



# Regional Conference

## March 10-12, 2023

**Presented by: PATH Intl. Region 6**

**Hosted by: NDSU  
Fargo, North Dakota**

PATH Intl. Region 6 welcomes you to an educational and fun weekend with your friends and colleagues in North Dakota. Your registration fee includes hors d'oeuvres Friday evening and breakfast and lunch Saturday and Sunday.

### **CONFERENCE LOCATION**

**Session Locations:**

**NDSU Campus\***

**Friday, Saturday Morning & Sunday**

A Glenn Hill (AGH) Center  
1306 Centennial Boulevard  
Fargo, ND 58105

**Saturday Afternoon**

NDSU Equine Center  
5140 19<sup>th</sup> Ave N  
Fargo, ND 58102

**Lodging:**

There are MANY options available in Fargo. Don't delay getting reservations - there are typically multiple sports tournaments in Fargo during this time of year.

Holiday Inn Fargo 3803 13th Avenue South Fargo, ND 58102 (701) 282-2700 \$145/night	Candlewood Inn and Suites 1831 NDSU Research Park Dr. N Fargo, ND 58102 (701) 235-8200 \$159/night
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# **PATH INTL. REGION 6 CONFERENCE REGISTRATION**

Online registration will be available December 30, 2022, through February 24, 2023. After February 24, 2023, 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 December 30, 2022 through February 24, 2023:**

Full Conference      \$130 members      \$180 non-members      \$105 PATH Intl. Higher Ed

## **Registration on-site after February 24, 2023:**

Full Conference      \$160 members      \$210 non-members      \$135 PATH Intl. Higher Ed

## **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 **February 24, 2023.**

**Deadline for 50% Refund** - Request received in PATH Intl. office by **March 12, 2023.**

**Individuals who do not submit a written request to PATH Intl. by March 12, 2023 will not receive a refund.**

## **Education:**

This conference satisfies up to 10 hours of continuing education requirements.

### **COVID-19 Information:**

NDSU follows all CDC and State of North Dakota 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**

All times are Central Time

### **Friday, March 10, 2023**

4:30 – 6 p.m.

**Registration**

6 – 7 p.m.

**Welcome and Keynote**

7 – 8 p.m.

**Facilitated Networking and Hors d'oeuvres**

Lesson Plan Idea Swap, PATH Intl. Committees and Volunteer Opportunities, Center Growth and Challenges

### **Saturday, March 11, 2023**

7 – 8:10 a.m.

**Registration, Hot Breakfast & Announcements**

## **Session A**

8:10 – 9:10 a.m.

### **A1 Horses and Behavior and Independence, Oh My! **DE****

This presentation will illustrate how simple everyday tools can decrease challenging behaviors and increase independence for individuals receiving equine-assisted services. Principles of Applied Behavior Analyses will be discussed and modeled, including levels of reinforcement, functions of behavior, prompting hierarchy and behavior chaining. In addition, the presentation will provide attendees a tool box of strategies to manage specific behaviors to make future lessons more inclusive and sensory friendly, while creating greater independence for individuals.

**Kate Cook, Ph.D.** has worked in the field of special education for more than 30 years. Dr. Cook has worked in higher education, state level department of education, as a consultant and in public education. Kate's area of specialty is working with individuals with an autism spectrum disorder and challenging behaviors. She finds the most enjoyment in helping make learning relevant and meaningful while encouraging independence at the highest level for every individual regardless of the severity of their disability.

## **A2, Progress Potential through Personal Presence Part 1 CE**

Instructor and volunteer presence is the most influential factor in rider outcomes, extended enrollment, marketing, fundraising and program advocacy. We will discuss how to recognize, train and sustain high quality presence to maximize the potential for all involved in your program. In this two-part presentation, you will learn to recognize verbal and nonverbal presence, the inputs that inhibit or support presence through use of the ABLE equation and how to create and improve presence through training, coaching and mentoring.

***Nate Hendrickson** has a BS degree in Adapted Health/Physical Education, is currently employed by TNT Kid's Fitness and is contracted as a movement specialist by Fargo Public Schools at Explorer Academy, a K-8 public special education school with integrated project-based STEAM and movement opportunities. He began his career as a volunteer and then instructor at a therapeutic riding program. He has spent the past 15 years serving individuals of all abilities and ages ranging from infancy to geriatric with varying physical, cognitive, social, emotional and sensory abilities. Nate has also had the opportunity to provide experiential learning opportunities for many university students and this presentation is an extension of his experiences with clients/athletes/riders and the other professionals he has worked with.*

9:10 – 9:20 a.m.

**BREAK**

## **Session B**

9:20 – 10:20 a.m.

