

PATH Intl. Regional Conference

**Presented
by
Region 10**

May 3-5, 2019

**Hosted by:
StableStrides
Colorado Springs, CO**

PATH Intl. Region 10 welcomes you to an educational and fun weekend with your friends and colleagues in beautiful Colorado Springs, Colorado. Your registration fee includes lunch and dinner on Saturday.

CONFERENCE LOCATION

Friday/Saturday Sessions:

Drury Inn & Suites

1170 Interquest Parkway
Colorado Springs, CO 80921

(800) 325-0720; Reference Group #2360720

Reserve by April 1, 2019 **Reserve soon; they sell out fast!**

\$114/night

Includes hot breakfast & kickback reception (w/3 drink tickets) daily!

Sunday Sessions:

StableStrides

13620 Halleluiah Trail

Elbert, CO 80106

719-495-3908

TRANSPORTATION

Flight Info - Denver Airport

<https://www.flydenver.com/flights>

Car rental info from Denver Airport

<http://www.car-rental-denver.org/>

Flight Info - Colorado Springs Airport

<https://coloradosprings.gov/flycos>

Shuttle info from Denver Airport to CO Springs

<https://www.coloradoshuttle.com>

PATH INTL. CONFERENCE REGISTRATION

Online registration will be available February 22, 2019, through April 19, 2019. After April 19, 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 22, 2019 through April 19, 2019:

Full Conference \$135 members \$185 non-members

Full Conference - PATH Intl. Higher Ed Student/Faculty Members \$110

Registration on-site after April 19, 2019:

Full Conference \$165 members \$215 non-members

Full Conference - PATH Intl. Higher Ed Student/Faculty Members \$140

Refund Policy:

Written cancellation request is required for refund.

Deadline for Full Refund – Request received in PATH Intl. office by **April 19, 2019**.

Deadline for 50% Refund - Request received in PATH Intl. office by **May 5, 2019**.

Individuals who do not submit a written request to PATH Intl. by May 5, 2019, will not receive a refund.

No refunds due to weather unless the conference is canceled.

Education:

This conference satisfies up to 13 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 of two hours per certification	60 min = 1 CR
CE	General Continuing Education	No minimum or maximum requirement	60 min = 1 CE

AGENDA

Friday, May 3, 2019

All sessions at the Drury Inn & Suites

12 – 3 p.m. P1, Leadership Session CE

In this three-hour session, which is one-hour classroom and two-hours “hands-on,” we will share an overview of the Equine-Assisted Leadership Development™ (EALD™) methodology and licensing proven in multiple PATH Intl. Premier Accredited Centers to help you develop leadership skills for local organizations (corporate/professional, colleges/universities, veterans, and youth at risk), while at the same time generating revenue to fund your center's sustainability. The methodology focuses on advancing an individual or team's leadership skills using leadership development concepts and equine-assisted learning (EAL), thereby assisting organizations and society to develop better and more inspiring leaders while creating a unique and innovative additional revenue stream for your center. In addition to the classroom overview portion (one hour), participants will also experience a hands-on module from one of the EALD workshops, entitled “Unleash Your Strengths-Based Leadership Horsepower!” This two-hour, hands-on portion in the arena uses your individual CliftonStrengths assessment results. For a registration fee of \$15, paying participants will receive a CliftonStrengths (formerly “StrengthsFinder”) assessment code via email prior to the session. This will enable you to take the online strengths assessment prior to the session, which will generate a report for you highlighting your natural talents and strengths, and then your strengths assessment results will be used in the two-hour hands-on portion – did we also mention that it's FUN?! You can also attend without taking the CliftonStrengths assessment, in which case you will not need to pay the \$15. If you choose to attend without taking the assessment in advance, you will still benefit from the overview; however, you will get more insights into your own leadership style by taking the assessment in advance at this discounted rate, and you'll see first-hand what future attendees will go through in the workshop! If you would like to take the CliftonStrengths assessment in advance of the session, please indicate that when signing up and bring \$15 cash (per person) that we will collect at the session. We hope you'll join us to learn about the EALD methodology, licensing, certification and results centers have experienced in generating revenue to support their employees, horses, programming and infrastructure – while at the same time advancing your own strengths-based leadership skills!

