



Region 1 Conference

April 19-21, 2024

Hosted by:

Mt. Holyoke Equestrian Center

University of Massachusetts, Dept. of Veterinary and Animal Sciences

NESAR (New England Special Activities Resources)

South Hadley and Amherst, Massachusetts

PATH Intl. Region 1 welcomes you to an educational and fun weekend with your friends and colleagues in Massachusetts. Your registration fee includes continental breakfast and lunch on Saturday and continental breakfast on Sunday.

CONFERENCE LOCATIONS

Friday and Sunday

Mt. Holyoke Equestrian Center
56 Park Street
South Hadley, MA 01075

Saturday

Integrative Learning Center
650 N. Pleasant Street
Amherst, MA 01002

Saturday Meals

Marriott Center
Lincoln Campus Center - 11th Floor
1 Campus Center Way
Amherst, MA 01002

LODGING OPTIONS

There are many options in the Amherst/Hadley area. We encourage you to book your room(s) early!

Howard Johnson

401 Russell St.
Hadley, MA 01035
413-582-0002

Rate: \$203.00 Double Occupancy (reference: PATH Region 1)

Continental Breakfast

Rooms and discounted rate held until March 20, 2024

PATH INTL. REGION 1 CONFERENCE REGISTRATION

Online registration will be available February 17, 2024, through April 6, 2024. After April 6, 2024, registration will need to be completed on-site.

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

Registration February 17, 2024 through April 6, 2024:

Full Conference \$200 members \$250 non-members

Registration on-site after April 6, 2024:

Full Conference \$230 members \$280 non-members

Refund Policy:

No refunds due to weather unless the conference is canceled.

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

Deadline for Full Refund – Request received in PATH Intl. office by **April 6, 2024.**

Deadline for 50% Refund – Request received in PATH Intl. office by **April 21, 2024.**

Individuals who do not submit a written request to PATH Intl. by April 21, 2024 will not receive a refund.

Education:

This conference satisfies up to 12 hours of continuing education requirements.

COVID-19 Information:

UMASS and Mt. Holyoke follow all CDC and State of Massachusetts 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. If your health is in question, please test to confirm negative for COVID and wear a mask. Please see the refund policy.

AGENDA

All times are Eastern

Friday, April 19, 2024

Mt. Holyoke Equestrian Center

12:30 p.m. **Registration Opens**

Session A

1 – 4:15 p.m.

A1, Equine Energy Movement CR All

Have you ever wondered why some horses move so smoothly and with so little effort? Do you know that your energy affects the horse you're working with? In this segment we will discuss and demonstrate not only how the energy flows through the horse, the blocks that can prevent the circulation of this energy, but also how our own energy affects the horses we are working with. Learn how to develop your eye when watching a horse move and how their balance changes. Using three different horses we will be free lunging in a round pen to demonstrate these concepts. Equine-assisted services (EAS) horses love when they can move, stretch and release tension. Come and join us to see what unfolds. There will be an opportunity to ask questions throughout the demonstration.

Jenn Kreiberg is a Certified Equestrian Coach who works closely with Hinchinbrook Farm Society in Nova Scotia. There she helps train, translate and motivate not only the horses but also the volunteers. She has been exploring in the world of horses for over 50 years. It still feels like magic during the special moments of discovery. Like her father and her grandmother, she loves to tell a story. She uses these true stories about her work to open hearts and minds to what is possible with energy and equines.

Session B

1 – 2 p.m.

B1, Social Media Simplified CE

Content creation and posting on social media can be an easy and cost-effective way for centers to market their services and seek donors. But who has time to strategize, create content, and post across so many platforms while also teaching lessons, supervising staff, or caring for horses. Learn how anyone with a computer, social media account, and a desire to learn, can create engaging content and get their center's highlights on social media (Facebook, Twitter/X, LinkedIn, and Instagram). Determining which platforms to use, managing pitfalls, and using free design and scheduling platforms will be discussed.

Sara Conant, PATH Intl. CTRI® and ESMHL is responsible for content creation and strategy for all of PATH Intl.'s social media accounts as part of her role as the communications & marketing coordinator. Prior to joining PATH Intl., she managed 14 social media accounts for a Maine-based education and workforce development nonprofit across their four distinct program areas. Sara is a graduate of the Muskie School of Public Policy with a master's in policy, planning and management with a concentration in public & nonprofit management and is certified in volunteer administration through the Council on Certification in Volunteer Administration.