### **B1, Neuromuscular Disorders and Physical Activity DE**

Neuromuscular disorders can present a variety of physiological changes that greatly impact the physical and mental capacity to participate in physical activity and movement. This session will explore the etiologies, main symptoms and implications of various neuromuscular conditions. Strategies for successful physical activity and movement for individuals with these disorders will be presented and discussed.

***Marty Douglas** completed her undergraduate degree at Missouri State University in Psychology and went on to complete her PhD at Michigan State University in the areas of 'Adapted Physical Activity' and 'Psychosocial Aspects of Physical Activity.' She works with undergraduate and graduate students at NDSU in the area of Exercise Science, specializing in adapted physical activity and disability sport.*

### **B2 Progress Potential through Personal Presence Part 2 CE**

Continuation of session A2.

10:20 – 10:30 a.m.

**BREAK**

## **Session C**

10:30 – 11:30 a.m.

### **C1, Develop Your Purpose Pitch! CE**

In this engaging, innovative working session, participants will reflect on their personal and organization's mission, vision and values and develop their own Purpose Pitch for use in fundraising, marketing and telling your organization's story.

***Scott Holdman** is the Impact Foundation's Chief Learning Officer. He is an innovator in nonprofits who, through training, coaching and product creation develops pathways for organizations to thrive. He is a professional creative who has helped hundreds of nonprofits over 18 years solve complex challenges and move the needle forward on impactful causes. Scott serves as a lead strategist and coach for Giving Hearts Day, one of the first giving days in the U.S. that has raised over \$138 million to do good in the region. In 2017, he was named to the 40 Under 40 List by Prairie Business Magazine. Scott is certified in Fundraising Management by Indiana University and is a Certified Nonprofit Professional (CNP) through the Nonprofit Leadership Alliance, which honored him as its 2019 Certified Nonprofit Professional of the Year.*

### **C2, Effective Communication and Strategies for Working with Individuals on the Autism Spectrum DE**

Learn a variety of strategies and ideas for making interactions clearer and more structured for learners with various needs. There will be examples, resources and visual supports to demonstrate the content of the PowerPoint. The audience will have the opportunity to ask questions and pose scenarios with which participants in equine-assisted services may have difficulty.

***Rachel Stotts** is an Assistant Professor and Clinical Supervisor in the Speech/Language/Hearing Sciences department at Minnesota State University, Moorhead (MSUM). She has been a speech-language pathologist*

for 25 years and earned her M.S. in Speech-Language Pathology from MSUM in 1998. She has presented at the local, state and regional levels on several topics related to autism spectrum disorders, language development, Speech-Language Pathology and engaging college students with individuals with disabilities. Rachel is also a mother of 3 girls and a son, Reese. Reese is diagnosed with intractable epilepsy, autism spectrum disorder, and global developmental delays. He is 28 and has participated in therapeutic riding for 11 years.

11:45 a.m. – 1:45 p.m.

### **PATH Intl. Update and PATH Intl. Region 6 Awards Luncheon**

## **Session D Afternoon sessions are at the NDSU Equine Center**

2 – 4 p.m.

### **D1, Introduction to Driving CR Driving**

After a short introduction, attendees will break into groups to participate in hands-on activities including ground driving, long lining, using a reinboard and harnessing a horse. Other topics to be discussed include the PATH Intl. driving certification process and resources for networking with people in the driving community. PLEASE NOTE: gloves are recommended, and helmets will be required for participation in this session. You may bring your own helmet or the center will provide one for you.

**Kathy Jo Hanson** and **Linda Knutson** are PATH Intl. Certified Driving Level 1 Instructors with River Valley Riders in Afton, MN. They share their love of driving with 12 participants and team of volunteers, including **Katie Connolly** and **Bettie Lyman** with the assistance of three driving horses, Arvid, Tanner and Annie.

### **D2, Equine Nutrition: Practical Considerations CR All**

In this hands-on session, participants will get a crash course in practical considerations of equine nutrition. Topics will include assessment of body condition and muscling of horses over time, an overview of common horse feedstuffs and ideas on how to meet the nutritional needs of various classes of horses including growing, maintenance, exercising and geriatric horses. Participants will also have the opportunity to practice using an equine weight limit assessment tool developed by Special Strides of New Jersey and Ellen Rankins, PhD candidate at Rutgers University.

**Maverick Guenther** grew up on a rural Wisconsin farm prior to earning a bachelor's degree in Animal Science and Equestrian Studies from the University of Findlay. He has worked for top horse trainers in the Western performance horse world and was a volunteer and instructor at Challenged Champions Equestrian Center in OH for four years. He is currently pursuing a master's degree in Animal Science at NDSU.

4 – 4:15 p.m.

### **BREAK**

## **Session E**

4:15 – 6:15 p.m.