Jeffrey Arnold, founder of Leadership Adventures, worked for 15 years in Corporate America teaching leadership skills throughout the world. After founding the organization and providing initial momentum,

Arnold now advises the group's board of directors while a team of skilled leadership instructors run the daily hands-on part of the business. Leadership Adventures video: <https://vimeo.com/106014676>

Please check one or both

- Attending
 Attending and would like a code to take the CliftonStrengths assessment in advance at the discounted rate of \$15

- 3:30 – 5 p.m. Tour of the Rodeo Hall of Fame**
- 5:30 p.m. Kickback Reception for Hotel Guests**
- 6 – 8 p.m. Meet and Greet Networking Event & Registration Opens**
- 7 – 8:30 p.m. PATH Intl. Update & Field Test Standards Hearing, PATH Intl. Region 10 and State Meetings**

Saturday, May 4, 2019

All Sessions at the Drury Inn & Suites

Session A

8 – 9 a.m. A1: How to Build Sustainable Long-Term Partners With Schools and Districts - The Secret Sauce ^{CE}

Ever wonder how to more deeply partner with school districts and other local government agencies. How to build programs that go beyond the single person, teacher connection? This presentation will provide the "how to". We will share the ways to navigate the red tape and obstacles that often come up due to regulations, rules and expectations. We will discuss the edu-ease and provide systems to overcome obstacles that will lead to deep long-term relationships.

Dr. Margaret Crespo has more than 20 years of education experience with many of them as an administrator. She has been in a variety of districts across the country. She has held the roles of teacher, counselor, assistant principal, principal at high school and middle levels, secondary director and currently chief academic officer and assistant superintendent. Dr. Crespo's education has prepared her for this work. Dr. Crespo has a BA degree in history, an MA degree in counseling from Montclair State University and a doctoral degree in educational leadership from Arizona State University. Dr. Crespo's dissertation was focused on animals in the classroom to provide support bond and healing.

Raquel Ramirez has recently started working in the Boulder Valley School District with the focus on dropout prevention. Raquel's background includes working with youth involved in the juvenile justice system in Larimer County, CO. This work inspired Raquel to the field of education and prevention efforts. Raquel has overseen federal and state grants that provide substance abuse and mental health education/supports to all system levels. Raquel received her BSW degree in 2009 and her MSW degree in 2014 at Colorado State University in Fort Collins, CO.

8 – 9 a.m. A2: Primitive Reflexes and Considerations for EAAT ^{DE}

What are primitive reflexes and how do they integrate with typical human development? Why might these patterns be different and what might it look like? How can we effectively work with primitive reflexes that may still be present? How can we help improve functionality in participants that may be struggling with them?

AbbyJane Ferrin is a licensed and certified Therapeutic Recreation Specialist, a PATH Intl. certified Advanced Instructor, Equine Specialist in Mental Health and Learning, and Mentor. She has 16 years of experience in the field working at the National Ability Center in Park City, Utah with individuals of all ages with a wide range of disabilities. She has worked with horses personally for 27 years and professionally for 16 years.

8 – 9 a.m. A3: The Science of Equine Behavior and Learning; Practical Application in PATH Intl. Programs CE, CR ESMHL

This presentation contains scientifically supported information about how horses learn and think, going beyond specific horsemanship methods and lingo. Examples of practical application are presented that help professionals working in PATH Intl. programs function ethically and reduce the occurrence of conflict and risk between horse and student.

***Nina Ekholm Fry** is director of equine programs at the Institute for Human-Animal Connection and adjunct professor at University of Denver, where her work focuses on horses in clinical services, and on equine behavior and welfare. She is a PATH Intl. Certified TRI and ESMHL, and a former Special Olympics equestrian coach.*

9 – 9:15 a.m. BREAK

Session B

9:15 – 10:15 a.m. B1, Case Study: EFP Group for Active Duty Veterans DE

A look into the equine-facilitated psychotherapy (EFP) group at StableStrides for active duty veterans, available through a partnership with Evans Army Community Hospital at Fort Carson.

***Dr. Moss and Amy May** have been co-facilitating this EFP group for two years now. Through this partnership, they have successfully helped over 70 soldiers journey through many obstacles and challenges associated with symptoms and stigma of PTSD, a possible medical discharge or their eventual transition into civilian life.*

9:15 – 10:15 a.m. B2, Classroom to Pastures – Transitioning From Traditional Classroom to Pastures With EAL DE

Students at Temple Grandin School participated in a seven-week EAL equine mountain riding therapy, where each week focused on one aspect of their school's mission, vision and values; Community, Understanding, Caring, Adaptability, Perseverance and Collaboration. Equine-assisted activities in classes encouraged the students to grasp these concepts and apply them at home or out into the world.