Session C

2:15 – 4:15 p.m.

C1, Applications and Considerations of Weight Carrying Capacity CR All

Standard EQM6 specifies that programs need to have established and implemented protocols for determining the weight carrying capacity of their horses. The process of developing a system for determining and tracking horses' weight carrying capacities and the lessons learned from implementing this system will be shared. Such routine evaluation and tracking of weight carrying capacity allows programs to assess how management and conditioning procedures can be thoughtfully used to maintain and improve horses' capacities to carry weight. A brief overview of some management and training strategies to consider will be presented along with questions to guide programs in the process of deciding where to focus their time and energy.

Jane Burrows is the Director of Operations at Special Strides. She is an accomplished physical therapist with over 50 years of experience in all fields of physical therapy with a lifelong passion for understanding the health and movement of horses. She is also a PATH Intl. ESMHL, CTRI® candidate, and student of equine development. She presented at numerous PATH Intl. region and international conferences.

Susie Rehr is the Executive Director of Special Strides, a PATH Intl. PAC and has been a physical therapist for 37 years. She has provided physical therapy services to the pediatric population integrating hippotherapy treatment principles for the past 25 years. Quality care, clinical education, educational presentations, published writing, and national involvement are hallmarks of her career. Over the past eight years, she has developed educational materials for adaptive riding instructors to enable them to explore the world of (dis)abilities. Susie has presented multiple topics at numerous PATH Intl. region and annual conferences.

4:15 – 6 p.m.

Welcome Reception and Viewing of "Free Reins"

Free Reins is a documentary about Hinchinbrook Farm Society made by Tell Tale Productions in association with the Canadian Broadcasting Corporation.

Saturday, April 20, 2024

Marriott Center - Please note: The center is available all day on Saturday for networking with your colleagues between breakfast and lunch, and after lunch.

7:15 – 8:15 a.m. **Registration, Continental Breakfast and Facilitated Networking**

8:15 – 8:45 a.m. **Opening Remarks and PATH Intl. Region 1 Meeting**

Sessions are at the Integrative Learning Center - Rooms 211 and 231

Session D

9 – 10:15 a.m.

D1, Social License and EAS CE

Social license is the term that describes how the general public feels about and gives approval or disapproval to how a specific industry operates. The Equine-assisted Services industry should be proactive rather than

reactive to make sure that EAS does not come under scrutiny of negative public opinion. This presentation will provide examples of recent social license issues in the international equine world and provide observations of potential parallels with EAS. What steps can be taken to provide positive media surrounding topics such as equine welfare for equines involved in EAS programming will be provided.

Lorrie Renker holds a bachelor's degree in elementary education. She is a PATH Intl. Master Instructor, interactive vaulting instructor and James Brady Award winner. She is member of the HETI education committee and has lectured globally. She has been involved with EAS for over 55 years.

D2, How Researchers and Therapeutic Riding Centers Can Work Together to Advance the Science of Therapeutic Riding CE

Therapeutic riding centers play a critical role in making it possible for researchers to conduct sound research. This presentation will demonstrate how researchers and therapeutic riding centers can work together to advance science in the EAS industry. Collaboration examples will be provided from an ongoing multi-site randomized clinical trial funded by the National Institutes of Health/National Institute of Child Health and Human Development that is examining the physiological mechanisms of therapeutic horseback riding in the autism spectrum disorder (ASD) population.

Kate Jeton is the Program Director at Riding To The Top (RTT). She has a long history of riding, from equitation to foxhunters, to horses destined for the racetrack, to jumpers and dressage horses. She has been teaching horseback riding for almost 50 years and after six years of volunteering at RTT, entered the world of EAS in 2018 as a PATH Intl. CTRI® and an ESMHL.

Tracy Sturtevant, PATH Intl. CTRI® is a life-long rider with a background in the hunter-jumper world as well as in the thoroughbred racetrack industry in New York state. She has been involved with therapeutic riding for over two decades and became a CTRI® in 2018, following which she led the accreditation of a PATH Intl. center in Brisbane, Australia. Tracy also has a background as a special education teacher.

10:15 – 10:30 a.m.