### **E1, Building Social-Emotional Competence Through Equine Partnership CE**

Research shows that high-quality social-emotional learning (SEL) programming leads to improved academic performance and a decrease in anxiety and behavior issues, but it can be challenging to create meaningful, real-life experiences for youth to learn and practice their skills. Horses are a uniquely powerful partner for youth struggling to develop social-emotional competencies due to their ability to reflect our own emotions back to us. Participants in equine-assisted learning gain the skills necessary to understand and manage their emotions, take the perspective of another and build relationships that can drive learning in a way that goes beyond traditional classroom methods and leave a lasting impression on the youth who participate. In this session we will discuss and demonstrate equine-assisted learning activities and provide ideas for incorporating SEL into programming.

**Emily Dilliard** earned her B.S. in Equine Science and minor in Equine-assisted Services from NDSU and M.S. in School Psychology from Minnesota State University Moorhead. She is a PATH Intl. CTRI and ESMHL as well as the Associate Program Director at Bison Strides and School Psychologist with Fargo Public Schools. She oversees the equine-assisted learning program, a ground-based program open to youth ages 8-18 targeting social-emotional learning at Bison Strides.

### **E2, The Benefits of Equine Massage for Equine-Assisted Services Horses CR All**

In this session the benefits of massage for all horses will be discussed, as well as signs of muscle pain, reasons for massage, and recognizing releases in our horses. Attendees will have the opportunity to learn and practice basic massage and stretching techniques to take home for their herd.

*Jessie Moe is the Bison Strides Program Assistant and PATH Intl. State Chair of ND. She is also a certified Equine Massage Therapist and owner of Riverside Equine Massage LLC. Jessie became interested in massage to minimize burnout in the Bison Strides program horses. Upon seeing the benefits of massage for EAS horses, she started her own business and is grateful to have the chance to help keep horses happy and healthy every day!*

6:15 p.m.

**Dinner on your own**

### **Sunday, March 12, 2023**

8 – 9:10 a.m.

**Hot breakfast with PATH Intl. Region 6 Meeting and Field Test Standards Update**

9:10 – 9:40 a.m.

**State Meetings**

### **Session F**

9:40 – 10:40 a.m.

#### **F1, Trauma Focused Equine-Assisted Learning CE**

Trauma Focused Equine Assisted Learning (TF-EAL) allows a natural and organic partnership between horses and humans to develop connected relationships both inside and out of the arena! Trauma-informed strategies seek to correct over-reactive lower regions of the brain by first engaging these centers through repetitive rhythm and then simultaneously engaging higher regions of the brain, called the neocortex, responsible for logical thinking. Participants will be able to understand the term "trauma informed care," and its relevance in organizational, educational and systematic relationships. Participants will utilize principles based in TF-EAL to produce rhythm and regulation and connected relationships.

*Katie Oakland is a PATH Intl. CTRL and faculty member at the Nueta Hidatsa Sahnish College (NHS) in New Town, ND. She is also the executive director of TR 4 Heart and Soul, an Equine-assisted Services center in Bismarck. Katie has been competing on horses since she was 9 years old and spends most of her weekends warming up her kids' horses for team roping, barrel racing and horse showing!*

*Lori Nelson is the Agriculture and Land Grants Director at NHS College. She has her post master's certificate in Equine-Assisted Learning. She is an avid horse woman who is very active in rodeo and coaching youth in the barrel racing industry. She co-founded the Equine program at NHS College.*

#### **F2, Dynamic Leadership CE**

In this highly engaging session, attendees will have the opportunity to reflect on what leadership means to them, recognize effective and ineffective leadership styles, understand how to build community and trust within your organization and realize the strength of servant leadership.

*LeighAnn Skurupey, Ph.D. is Assistant Director of 4-H Youth Development at NDSU. She earned her doctorate in Animal Science with a specialization in Equine Nutrition from the University of Florida. LeighAnn is a carded judge for the APHA, PTHA and ASHA, as well as a passionate educator of youth.*

10:40 – 10:50 a.m.

**BREAK**

### **Session G**

10:50 – 11:50 a.m.

#### **G1, Understanding Polyvagal Theory and Its Implications for Equine-assisted Services Settings DE**

This session will identify key components of polyvagal theory and how it can be used as a framework in equine-assisted services for individuals impacted by trauma (e.g. PTSD, reactive attachment disorder) or for those with challenges in social engagement (e.g. autism, anxiety). Participants will be given experiential exercises as well as resources to implement the components of polyvagal theory into their work and be able to define the three key polyvagal states: dorsal vagal (shutdown; immobilization), sympathetic nervous system (fight or flight; mobilization) and ventral vagal (rest and digest; social and safe). Participants will also gain experience in being able to identify and explain neuroception and the concept of window of tolerance as it relates to polyvagal theory, in addition to incorporate strategies to influence state shifting in EAS participants.