*Rocky Mountain Riding Therapy's Equine Assisted Learning (EAL) team is made up of **Betty Tobias, Anja Hagen and Jenny Burnsed**. Both Ms. Tobias and Hagen are PATH Intl. Certified Therapeutic Riding Instructors as well as Equine Specialists in Mental Health and Learning. Ms. Tobias previously taught high school while Ms. Hagen is a certified respite care provider for the Autism Society and a court appointed special advocate (CASA) with Voices for Children. Ms. Burnsed is a licensed professional counselor (LPC) and licensed school counselor. The EAL team has more than 30 years of combined experience partnering with special needs children and schools in Boulder County, CO.*

9:15 – 10:15 a.m. B3, Existential and Client Centered EFP CE

Authenticity is the key to success in EFP. Join us for discussion about the importance of welcoming clients to be authentic to journey through the existential. Learn how facilitators can leave their agendas at the gate and become blank slates to listen for the horse's reflections of the client.

***Mary Ellen Martin, LMFT**, has been treating clients such as youth at risk, military couples and families, and juveniles in the prison system for more than 12 years. A military spouse of 28 years and experienced endurance rider and foxhunter, her passions combined three years ago as she began seeing clients in an EFP setting.*

***Chester DeAngelis**, has been in the EFP field his entire career. Graduating from University of Denver with an MSW degree and certificate in animal-assisted social work, his passion for helping youth find their stride through varied interactions with horses led him to become the program director at StableStrides.*

10:15 – 10:30 a.m. Break

Session C

10:30 – 11:30 a.m. C1, Building Your Endowment Model **CE**

Are you ready? Attendees will walk away with a better understanding of how to prepare and implement an endowment opportunity for your programs.

Gregg Goodman resides in Mesa, AZ. He is currently the PATH Intl. Arizona State Chair, executive director for Horses Help, a PATH Intl. Premier Accredited Center (PAC) in Phoenix, AZ, and owner of Boulder Mountain Therapy. He has been operating in the EAAT industry for 20 years. He is a certified nonprofit accounting professional and a recent graduate of the Arizona Endowment Institute.

10:30 – 11:30 a.m. C2, County Strong Teens–The Power of the Horse to Reach Today's Teens **CE**

The County Strong Teens Program works with students in the Equine Assisted Learning and Activities Method. The equine activities are designed to empower students to learn and develop coping skills; creating emotionally and socially healthy young adults.

Kim Seng is founder of Nature of the Horse™, an equine specialist and communicator, EAHAE Certified, horse & human development certified, and a PATH Intl. Certified Therapeutic Riding Instructor and centered riding instructor. Kim has worked with horses from an early age, when she was gifted two young horses that were untrained. This became a playful discovery and treasured learning experience. Kim has had the honor for more than 40 years to work with hundreds of horses of all breeds, ages and disciplines, and this experience has led her to be in awe of the wisdom, forgiveness and transformational life lessons she has experienced and witnessed from these magnificent creatures of nature.

10:30 – 11:30 a.m. C3, Safety Through Attunement: Is Your Nervous System Creating an Unsafe Environment for Your Horse? **CE, CR ESMHL**

The intimacy and impact of our relationships increase when we have emotional safety. This is true for the horse-human relationship as well. Our ability to foster and create an emotionally safe environment increases our ability to ask for and receive from others. So, what does it mean to be emotionally safe? What is the benefit of creating emotional safety for horses? What is the cost of not doing so? Is emotional safety between humans and horses created the same way as emotional safety from human to human? If there is an overlap in the emotional safety of horses and humans, what is it and how can we foster it? Is the environment of your horse conducive for emotional safety? How do you know that you are creating emotional safety for a horse?

Eve Ellis and **Heather Gunther** are successful private practice equine therapists who live and work out of Boulder County, CO. They both work with individuals, groups and families. They also run trainings out of their combined practice, Accessing Equanimity. Eve and Heather believe in explaining the science behind the magic of the horse-human connection and supporting and training individuals to better understand why horses help and how to best support and facilitate the horse-human relationship. Eve and Heather's article will be published in this year's copy of A Horse Is a Horse, of Course, a book designed for the support of equine welfare in therapeutic programming.

