PATH Intl. Regional Conference

Presented by
PATH Intl. Region 10

May 15 – 17, 2020

Hosted by:
National Ability Center
Park City, Utah
PATH Intl. Region 10 welcomes you to an educational and fun weekend with your friends and colleagues in wonderful Park City, Utah. Your registration fee includes a Taco Bar Friday Night, and Breakfast and Awards Luncheon on Saturday.

**CONFERENCE LOCATION**

National Ability Center  
1000 Ability Way  
Park City, UT 84060

**LODGING & TRAVEL**

**Lodging Options**

The Yarrow  
1800 Park Ave  
Park City, UT 84060  
$119.00 + $10 resort fee + 13.37% tax  
800-445-8667

Double Tree by Hilton Park City  
1800 Park Ave  
Park City, UT 84060  
$119.00 + $10 resort fee + 13.37% tax  
800-445-8667

National Ability Center Dorm Rooms  
Limited Availability – Book Early  
Contact Helen (435) 200-9309  
$90 night (2 people per room max)

**Travel**

Salt Lake City International Airport  
776 North Salt Lake City, UT 84122  
800-575-2400

Skyways Airport Shuttle Service  
801-867-1811

**PATH INTL. CONFERENCE REGISTRATION**

Online registration will be available March 6, 2020, through May 1, 2020. After May 1, 2020, 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 March 6, 2020 through May 1, 2020:  
Full Conference $135 members  
$185 non-members

Registration on-site after May 1, 2020:  
Full Conference $165 members  
$215 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 May 1, 2020.

Deadline for 50% Refund - Request received in PATH Intl. office by May 17, 2020.

Individuals who do not submit a written request to PATH Intl. by May 17, 2020, will not receive a refund.
Education:
This conference satisfies up to **11.5** hours of annual continuing education requirements.

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**AGENDA**

**Friday, May 15, 2020**
National Ability Center

11:30 a.m. – 1 p.m. **Registration**

1 – 2:30 p.m. **Classroom 1**
**P1, Question, Persuade, Refer (QPR) Suicide Prevention Training** **CE**

QPR training is designed to detect persons who are in the thinking or ideation phase of a suicide plan. Many people, especially depressed people, give suicide serious consideration to what they perceive to be unsolvable problems and the pain of existence. QPR can be applied in the first steps of the journey to a more positive solution or alternative and could save a life.

*Alyssa Mitchell, MPA CHES* is a Health Educator who works with the Summit County Health Dept. in the violence and injury prevention program. Alyssa has trained physicians, businesses, and community members to recognize warning signs and proactive factors around mental health and suicide. She holds a Bachelor of Science Degree in Health Promotion and Education from the University of Utah and a Master's in Public Administration from the University of Phoenix.

3 – 4 p.m. **Tour of National Ability Center (NAC)**

The Yarrow Hotel

5 – 6 p.m. **Registration & Networking**
**Kickback Reception - Taco and Cash Bar**

6 – 7:30 p.m. **PATH Intl. Update**

7:30 – 9 p.m. **PATH Intl. Field Test Standards Hearing, Region 10 Meeting and State Meetings**

**Saturday, May 16, 2020**
National Ability Center

7 – 8 a.m. **Registration & Breakfast**

**Session A**

8 – 9 a.m.

**Classroom 1**
**A1, Developing and Redeveloping Your Board** **CE**

Finding new board members that bring the experience and passion that your organization needs takes both science and art. Engaging those board members once you have recruited them is also critical to an effective board. In this Board Development session, you will learn specific steps and strategies to identifying the type of board member you need, where and how to recruit (technology can be your friend), and how to assess an applicant’s potential for your organization. In addition, you will learn how to engage your board for the greatest organizational return on your investment. You will leave with a roadmap to develop or redevelop your board and engagement tools for organizational success.

*Kathy Alm* began her service as Chief Executive Officer of the Professional Association of Therapeutic Horsemanship, International (PATH Intl.) in August 2014. For the previous 16 years she served as Executive
Director of Little Bit Therapeutic Riding Center in Woodinville, WA. She grew the previously grassroots organization from a $280,000 annual operating budget to a professional $2.1 million organization. Kathy served as PATH Intl.’s board president in the 2010-2012 term, first joining the board of trustees in 2005. 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 Equine Assisted Activities and Therapies spans over 19 years with a passion that was ignited the moment she walked through the door at her first therapeutic riding center.

Arena

A2, Pieces of You?  
Experience an activity that has been developed for CHAP’s Equine Facilitated Psychotherapy (EFP) program. This activity focuses on bringing pieces of a person to the forefront for recovery and discovery. The horse is the key to putting this puzzle together.