*Amber Bach-Gorman, Ph.D, NCC, LPC/LPCC, CCS #049 works as the Assistant Director and Clinical Coordinator at the NDSU Counseling Center as well as operates her own clinical mental health practice and consulting center specializing in trauma informed care. She has expertise partnering with animals as a clinical modality and developed an animal-assisted therapy program at North Dakota State University partnering with canines and equines. She is a Pet Partners Volunteer Therapy Team evaluator and board member for The Association of Animal Assisted Intervention Professionals (AAAIP).*

## **G2, Marketing – Where Do I Start? CE**

Does marketing your center seem out of reach or overwhelming? Learn basic tools for creating graphics on Canva, how to optimize those graphics for social media, print and website, as well as practice writing to optimize your marketing efforts. We will be doing live demonstrations with participants, so come with questions or examples to work on.

**Cecelia Conway** is a PATH Intl. CTRI at Horse Power Healing Center in Eagle Wi, social media manager, educator and author. She enjoys combining her love for horses with her experience in marketing, photography and copy writing.

11:50 a.m. – 12 p.m.

**BREAK**

## **Session H**

12 – 1 p.m.

### **H1, How Vision and Reflexes Affect Riders: There's More Than Meets the Eyes! DE**

Vision and reflexes affect our daily lives in so many ways, from simply putting on our socks to doing school work. These areas can be especially challenging for our riders and present difficulties that we might not recognize. In this session, we will help navigate potential vision and reflex challenges in order to progress riders and increase awareness of deficits they may have in these areas. Attendees will come away with an understanding of primitive reflexes and vision deficits, as well as strategies to use during lessons to engage those systems through riding skills and activities.

**Valerie Stevenson, OTR/L** is an Autism Center liaison therapist who works closely with families and staff who attend the Autism Center in Fargo. She grew up on a farm in Central North Dakota, and now lives in Horace, ND with her husband and 4 children. Her passions lie with children with autism, trauma-informed therapy and approaches each session from a place of understanding and relatability. She likes to look at the family as a whole and considers outside factors that may be impacting progress,; then tackles those issues head on.

**Katie Havelka, COTA/L, PATH Intl. CTRI** has many years of experience with emotional regulation, behavior and incorporating equine movement into OT sessions. She earned her Applied Science Degree in Occupational Therapy Assistance from NDSCS in Wahpeton, ND and she lives in Fargo, ND with her husband and 3 children. Her time at the NDSU Equine Center fills her bucket because helping kids reach their therapy goals through the unique modality of equine movement is especially important to her. Whether it be big or small, Katie loves making a difference in her clients' lives.

### **H2, Cultural Competency in Equine-Assisted Services CE**

This conversation is to aid individual's awareness in multicultural competency within our equine-assisted services programs and our daily lives. We will explore and process what it means to be competent and comfortable in diversity, discover how to have conversations with individuals about themselves and their culture and how to include these ideas into your programming.

**Shania Robinson** grew up with horses and graduated with her B.S. in Equine Science and minor in Equine Assisted Activities and Therapies from NDSU in 2019. From 2019 to 2021 she worked at the Dakota Boys and Girls Ranch, a residential childcare facility in ND. She began her graduate work in Clinical Mental Health Counseling at Minnesota State University Moorhead in 2020 and graduated with her M.S. in 2022. In 2021, she started working on the White Earth Reservation in MN as a Mental Health Therapist where she continues today. She is a PATH Intl. CTRI and was recently admitted to a post-master's program at Denver University for Equine-assisted Mental Health.

1:15 p.m.

**Lunch**

Grab a box lunch to go! Safe travels and see you next year, March 8-10, 2024.

**We look forward to seeing you soon in North Dakota!**



## **\*Campus Parking Instructions and Directions to NDSU Equine Center 5140 19<sup>th</sup> Ave N**

### **Campus Parking**

Please plan to park in the Memorial Union (MU) parking lot. This is a pay lot Monday through Friday from 8 a.m. to 5 p.m. so please plan to pay onsite if you arrive prior to 5 p.m. on Friday to avoid a parking ticket.

### **Directions to NDSU Equine Center**

The NDSU Equine Center is 3 miles west of the NDSU campus on 19<sup>th</sup> Ave N (19<sup>th</sup> Ave N borders the north end of campus and 12<sup>th</sup> Ave N borders the south end of campus). Head west on 19<sup>th</sup> Ave N, about 3 miles, until you see a green and yellow NDSU Equine Center sign flanked by red brick. Turn left into this gravel road and park on the north side of the building. The Equine Center is heated to between 40 and 50 degrees but please dress for the weather in layers.