11:30 a.m. – 1 p.m. PATH Intl. Region 10 Awards Luncheon

Session D

1 – 2 p.m. D1, Equine Movement Performance Instrument (EMPI) **CE**

Equine Movement Performance Instrument (EMPI) is a training test to see quantitative results in each horse and how they are progressing.

Aimee Wilson is a physical therapist with over 30 years of experience treating children with developmental and neurological concerns both in outpatient clinics and hippotherapy programs. Aimee has served as the coordinator for the hippotherapy program at Children's Colorado based at StableStrides for the past 5 years.

Maggie Roberts has been a PATH Intl. Certified Instructor since 2014 and involved with training horses from a young age. She has been the Equine Director at StableStrides since 2016.

1 – 2 p.m. D2, Horses, Humans and Secure Based Relationality: Discover How Horses Support Us! **CE**

Discover how horses can support us on our journey from integration of early childhood trauma to simply becoming a more conscientious and aligned human being.

Barbara Collier has her Bachelor of Science degree in nursing and master's degree in counseling psychology, is a licensed professional counselor and Somatic Experiencing and Somatic Touch practitioner. She has been practicing nursing in Tucson since the early '90s, and counseling since 2004. Her training includes post-graduate studies in Dr. Stanley Greenspan's DIR/Floortime comprehensive approach to working with children diagnosed with autism, collaborative counseling and leadership certification with Antioch University, attachment across a lifespan, biographical counseling, equine-facilitated learning, infant and toddler mental health, and a variety of trauma trainings. She has worked extensively with typically developing children as well as with children on the spectrum, with developmental challenges and a variety of other mental health diagnoses. Using her knowledge of biology, physiology and development, she works with children, adults and families to build resilience and capacity within their systems, through equine-facilitated learning, somatic therapies and psychology.

Jeanie Shepherd's lifetime of experience with horses adds up to over 50 years. Beginning with training her first horse at the age of 12, she proceeded to breed and train her own horses, until the age of 37 when she developed a business breeding and training for other people. During the last 25-plus years, she committed to learning as much as possible about holistic health care. She became certified not only as a Parelli instructor, but also as an Equine Touch Practitioner™. From 2010 through 2013, Jeanie dedicated her life to learning more about foal development, mentally, emotionally and physically. In 2013, she worked as the equine specialist for a hippotherapy facility until moving to Tucson.

1 – 2 p.m. D3, Bridging Clinical to Everyday Life **CE**

Facilitating experiential learning transfer to bridge arena work to clinical programming and trail walks to everyday life.

Monique Ekker is a licensed professional counselor, licensed addiction counselor, and a Certified Equine Interaction Professional – Mental Health. Monique partners with Cedar Springs Hospital and StableStrides to provide equine-assisted therapy for Cedar Springs Hospital's residential and partial hospitalization patients.

Tracy Desiderio is a PATH Intl. Certified Equine Specialist in Mental Health and Learning and certified Masterson Method Equine Specialist. As a StableStrides equine professional, Tracy provides equine-assisted therapy session programming for Cedar Springs Hospital's residential and partial hospitalization patients.

2 – 2:15 p.m. BREAK

Session E

2:15 – 3:15 p.m. E1: Don't Look a Gift Horse in the Mouth **CR ALL**

Every program gets the call..."I've got this GREAT horse for your program!" How do you decide if what they say is true? This session will outline strategies for assessing your program's areas of need. Through lecture, video, and break out discussions, attendees will leave with new strategies to bring back to their program.

Marci Bender has been involved in the EAAT industry since 2000 and currently works as the associate program director at the National Ability Center in Park City, Utah. Marci is a PATH Intl. Certified Master Instructor, PATH Intl. Mentor, and is currently serving on the PATH Intl. Accreditation Subcommittee and the Riding Instructor Certification Credentialing Council.

