

**PATH Intl.
Regional
Conference**

**Presented
by
Region 1**

April 27-28, 2019

**Hosted by:
University of Massachusetts
Amherst, MA**

PATH Intl. Region 1 welcomes you to an educational and fun weekend with your friends and colleagues in beautiful Amherst, Massachusetts. Your registration fee includes lunch and dinner on Saturday, 4/27, and lunch on Sunday, 4/28.

CONFERENCE LOCATION

Saturday Sessions:

UMass - Lincoln Campus Center
819 Conference Center
Amherst, MA 01003

Parking is \$6.50 to park at the garage next to the Lincoln Campus Center

Sunday Sessions:

UMass Hadley Farm
111 N Maple Street
Hadley, MA 01035

Lodging Options:

Rodeway Inn
327 Russell St.
Hadley, MA 01035
(413) 584-9816
\$119 plus tax/per room/per night - Either 1 king or 2 queen beds

This hotel features:

Complimentary hot breakfast buffet
Heated indoor pool
Fitness room
In-room refrigerator, hair dryer, iron/board and coffee maker
Cable TV
24 hour front desk & security
Free WIFI

PATH INTL. CONFERENCE REGISTRATION

Online registration will be available February 15, 2019, through April 12, 2019. After April 12, 2019, 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 Fees

Registration February 15, 2019 through April 12, 2019:

Full Conference	\$180 members	\$230 non-members
Full Conference - PATH Intl. Higher Ed Student/Faculty Members		\$155
Full Conference - Higher Ed Student/Faculty PATH Intl. non-members		\$165 (Show ID)
Single Day	\$120 members	\$170 non-members
Single Day - PATH Intl. Higher Ed Student/Faculty Members		\$95
Single Day - Higher Ed Student/Faculty PATH Intl. non-members		\$105 (Show ID)

Registration on-site after April 12, 2019:

Full Conference	\$210 members	\$260 non-members
Full Conference - PATH Intl. Higher Ed Student/Faculty Members		\$185
Full Conference - Higher Ed Student/Faculty PATH Intl. non-members		\$195 (Show ID)
Single Day	\$150 members	\$200 non-members
Single Day - Higher Ed Student/Faculty PATH Intl. Members		\$125
Single Day - Higher Ed Student/Faculty PATH Intl. non- members		\$135 (Show ID)

Refund Policy:

Written cancellation request is required for refund.

Deadline for Full Refund – Request received in PATH Intl. office by **April 12, 2019**.

Deadline for 50% Refund - Request received in PATH Intl. office by **April 28, 2019**.

Individuals who do not submit a written request to PATH Intl. by April 28, 2019, will not receive a refund.

No refunds due to weather unless the conference is canceled.

Education:

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

TYPE	DESCRIPTION	LIMIT	CEU Conversion
DE	Disability Education	Minimum six hours (no maximum)	60 min = 1 DE
CR	Certification Core Requirement	Minimum two hours per certification	60 min = 1 CR
CE	General Continuing Education	No minimum or maximum requirement	60 min = 1 CE

AGENDA

Saturday, April 27, 2019

8 – 9 a.m. **Registration & Welcome**
UMass Lincoln Campus Center

Session A

9 – 10:30 a.m. **A1, Developmental Disabilities: An Overview DE**

This presentation will provide an overview of developmental disabilities, including terminology, perspectives and recent changes in diagnostic criteria.

***Ashley Woodman, Ph.D.**, is the director of the undergraduate specialization in developmental disabilities and human services (DDHS) at the University of Massachusetts Amherst. She teaches courses on intellectual disability, the impact of disability on the family, autism spectrum disorder and international perspectives on disability.*

9 – 10:30 a.m. **A2, Get Out of Your Head and Into Action: Introduction to ACT CE**

This 90-minute lecture will introduce learners to principles of the Acceptance & Commitment Therapy and the theories that govern our and our clients' behaviors. Practical examples and some of the application methods will be included. You do not have to be a therapist to get a good understanding of those principles.