Kristen Marcus is the Executive Director of CHAPS Equine Assisted Therapy in Sheridan, WY. She has an A.S. in Equine Science, A.S. in Animal Science (emphasis in equine nutrition and management), MAg in Animal Science and a M.S. in Agricultural Communications. Kristen has worked with and managed horses for 30 years and taught Equine Science at Sheridan College for several years prior to being the ED at CHAPS.

Classroom 2

A3, EAL: Evidence-based Interventions for Families  
There is a growing interest in equine-assisted learning (EAL) among mental health professionals. This presentation seeks to explain EAL’s significance in mental health, and to discuss how nurse practitioners can build and deliver an evidence-based EAL project. This presentation will also examine the preliminary and short-term impact of an evidence-based family-centered intervention on various mental health outcomes, including family satisfaction, child social emotional health, and three domains of family function.

Allison Solarz is a psychiatric nurse practitioner and doctoral graduate of Arizona State University in Phoenix, AZ. She has over 20 years’ nursing experience working with adults and children, promoting health and wellness through traditional and alternative avenues.

9 – 9:15 a.m.  
B2, Wellness and Self-Care: Effective Horse Leading for Volunteers Using Energy

Want ideas and strategies on how to incorporate wellness and self-care practices with your volunteers and the importance of this? Learn to use and change energy levels and natural horsemanship to effectively lead equines in EAAT. Empower your horse leaders to create a partnership with equines in order to increase effectiveness in their horse leading and how to build and establish that partnership in warm up.

Jessica Christen is a PATH Intl. CTRI and the Volunteer Coordinator for Front Range Exceptional Equestrians. She graduated CSU in 2015 with Equine Science and Sociology degrees with a minor in Business; she is also an IWE certified wellness coach. Jessica has been teaching for 5 years and been in the industry since she was 16. She and her husband presented Veterans for Veterans at the 2018 PATH Intl. Conference in Orlando.
Mounting and dismounting is something you and your student have to do during every single lesson! Even though we get to practice mounting and dismounting on a regular basis, instructors still frequently get stuck with situations that are not “normal” and fall within what we are used to working with. This presentation will use live demonstration and hands on practice time to help attendees review the essentials of mounting and dismounting that make or break a solid and safe beginning and end to a lesson. We will then build on that common knowledge and dig deeper into situations that are outside of what we see on a “regular” basis to help instructors troubleshoot current difficult mounts or dismounts and teach the process of working through adjusting for new situations.

**Jenny Hartung** has been involved as an Instructor and Faculty/Evaluator with PATH Intl. for the last 35 plus years. She spent 20 years as Program Director of a very large, well-funded TR Center and 10 years as an elite level Para Dressage coach. The past three years, she is co-founder of a small, part-time rural program in northeast Wyoming. Jenny is also the Executive Director of the Campbell County Salvation Army.

**Michelle LaFleur** is a PATH Intl. Advanced Riding Instructor, Level 2 Driving instructor and Faculty/Evaluator for Registered and Advanced certification. She is the owner and founder of a small inclusive riding program in Broomfield, CO, where she provides lessons that keep students and horses happy and healthy.

**Saebra Pipoly** see bio in D2.
Shannon Mitchell started in the EAAT industry as a board member and transitioned to the Executive Director’s role five years ago. Prior to entering the non-profit sector she worked in corporate banking for ten years. Her business and management background has given her a unique perspective while running her organization. Shannon hopes to share her business knowledge with other organizations to ensure that we all remain sustainable and can have the greatest impact possible on our communities.

Classroom 2

D2, Mentoring Essentials: Set You and Your Mentee Up for Success and Less Stress CE
Mentoring can either be a dream….or a nightmare! Whether you have already been a mentor, have been approached about mentoring, or have thought about jumping into supervising mentees this presentation will give you the essentials to create, or even revamp what you have into a solid mentoring process.

Saebra Pipoly lives in Arizona and owns and operates Hoof Falls & Footfalls, LLC, which provides resources to adaptive/therapeutic riding instructors and other equine professionals in the EAAT industry. Saebra has a passion for building up other instructors to be the best they can 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 (with every ability student), have a mindfulness of our equine coworkers, and an understanding of 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.

Arena

D3, Engaging Volunteers to Support Group EAL CE
Equine-Assisted Learning (EAL) and unmounted programs can benefit from the support of volunteers. For volunteers, playing a part in EAL sessions can offer the opportunity to expand their engagement in your program by developing their horsemanship, interpersonal, and ability awareness skills. Through an interactive arena demonstration and practice, attendees will develop awareness on how to utilize the presence, skill and help of volunteers in an EAL session. This demonstration will integrate equine activities to assist and illustrate the type of support volunteers can provide to EAL participants, progressing from less to more hands on involvement.