2:15 – 3:15 p.m. E2, Thinking Outside the Arena – Creative Program Ideas for Veterans, Kids and Families **CR ALL**

You might be maximizing the use of equines at your facility, but have you considered other ways to utilize your grounds and facilities to facilitate growth and learning? Laughing Buck Farm, Horse Buds TRC and New Trails Learning System have added programs that include farm animals, sensory friendly environmental makeovers, and child and client interest approaches to promote cognitive, physical and

emotional and social well-being for clients, as well as support and enrichment for family members. We will share examples of successful programs and important concepts from the Movement Method, which include environment (physical/human), perspective taking (rule-based games), movement (rhythmic/rocking), sensory (calming anxiety), and self-advocacy. Handouts provided.

Rosemary Jedel Graff, MA, has a background in teaching, and when she and her family moved to Colorado in 1997, she turned their farm into her outdoor classroom. In addition to offering riding lessons and 4-H horse programs for children, she created Farm School, where kids of all ages work, play and learn outside as they ride and care for horses, gather eggs, milk goats, feed the pigs, care for the rabbits, tend to the garden and swing in the huge hay barn. Laughing Buck Farm strives to include and invite people of all backgrounds and abilities and has a therapeutic riding program as well as summer sensory camps for kiddos with ASD. FarmHer Rosemary continues to find therapeutic benefits in this unique setting and loves exposing kids, adults and families to the joys of connecting with nature, moving their bodies through work and play, and developing relationships with creatures great and small.

Bianca Rimbach, born and raised in Germany, earned her first degree in early childhood and social work in 1996. After meeting her Mexican husband she moved to the United States to continue her passion for education and earned a second degree in K-8 education followed by a master's degree in K-12 with emphasis in international education. She currently is working on her PhD degree in general psychology for cognition and learning. She is an international baccalaureate certified educator, teacher trainer and school evaluator. She currently teaches in a low-income public school in Colorado Springs where she is implementing Movement Method allowing for environment change and animal interaction to support highly effective learning. The philosophy behind Movement Method has been immensely successful, and Bianca got permission to train other staff members to allow for more students to benefit. In addition, she volunteers at the United States Air Force Academy equestrian center where she is supporting the Remount Foundation's Wounded Warrior Wellness program. Recently, she started to implement ATHENA/Horse Boy as a resource and tool to help warriors and their families to heal and reconnect through the use of movement and horses. Bianca grew up riding in Germany, earned her silver Reitabzeichen, and used to compete in eventing and dressage. In her free time, she trains horses, provides lessons and continues to grow her expertise by working closely with ATHENA/Horse Boy.

2:15 – 3:15 p.m. E3, Eating Disorders Helped With Equine Activities DE

Eating disorders are not just about food. The disordered behaviors are a coping mechanism for something deeper, such as trauma responses, anxiety management, loneliness, low self-worth, co-morbid mental health and more. People who struggle with eating disorders are highly judgmental toward self and show difficulty thinking they are worth love and belonging. Horses challenge that conditional love and provide non-judgment while the clients learn to shift their cognition toward self-love and deservedness. This presentation will explain more about eating disorder behaviors and maintenance, explore the relationship and what it can bring to mental health healing, and help educate those on when this approach is best recommended.

Cody Granda is a licensed marriage and family therapist who has been specifically working with eating disorders for the past four-and-a-half years. Cody moved from Minnesota to Colorado Springs and is the coordinator of the evening intensive outpatient program. She has owned and ridden horses for more than 30 years and has worked with her horses in equine activities in private practice, recognizing the power of healing through the equine relationship.

3:15 – 3:30 p.m. BREAK

Session F

3:30 – 4:30 p.m. F1, The Whats, Hows and Whys of PATH Intl. Precautions and Contraindications DE

This session will review what the precautions and contraindications are; how they should be utilized by administrators, instructors and other industry professionals; and why they are important. We will review specific examples of situations where and when the P & Cs will help you in your decision-making process about current and potential program participants. You will leave with a copy of this section of the current Standards Manual for daily reference. As a PATH Intl. Certified Advanced Instructor, I use this

document on a regular, if not daily, basis, when answering questions about who can participate and what concerns an instructor may need to be aware of.

Jacqueline Tiley is a PATH Intl. Certified Advanced Instructor, who has worked for PATH Intl., and AHA, Inc., as well as premier accredited programs in Colorado and Texas. She has more than 23 years of experience in the equine industry and 18 of those years specifically in adaptive/therapeutic horsemanship. She is a PATH Intl. OSWC Lead Faculty/Evaluator, Advanced Evaluator, Mentoring Faculty, Lead Site Visitor, and PATH Intl. Standards Course Faculty. In 2006 she traveled to South Korea for the first on-site workshop and certification. She is currently teaching and mentoring part time two local centers in northern Colorado.