Break

Session E

10:30 a.m. – 12 p.m.

E1, Self-Regulation at the Barn DE

Sensory processing is something that we all do in order to form adaptive responses to the world. This introductory session will review different sensory systems and describe common patterns of under responding and over responding in our neurodiverse students. Finally, suggestions for teaching strategies to support and encourage independence will be discussed.

Christina Richardson, OTR/L is certified to Level II in hippotherapy by the American Hippotherapy Association, and is a PATH Intl. CTRI®. She has been using hippotherapy as a treatment strategy since 2001 and teaching therapeutic riding since 2012. Through her business, Fulcrum Therapy, Christina provides occupational therapy services in schools as well as at the barn. She is based out of Los Solano Recovery Ranch in North Berwick, Maine. She studies dressage and yoga, and practices both as often as she can. She has focused most recently on incorporating mindfulness techniques and trauma-informed care into therapy.

E2, The Benefits of Collaboration in Higher Education CE

The University of New Hampshire (UNH) has a working model of utilizing a community therapeutic riding program as the hands-on, experiential learning component of a classroom teaching program. Undergraduate students share a variety of backgrounds from animal science and equine studies, to occupational therapy and recreation management and policy. All students have the opportunity to participate in internships or service-learning through the equine center, and the current program restructuring is opening doors to greater interdisciplinary collaboration, research potential and outside partnerships to achieve the university's goals of community impact, financial viability and sustainability, and innovative student learning. This presentation will explore the benefits of higher education collaboration across college disciplines and among community providers and program recipients.

Sarah Armentrout is co-founder and Head of School of Carlisle Academy. She has been in the field of EAS and equestrian sports as a coach and competitor for over 25 years and is a PATH Intl. Advanced Therapeutic Riding Instructor and mentor. Sarah is a USEF Certified Silver Level Para-Dressage Coach and adjunct faculty for UNH's Equine Studies Program.

Liz Johson has a bachelor's degree in animal science and a M.S.P.M. in project management from UNH. Liz has been riding most of her life, focusing on eventing and dressage. She believes the horse's education must be built from the ground up and applies these principles in her college courses. Her teaching principles focus on safety of horse and rider while utilizing form to function. Liz is a USDF Bronze Medalist, has served as the USEA and USDF secretary, is currently a senior lecturer for the UNH Equine Program, and is leading the transition of the UNH Equine Therapeutic Riding Program.

Lunch is at Marriott Center

12:15 – 2:15 p.m. **Lunch & PATH Intl. Update, Field Test Standards Update and Region 1 Awards**

Sessions are at the Integrative Learning Center - Rooms 211 and 231

Session F

2:30 – 4 p.m.

F1, Evaluating Your Nutritional Program Through the Age-Related Dental Wear Lens CR All

Successful nutritional programs adjust the diet composition and feeding frequency based on the horses' chewing function. This lecture/discussion will use a combination of case studies and skull models to create a visual of what happens to horses' teeth as they age and see how dietary changes can make a tremendous difference.

Dr. Caroline "Carrie" Niederman is now retired but had her own mobile equine dentistry practice for 25 years. Carrie provided dental work to horses and miniatures of all ages. She also complimented her dental work with nutritional consults to help clients adjust their feeding program as their horses aged, with the goal of preventing choke, impaction colic and weight loss.

F2, Equine-Assisted Social Work: Understanding the Connection between Horses, Humans and the Environment CE

Delve into the impact of equine-assisted social work (EASW) in practice, championing a holistic person-in-environment perspective. Utilizing Pony Power Therapies as a case study—a nonprofit offering EAS on a suburban NJ farm—explore how partnering with horses in the natural environment enhances relationships and well-being. Through theoretical discussions and interactive exercises, identify strengths, apply environmental approaches, and envision holistic outcomes in social work. Embrace this wider perspective to positively influence clients and surroundings, fostering a more effective and connected approach to social work practice.

Dr. Dana Spett, DSW is an accomplished professional with a deep commitment to EAS, nature, and social work. Dana is the founder and executive director of Pony Power Therapies, a nonprofit community-based center in New Jersey. Dana has dedicated herself to creating an inclusive and transformative environment guided by nature. Recognizing the power of nature to promote healing and personal growth, Dana ensures that Pony Power Therapies embodies true inclusivity in all aspects of its operations. With a focus on EASW, Dana's research centers around developing an ethical and competent practice model for this field.