***Karolina LaBrecque** has a PhD degree in physical therapy and an MS degree in psychology. She is a behavioral therapist and life coach, and has more than 20 years of experience with a diverse population of clients, both in an equine setting and therapeutic/coaching setting. She is a college professor and speaker.*

9 – 10:30 a.m. **A3, Cost Analysis: Your Value Proposition and Program Sustainability CE**

This presentation will focus on the use of cost analysis and a discussion of the value proposition to enhance sustainability for your program. We will examine ways to calculate actual cost per service and how to use this as a tool to support program operation, set fee levels and understand fundraising needs. Discussion will be on the gap between tuition and actual cost as well as ways to communicate the value of services to the community.

***Kathy Alm** began her service as chief executive officer of PATH Intl. in August 2014. For the previous 16 years she served as ED of Little Bit Therapeutic Riding Center in Woodinville, WA. She grew the grassroots organization from a \$280,000 annual operating budget to a professional \$2.1 million organization. Kathy was a past member of the PATH Intl. board (president from 2010-2012). She has facilitated numerous workshops and presentations on board, staff, fundraising and strategic planning and enjoys the opportunity to share her experience as well as learn from others. Her dedication to the field of EAAT spans over 19 years with a passion that was ignited the moment she walked through the door at her first therapeutic riding center.*

10:30 – 10:45 a.m. **BREAK**

Session B

10:45 a.m. – 12:15 p.m. **B1, Compassionate Leadership (for Self, Others & Horses) CE**

This one-hour presentation will cover concepts and easily practiced skills to inject awareness, compassion and confident leadership into our daily interactions with horses and humans. We'll explore the key principles of human nature, the basics of natural

horsemanship and leadership styles. The intersection of these three come together to help us become more effective leaders.

Jeanna Pellino is a PATH Intl. Certified Advanced Instructor, ESMHL, and lifelong equestrian, and has been professionally involved in the equine-assisted activities industry for over 20 years. For the past 10 years, the horse has been her instructor for awareness and leadership.

10:45 a.m. – 12:15 p.m. **B2, The Horse as the Coolest Neurofeedback Brain Training System Ever** **CE**

This presentation will describe how functional effectiveness depends on brain arousal regulation, and how appropriately selected horses, activities and environments can tap into the brain's neuroplasticity to help clients and students with dysregulated brain arousal systems learn new ways of self-management.

Susanne Haseman, LCMHC, has been doing horse-assisted psychotherapy at her private practice, First Light Farm, for over 20 years, and is now practicing at High Horses Therapeutic Riding Program, a PATH Intl. Premier Accredited Center (PAC) in Sharon, VT. She has worked with children and adults, many of whom have suffered from trauma. She has training and experience using EMDR, neurofeedback, EFT, and brainspotting—often with the help of horses.

10:45 a.m. – 12:15 p.m. **B3, Equine Immersion Programs: Driving With Veterans on the Path to Healing** **CR Driving, DE**

Therapeutic carriage driving provides tremendous healing opportunities and relief to veterans facing the invisible wounds of war. We are excited to share our experiences and unique driving session plans, protocols, objectives and outcomes. Learn how putting the reins in a veteran's hands will promote self-efficacy, resiliency and hope.

Tara Mahoney is a licensed professional counselor with an MA degree in counseling as well as certificates in forensic psychology and veteran's behavioral health. Tara has focused her education, experience and energy to EAAT for veterans and their families. As a PATH Intl. Certified ESMHL and psychotherapist, she recognizes the tremendous impact of EAAT for trauma processing.

Gerry Duncan is a military advocate. She has an extensive background serving military members, veterans, family and Gold Star families for 38 years. She works with organizations both locally and nationally that impact positively on our veteran community. For the past five years she has focused her energies on the connection between equines and veterans. Her passion is now to teach and train others to provide programming that will impact even more lives.