3:30 – 4:30 p.m. F2, Naughty Horses Part 1 **CR ALL**

Have you ever had a horse be 'naughty' in a class? Have you seen bad behaviors like nipping, ear pinning or even kicking? Are your lesson horses just 'not right' or unsound? You are not alone! This two-part presentation will delve into the common problems instructors and programs face on a daily basis and help participants troubleshoot what they are seeing to find the root cause of what they are seeing in their horses. Our horses are the backbone of our lessons and we can't do what we do without them. So how do we keep our horses happy, healthy and working years to come?

Jenny Nell Hartung is a PATH Intl. Certified Advanced Instructor and Lead Evaluator for both Registered and Advanced Certification, Mentor and Mentor Training Lead faculty, and FEI Dressage and Eventing coach. Jenny served as the Region 10 Representative for five years from 2011-2016 and presented at numerous PATH Intl. conferences and state meetings. Jenny was the program director at Little Bit Therapeutic Riding Center, a PATH Intl. PAC in Redmond, WA, during the years 1991-1996 and again from 1999-2010. While at Little Bit, Jenny developed educational programming and prep courses to help advance the field of therapeutic riding and increase the pass rates of those seeking PATH Intl. Advanced Certification. Through her career in EAAT, Jenny has always worked to give the horses a voice by creating processes that track workload and record the weights/distribution of rider weight, analyzed nutrition and body condition, utilized alternative veterinary treatments, engaged animal communicators, hosted bodywork and Reiki trainings, as well as clinics from leading EAAT industry professionals who would train staff and improve the life of the horses. Jenny has settled in Wyoming, and continues to travel to teach workshops, conduct certifications, present at national and regional conferences, and started a small hippotherapy program named Ride and Shine.

Saebra Pipoly lives in Arizona and owns and operates Hoof Falls & Footfalls, LLC, which provides resources to adaptive riding instructors. She grew up living and breathing everything horse and has spent the past decade dedicating her life to the EAAT field. Saebra has a passion for building up other instructors to be the best they can be so they can go out and impact countless lives by teaching their students and mentoring other instructors. Her focus is to pass on 'how' to use solid teaching techniques in every lesson, have a mindfulness of our equine coworkers, and understand the importance of horse and human mechanics; all these pieces come together to enable instructors to provide quality, safe lessons that keep students and horses happy and healthy.

3:30 – 4:30 p.m. F3, Kids Grief Camp **CE**

This is an overview of our three-day grief camp for kids that Reach 4A Star Riding Academy hosts in collaboration with Central Wyoming Hospice and Transitions. Each day, which is six hours long, includes activities for grief processing, coping strategies and relationship building with the help of the horses. We will discuss the various partnerships, activities and results from this camp and give you some ideas and tools to start your own camp.

Karol Santistevan is a co-founder and the executive director for Reach 4A Star Riding Academy, a PATH Intl. PAC in Casper, WY. In 2002, she became a certified Special Olympics equestrian coach, a Level 2 Western & English CHA (Certified Horsemanship Association) instructor, and in 2004, received her PATH Intl. Therapeutic Riding Instructor Certification. Karol was awarded the PATH Intl. Region 10 Instructor of the Year in 2007. She completed the masters of occupational therapy program through the University of North Dakota in August 2018 and is now a licensed OT. She is excited to bring a new level of knowledge and professionalism to her work at Reach 4A Star by incorporating occupational therapy and horses.

Addy Hutchinson-Brown and her husband Chad moved to Casper, WY, in January 2017 and she immediately began working at Reach 4A Star. Addy earned her master's degree in experiential education from Minnesota State University, Mankato in 2010. Shortly after graduation she moved to Jackson and worked the next six years at Jackson Hole Therapeutic Riding Association. She became a

PATH Intl. Certified Registered Instructor in 2011. Addy has an eclectic background working in various settings such as wilderness therapy, residential treatment, community integration trainer for adults with developmental disabilities, and is currently a work readiness trainer and job coach.