4 – 4:15 p.m.

Break

Session G

4:15 – 5:45 p.m.

G1, Exploring Sensory Processing and Universal Design in Learning DE

This presentation will connect the principles of Universal Design for learning and an understanding of sensory processing to afford instructors greater success in lesson planning and execution. Understanding sensory processing allows adaptive riding instructors to adapt their teaching techniques, strategies, and methodologies to maximize their teaching when their students are in the "just right zone". Understanding sensory processing and incorporating universal design for learning guidelines is critical for everyone's success; the horse, the instructor, and most importantly, the rider.

Susie Rehr see bio in session C1.

G2, Beyond Riding: The Reciprocal Influence of Human and Horse Nervous Systems DE

Beyond riding delves into the dynamic, reciprocal influence between human and horse nervous systems in EAS. This insightful talk explores how horses intuitively respond to human emotional and nervous stimuli and, in turn, how humans are affected by equine movement and behavior. Attendees will discover how this mutual

neurological interplay enhances therapeutic outcomes, gaining a deeper understanding of the subtle yet profound connections that enrich therapy incorporating equines and other equine-assisted services.

Melissa Jean Jarzynski, MSPT, HPCS, PATH Intl. ESMHL is dedicated to enhancing the lives of others by fusing physical therapy and equine-assisted practices. As the owner of Melissa Jean, PT, and Entrainment Therapy Solutions, she brings over 19 years of experience in integrating equine movement into physical therapy sessions. Melissa also holds certification with EAGALA.

5:45 p.m. **Dinner on your own**

Sunday, April 21, 2024

Mt. Holyoke Equestrian Center

8:30 – 9 a.m. **Continental Breakfast**

Session H

9 – 10:30 a.m.

H1, Bringing Ease to EAS Equines with Equine Acupressure CR All

This presentation is for any staff member or volunteer who cares for, grooms and tacks, or works with an EAS equine and desires to support their well-being. Participants will learn the definition and benefits of equine acupressure, the importance of focus, presence, safety and the environment when you apply acupressure, along with the names and location of acupressure points that will benefit hoof concerns and help to restore balance in the equine's body. This presentation combines lecture, demonstration and hands on practice.

Linda Crabtree is a Nationally Certified Equine Acupressure Practitioner and Reiki teacher/practitioner. She was a PATH Intl. advanced therapeutic riding instructor from 2000-2010. She retired from the industry to focus her energy and time on the well-being of EAS equines, staff and volunteers. Linda offers equine acupressure basics, greeting and grooming with gratitude, and meditation classes at PATH Intl. EAS centers; all methods that are purposely designed to bring the EAS team of staff, volunteers, and equines together to experience ease and connection.

10:30 – 10:45 a.m. **Break**

Session I

10:45 a.m. – 12:30 p.m.

I1, Equine Challenge Courses with Miniature Horses and Donkeys CE

Equine challenge courses are designed using standard operating procedures for low ropes elements common in many outdoor education programs. They offer participants the opportunity to explore a variety of topics such as team building, social skill development, co-regulation and self-regulation, increased sense of self-efficacy, and encouraging individuals to be their authentic selves. This presentation will discuss construction and facilitation of equine challenges courses, the experiential learning theories informing their practice and why miniature equines are ideal partners for this work in comparison to full-sized ponies and horses.

Rebecca Platz has been working with humans and animals for over fifteen years. She holds a bachelor's in kinesiology; outdoor education, a master's in education, and a master's in clinical mental health counseling. Rebecca currently facilitates equine-assisted programs with miniature horses and donkeys at her farm Alchemy Acres. Additionally, Rebecca and her crew of minis travel to various Maine communities offering recreational, educational and wellness experiences for folks of all ages and abilities.

Mario Pascarelli is a PATH Intl. Level 1 Driving Instructor. His career has included working as a building contractor and 22 years as a vocational instructor. Following retirement, he gained his PATH Intl. Driving Instructor certification and has worked at three facilities in Maine. Working with minis along the way provided additional avenues in driving and opportunities to embrace in-hand lessons, especially for children. Mario is an advocate for the value of minis in therapeutic work with children.

We look forward to seeing you soon in Massachusetts!