Together, Tara and Gerry developed Equine Immersion Programs™ to provide healing and hope through horses to service members and their supports. As co-directors, they are honored to facilitate EAAT programming to hundreds of veterans and their supports every year.

George Stolz is the lead driving instructor at Horse Power at Touchstone Farm, a PATH Intl. PAC in Temple, NH, for Horse Power, Pony Farm Camp, Operation Horse Power and TSF lesson programs. As a PATH Intl. Certified Driving Instructor, ESMHL trained, CAA Certified Level I Driver and ADS member, his expertise is invaluable to the veterans whom he instructs. George's natural horsemanship approach is evident as he truly partners with the horse to promote healing. As a retired professional civil engineer of 35 years, he certainly knows how to set challenging obstacle courses!

12:30 – 2 p.m. **LUNCH – PATH Intl. Update and Standards Hearing**

Session C

2 – 3:30 p.m. **C1, Planning for Success: A Proactive, Multidimensional Look at Group Lesson**

Planning **CR All**

The list of variables to be considered by a therapeutic riding instructor when planning a lesson is seemingly endless; from horse match to equipment selection to volunteer utilization, each element needs careful consideration to ensure safety as well as progression of each rider's skill development. This presentation will begin with a look at lesson plan formats before utilizing real world examples to discuss strategies for problem solving effective solutions to common lesson planning and lesson management hurdles.

Liz Adams is a PATH Intl. Certified Master Therapeutic Riding Instructor, interactive vaulting instructor and equine specialist in mental health and learning. Ms. Adams enjoys her role as PATH Intl. faculty and evaluator for both riding and vaulting certifications as well as being an accreditation site visitor. Liz is the program director of Emerald Hollow Therapeutic Riding Center, a PATH Intl. PAC on Cape Cod.

2 – 3:30 p.m. **C2, Fragile What? DE**

Join Denise Devine, the parent of a child with Fragile X, as she explains the various stages of life with Fragile X. Denise will share tips on how to relate to and teach individuals with Fragile X.

Denise Devine lives in Hadley with her family. Her son Patrick has Fragile X and she has been the leader of the Western Mass Fragile X Chapter for over 20 years. The mission of the WMFXC is to spread awareness about Fragile X, fundraise for the local group and the National Fragile X Foundation and advocate in Washington DC for funds for the NFXF.

2 – 3:30 p.m. **C3, Managing Volunteer Challenges CE**

Volunteers are a vital and valuable part of the team for EAAT programs. However, it is inevitable that challenging situations will arise. We will discuss preventive measures to help minimize these experiences, but also strategies to handle them effectively when they do occur.

Lauren Diener is the assistant program director at UpReach Therapeutic Equestrian Center, a PATH Intl. PAC in Goffstown, NH. She is a member of the New Hampshire Association of Volunteer Administrators (NHAVA) and is a past president of that organization. Lauren holds the credential of "Certified in Volunteer Administration" by the Council for Certification in Volunteer Administration. She is a PATH Intl. Certified Registered Therapeutic Riding Instructor and a Level I Therapeutic Driving Instructor. Lauren was the 2017 PATH Intl. Region 1 Credentialed Professional of the Year.

3:30 – 3:45 p.m. **BREAK**

3:45 – 4:45 p.m. **State Meetings**

5 – 8 p.m. **Dinner, PATH Intl. Region 1 Awards, Networking Sessions, Region 1 Update**

Sunday, April 28, 2019

8 – 9 a.m. **Registration & Welcome Hadley Farm**

Session D

9 – 10:30 a.m. **D1, Expanding Programs for Increased Revenue - Interactive Vaulting CE**

Learn about adding interactive vaulting to your program and why it makes sense economically. Learn how to utilize your current resources and make a new revenue stream. You will learn what worked for us and how our budget changed with the increased revenue.