4:30 – 5:30 p.m. Join us to watch the Kentucky Derby at the Kickback Reception Room

6 – 8 p.m. BAR-B-Q Dinner at StableStrides

Sunday, May 4, 2019
Barn Day Hosted by StableStrides

Session G

Arena A

8:30 – 9:30 a.m. G1, Naughty Horses Part 2 CR ALL

This second part of the two-part presentation will delve into the common problems instructors and programs face on a daily basis and help participants troubleshoot what they are seeing to find the root cause of what they are seeing in their horses.

See information under Session F1.

Classroom

8:30 – 9:30 a.m. G2, Know Thy Fascia: Learn to Listen With Your Hands Part 1 CE

Learning about the fascia system and practicing touch-work with horses can greatly improve the participant's capacity to feel different nervous system states, differentiate tissues in the body, flow of breath, circulation, heat and energy. Touching into fascia can support optimal health and movement and increase the horse-human bond by deepening presence and interconnection.

Barbara Collier and Jeanie Shepherd see bios under D1.

Arena B

8:30 – 9:30 a.m. G3, De-escalation: To Hold or Not to Hold CE

This PowerPoint presentation centers around basic de-escalation techniques that can be employed in any EAAT setting to equip, empower and support instructors, volunteers and support staff when interacting with participants and escalating behaviors in an attempt to ground participants and empower them to regulate their emotions.

Adam Morrison is a PATH Intl. Certified ESMHL with StableStrides in Elbert, CO. He has been in the industry approximately one-and-a-half years. Currently he is also an instructor-in-training, and very excited to complete certification in May 2019. Adam is a master's student with Arizona State University - School of Social Work set to graduate with his MSW in May 2019. He is a Gulf War Naval Veteran who is empowered, passionate and dedicated to serving all walks of life.

9:30 – 9:45 a.m. Break

Session H

Arena A

9:45 – 10:45 a.m. H1, Techniques and Mechanics Part 1 CR RIDING

Instructing is not an easy job. We have to give 100% Every. Single. Class. Are you giving 100% or do you think some things don't matter because your students will never do more than a walk, or a trot with support, or never ride independently? What we teach and how we say and show it matters more than you may realize. Students can be set up for success or set up for frustration, and it starts with YOU the instructor! Take a deeper look at teaching techniques such as external cuing, timing of cues and task analysis, and learn practical ways you can apply them in every lesson, with every ability rider, and see noticeable changes in your students, horses, volunteers and you!

Saebra Pipoly see bio under F2.

Arena B

9:45 – 10:45 a.m. H2, Know Thy Fascia: Learn to Listen With Your Hands Part 2 CE

See information under G2.

Classroom

9:45 – 10:45 a.m. H3, A Longing in the Soul: Healing Sexual Trauma Through the Presence of the Horse Part 1 DE

This presentation will outline the basic neuropsychology of sexual trauma and its impact on women's lives. We will explain and show how equine-facilitated group therapy supports the healing of sexual trauma. Jackie and Nadine have collaborated on two women's group as the basis for Nadine's doctoral thesis research and are excited to share their experience and work.

Jackie Ashley, LPC, BC-DMT, ACS, is a body-based psychotherapist, a registered dance movement therapist, approved clinical supervisor and PATH Intl. Certified Equine Specialist in Mental Health & Learning. She has integrated horses into her practice since 2001, with a special passion for working with women and those challenged by psychiatric illness. She is adjunct faculty at Naropa University. Through the use of movement, body awareness, contemplative practices and the creative process, she helps her clients and students further integrate their emotional, physical and spiritual experiences.

Nadine Doughty's Perseverance and life experience have brought the unique opportunity to complete a qualitative heuristic dissertation as the final part of her doctoral degree in clinical psychology. She is a 53-year-old female, mother of one and grandmother of three. While a student of University of the Rockies, Nadine completed a one-year practicum with Pikes Peak Therapeutic Riding Center (currently known as StableStrides). First, she volunteered as a horse handler with PPTRC in order to learn and adapt to the requirements for working with horses in a therapeutic setting. Nadine grew up with horses her whole life; however, it was a new and exciting experience working with horses from a therapeutic perspective. Under the direct supervision of Justin Lincoln, PsyD, Nadine had the honor of directing EFP with the Warrior Transition Unit (WTU) from Fort Carson, CO, and with mental health groups in Colorado Springs, CO. She also trained under Emily Inman, PsyD of Cognitive Connections LLC, doing psychological evaluations and neurofeedback during her pre-doctoral internship. Nadine is a registered psychotherapist in the State of Colorado and legally credentialed to perform individual and group therapy. Currently, Nadine is in the final stages of completing her dissertation on a topic she holds dear to her heart: *The Interaction between Horses and Humans: Women, Sexual Trauma, and Equine Facilitated Group Therapy*. Nadine had the unique and heartfelt experience of working with Jackie Ashley, MA, LPC, ESMHL (*Wild at Heart – Healing Sexual Trauma: The Powerful Relationship Between Women and Horses*), throughout the dissertation process.

