to determine when to stop a session for the benefit of the equine and participant safety.

**H. Marie Suthers, DVM**, is Professor and Chair of Anthrozoology at Carroll College in Helena, MT, <https://www.carroll.edu/academic-programs/anthrozoology>. For over 30 years Dr. Suthers has enjoyed a career in veterinary medicine, from private practice to academia, the nonprofit sector, and back to academia. She has been integral to the field of anthrozoology for most of her career. Leadership roles in the field have included president of the American Association of Human-Animal Bond Veterinarians, board of directors of the International Society for Anthrozoology, and board of directors of the Equine Facilitated Mental Health Association. Dr. Suthers can be reached by email at [msuthers@carroll.edu](mailto:msuthers@carroll.edu).

12 – 12:30 p.m.

**Closing Ceremony**

**We look forward to seeing you soon in Oregon!**