Elizabeth Santilli grew up riding horses and started volunteering at the age of 12 at a therapeutic riding facility. Elizabeth attended St. Andrews Presbyterian College and majored in therapeutic horsemanship program management and has interned and worked at many centers. She is presently ED at Gaits of Harmony in RI and is a PATH Intl. Certified Registered Instructor and interactive vaulting instructor. Elizabeth has served on the PATH Intl. Interactive Vaulting committee and was the RI State Chair for PATH Intl.

9 – 10:30 a.m. **D2, The Ins and Outs of Unmounted Programs CE**

Many PATH Intl. centers and certified professionals struggle with horse burnout, volunteers and sustainability. Learn about a variety of unmounted programs from the equine specialist perspective, with experiential opportunities and examples so you can go back to your center and get started.

Kristen McGraw, program director at UpReach Therapeutic Equestrian Center, became involved in EAAT in 1996. Certifications include PATH Intl. Certified Registered Riding Instructor, Level II Driving Instructor, ESMHL, and EAGALA certified equine specialist. Kristen has served as a PATH Intl. volunteer in a variety of capacities and currently is the PATH Intl. Region 1 Representative. Believing strongly in giving back to the community, she sat on the NH Council for Developmental Disabilities for six years and the NH Council for Youth with Chronic Conditions for two years.

9 – 10:30 a.m. **D3, Pasture & Mud Management in Equine Operations CE, CR ESMHL**

If you have horses on limited acres of land, especially in the Northeast where the average annual precipitation is over 40 inches, muddy conditions will pose a challenge for your operation. Learn about the best management practices you can implement at your facility to maximize your pastures and reduce mud, including rotational grazing and installation of sacrifice areas. Improve your facility's appearance and horse hoof health, and minimize your impact on the environment.

Dr. Masoud Hashemi is an extension professor at the University of Massachusetts Amherst, who splits his time between extension activities, research and teaching. His extension work is widely varied, and includes serving as the "Crops, Dairy, Livestock, Equine" team leader for UMass Extension and the state contact person for nutrient and manure management, pasture management, and agronomic crop production. His other major outreach activities include conducting statewide presentations and workshops on various topics and acting as state coordinator and state host of New England Green Pastures. Dr. Hashemi teaches courses on pasture management, and his research focuses on sustainable food and farming systems, with an emphasis on the use of cover crops to promote soil and environmental health.

10:30 – 10:45 a.m. **BREAK**

Session E

10:45 a.m. – 12:15 p.m. **E1, Exercise and Cancer: Defining the New Normal CE, DE**

The role of physical activity during and after cancer can assist individuals physically, emotionally and socially. Most individuals want to exercise but do not know what to do, and they may be dealing with body parts that just don't work the same anymore. We will address some of the biggest challenges of recovery and how adding physical

activity and structured exercise can boost quality of life. This session will have both information and activity.

Judi Bruno LaBranche, MS, ACSM EP-C, CET, CIFT, is a senior lecturer at the University of Massachusetts in the department of kinesiology. She specializes in exercise for special populations.

Ann Marie Moraitis, RN, BSN, MS, is a doctoral student in nursing. Her research examines the role of sedentary behavior and cancer.

10:45 a.m. – 12:15 p.m. **E2, What Is the Real Value of Your Hay? CE, CR ESMHL**

Forage-based diets are the healthiest way to feed horses, but how do you know if forage alone meets all of your horse's nutritional needs? This workshop will give you the knowledge and skills to analyze your hay (or pasture) and determine its true nutritional value in order to create a diet that best meets your horse's unique needs.

Dr. Cassandra Uricchio received her doctoral degree from North Carolina State University and is the director of equine management at the University of Massachusetts Amherst. Her teaching and research interests focus on equine nutrition and welfare.

10:45 a.m. – 12:15 p.m. **E3, Interactive Vaulting CR Vaulting**

This presentation will introduce attendees to the discipline of interactive vaulting. I'll discuss and demonstrate equine selection and training and the proper lungeing technique for vaulting. Vaulting equipment, including use of the vaulting barrel, will be demonstrated. I will also address program management, safety and session facilitation. I'll "teach" a sample lesson to introduce attendees to some of the activities utilized in interactive vaulting and include question and answer opportunities.