10:45 – 11 a.m. Break

Session I

Arena A

11 a.m. – 12 p.m. I1, Techniques and Mechanics Matter Part 2 CR ALL

See information under Session H1.

Classroom

11 a.m. – 12 p.m. I2, 22 to 4: The Connection Between PTSD & Driving Part 1 CE, CR DRIVING

The many components of driving allow for stepping stones and validation while maintaining focus and function for individuals. Driving is great for the novice to the advanced horseman to expand their knowledge base. Driving allows those challenged with PTSD and other trauma an outlet for relief in both a challenging and rewarding environment.

Kristen Marcus, executive director of StableStrides, is a Wyoming native from Ten Sleep. Kristen has an AS degree in equine science, a BS degree in animal science (equine nutrition and management), a Master of Agriculture degree in equine breeding and an MS degree in agricultural communications.

Diana Christensen grew up in a small town in northern Vermont with mostly dairy cows and Morgan horses. She started driving at 14, draft horses on hay rides. Diana progressed from hay rides to single show horses, draft pairs and eventually the six-horse draft hitch. She uses her real-life experience as the driving instructor for CHAPS, a PATH Intl. PAC in Sheridan, WY.

Arena B**11 a.m. – 12 p.m.****I3, A Longing in the Soul: Healing Sexual Trauma Through the Presence of the Horse Part 2 ^{DE}**

See information under Session H3.

12 – 12:15 p.m. Break**Session J****Arena A****12:15 – 1:15 p.m. J1, The Hows, Whys and Whats of Teaching a Riding Skill ^{CR RIDING}**

What do I teach? As a new instructor it is hard to know what to teach much less "How" and "Why." Join us for a session for "What" and "How" to teach a sitting and posting trot, posting on the correct diagonal and how to canter. Whether you are an instructor-in-training or a more seasoned instructor, this session will strengthen your knowledge and teaching skills in preparing your riders to advance in their riding skill level.

Christy Landwehr has been active in the horse industry for more than 35 years. Hunter/jumper, dressage, side saddle, western pleasure, hunter pleasure, barrel racing, endurance riding and saddle seat equitation are just some of the disciplines Christy has competed in at the local, regional and national levels in multiple breeds. She has been teaching children and adults how to ride for more than 30 years. Christy is a master level riding instructor and equine facility manager through the Certified Horsemanship Association (CHA) and has taught students in 4-H and Pony Club. She is past president of the American Youth Horse Council and past board member for the Colorado Horse Council. She also founded, competed on and coached the University of Colorado at Boulder Intercollegiate Horse Show Association equestrian team. Christy is an AQHA and APHA Professional Horseman and on the AQHA National Marketing Committee. Christy also sits on the Colorado State University Equine Sciences Advisory Council. With an undergraduate degree in public relations and speech communication from California State University Fullerton and a graduate degree in mass communication and journalism from University of Colorado at Boulder, Christy has vast experience in marketing and business. She was the sponsorship and youth programs manager for the Arabian Horse Association, a trainer for Skill Path Seminars, and the development director for The Urban Farm in Denver that works with youth at risk. Currently, she is the chief executive officer for the Certified Horsemanship Association, a nonprofit 501(c)3 association whose purpose is to promote excellence in safety throughout the equine industry. She is also a clinic instructor and site accreditor for the organization. Christy has spoken at numerous equine events, breed and discipline conventions throughout her career. Christy lives in Aurora, CO, with her husband, John, and two boys, Sean and Kyle, and teaches riding on her horses Sox and Chip. You can reach Christy at Clandwehr@CHAIstructors.com.

Arena B**12:15 – 1:15 p.m. J2, 22 to 4: The Connection Between PTSD & Driving Part 2 ^{CE, CR DRIVING}**

See information under Session I2.

We look forward to seeing you soon in Colorado Springs, Colorado!