Dale Perkins works with horses and people at Mesa Farm, a small family farm, in Rutland, MA. He is certified as a PATH Intl. Registered Instructor, interactive vaulting instructor, and as an equine specialist in mental health and learning. His students include traditional riding students as well as those participating in equestrian and farm programs through nonprofit organizations such as City to Saddle, LUK Inc., and the HUD TAP program.

12:15 – 1 p.m. **Lunch and Dale Perkins Horse Show**

Session F

1 – 2:30 p.m. **F1, Positioning for Performance: The Ergonomics of Adaptive Riding CR All, DE**

By understanding the basic principles of riding starting with the seat and positioning, we can enhance the outcomes for our participants. Knowing about the support required for stability allows for more independence in a safe setting. The goal of this session is to review the rider's seat, how it affects the horse and rider, and learn what we can do as instructors to accommodate for physical differences and limitation in our riders.

Leora Barry, OTR/L, is owner of Transitions In Motion, LLC, located in Belchertown, MA. Leora became an MA licensed riding instructor and a PATH Intl. Certified Registered Riding Instructor in 2003. In addition, Leora is a licensed massage therapist and occupational therapist. Leora's focuses are in neuro rehab, pediatric rehab, manual therapy and hippotherapy. She is a current member of AHA, AOTA and PATH Intl.

Monica Wu, MS OTR/L, HPCS, has a specialty in pediatrics and has worked in a variety of settings, including school systems, rehabilitation, outpatient and inpatient services, and home care in both pediatrics and adults. Monica is an AHCB certified Hippotherapy Professional Clinical Specialist through the American Hippotherapy Association, a Massachusetts registered riding instructor and PATH Intl. Certified Registered Instructor and therapist.

1 – 2:30 p.m.

F2, Using the Principles of Learning Theory to Shape Equine Behavior CE

The International Society for Equitation Science has recently updated their Principles of Learning Theory for working with horses. The 10 training principles are presented as 'First Principles' for all horse training interactions. As First Principles, these stand as non-negotiable obligations for trainers to maintain optimal welfare in trained horses, as well as optimal training efficiency. Learn these basic concepts and how to apply them in your daily interactions with horses, improving equine communication and welfare.

Jillianne Smith is the director of equine training at the University of Massachusetts Amherst. Her teaching and research interests focus on equine behavior and learning and equine rehabilitation. She is an active member of the International Society for Equitation Science, a certified equine rehabilitation practitioner, and is currently working on her MSc degree through the Royal (Dick) School of Veterinary Studies, Edinburgh, Scotland.

1 – 2:30 p.m.

F3, Moody Mares: Non-Hormonal Control of Estrus in Horses CE

Mares in estrus can behave in ways that can interfere with handling and the partnership as therapeutic riding horses. A novel IUD has proven extremely safe and effective in turning moody mares into calm, cooperative partners. Learn about Cachez, the "crazy" donated mare turned therapeutic riding horse, and the inspiration behind this new device. Learn about the equine IUD and current research through a live ultrasound showing its application.

Dr. Carlos M. Gradil, LMV, was drawn to the field of veterinary medicine having grown up in Africa as the son of a large animal veterinarian involved with the preservation of wildlife—namely large mammals such as elephants and rhinos. He is the reproductive consultant for the Cummings School of Veterinary Medicine's Hospital for Large Animals. He also teaches equine reproduction. Dr. Gradil is also an associate professor at the UMass Department of Veterinary and Animal Sciences. His honors include awards from US-AID, NATO and the Veterinary Honor Society. He has also been a Fulbright fellow and a Rockefeller fellow. In his spare time, he enjoys hiking, pleasure riding, biking and kayaking.

We look forward to seeing you soon in Amherst, Massachusetts!