Alejandra Lara is certified through PATH Intl. as an ESMHL and TRI. For the last 12 years she has served individuals, groups, and families through Equine Assisted Learning programs. As founder and Coordinator of the Equine Assisted Learning Program at the National Ability Center in Park City, facilitates horse and human interaction to promote learning and growth with a high caliber of empowering experiences in a safe program. As founder and Coordinator of the Equine Assisted Learning Program at the National Ability Center in Park City, she facilitates horse and human interaction to promote learning and growth with a high caliber of empowering experiences in a safe environment.

2:15 – 2:30 p.m.  BREAK

Session E

2:30 – 3:30 p.m.

Classroom 1

E1, Tell Your Story With Impact CE
Story telling is one of the most effective ways to fundraise. Yet many of us haven’t been taught how to effectively tell our story or how to teach our biggest supports how to tell our story. We will define the key elements of a good story, write and practice an elevator pitch, and identify strategies to share our stories in impactful ways.

Shannon Mitchell see bio in D1.

Arena

E2, No Horsing Around 101 CR All
People new to horses will walk away from this workshop feeling empowered to stay safe and to keep their charges safe. Even old timers who have been at it a long time need a refresher once in a while. Why wait until there is an accident to learn the accepted way to handle and be around our equine friends? Learn Best Practices when it comes to basic horse handling so you are ready when it really counts.
Terena Thomas combined her equine partners with children identified as high risk over 25 years ago. She created a specialized program for her troubled foster siblings, and authored, It’s Not Just Horsing Around With Defiant Kids. She holds a BS degree in Psychology from the University of Colorado. She believes we can make a difference with these tough kids and created this dynamic program to make it happen.

Classroom 2
E3, Healing With Horses, Art and Yoga Part 1 CE
This experiential workshop demonstrates how balancing the nervous system and activating creativity with the help of horses, helps humans heal trauma. Participants will experience how coherent breathing, connecting with horses, drawing and writing facilitate a healing experience.

Nancy Coyne, MD is a psychiatrist who has many years’ experience utilizing art, yoga and connection with horses as healing modalities.
Francisco Miralles has a 30-year history of horse rehabilitation and training. He has a degree in equine science and is currently studying equine-assisted learning.

3:30 – 3:45 p.m. BREAK

Session F
3:45 – 4:45 p.m.

Classroom 1
F1, Pursuing PATH Intl. Advanced Certification Panel CR Riding
Many Instructors want to pursue higher certification, but are stumped on how to get there! The panelists will talk about each area of PATH Intl. Advanced certification criteria and suggest ways to receive mentoring in each area. The newest criteria and evaluation forms available will be shared with the attendees to take home. Also, each panelist will talk about their own journey to their Advanced or Master certification, and the lessons they learned along the way. Attendees will have plenty of time to ask questions and clear up any questions they may have.

Marci Bender is a PATH Intl. Master Instructor and Recreational Therapist as well as the Equestrian Program Manager at the National Ability Center in Park City, UT.

Saebra Pipoly see bio in D2.
Michelle LaFleur see bio in B3.

Classroom 2
F2, Improving Military Personnel Resiliency Through Recreational Trail Rides DE
Learn about an equine-based mindfulness program hosted by USU Extension and USU Equine Experience - taking military personnel on trail rides throughout the state of Utah! Ride Utah! hosts veterans of diverse backgrounds, ages, and abilities through a 2-hour trail ride and facilitated luncheon, and research is being collected on the effectiveness of this program.

Makenna Osborne is a student at Utah State University studying Equine Science and Management, with a minor in Equine Assisted Activities and Therapies. She plans to graduate in 2020 and continue on with USU in the Agriculture Extension and Education master’s program. She has been involved with EAAT since she was 13 and has a passion for helping veterans and youth identified as at-risk.

Arena
F3, Healing With Horses, Art and Yoga Part 2 CE
See description and bios in E3.

5 p.m. Dinner on Your Own
Watch for networking events hosted by your State Chairs!

Sunday May 17, 2020
National Ability Center

Session G
8:30 – 9:30 a.m.

Classroom 1
G1, Branding 101: Introduction to Logo’s and Messaging Part 1 CE
Let’s face it: most of us are not marketing guru’s or advertising executives. Many of us are horse people who want to share our love of equines with folks who have disabilities. So when it comes to our messaging (logo, mission, core values, photos, etc.), we are far from expert. This lively session is intended for newer programs getting started and older programs who are struggling, to take a good look at the message they are sending and come up with ideas of how to improve it. Please bring your brochures, cards, flyers, or any other marketing pieces to obtain feedback and ideas. If you haven’t gotten that far yet, bring an open mind and a blank sheet of paper!

**Jenny Hartung** see bio in B3.

**Arena**

**G2, Body Conditioning and Why It Is Important CR All**

Body condition scoring is an amazing tool for determining the health of your horse. Learn how it relates to saddle-fitting, fitness and overall health. Get your hands on a horse to learn the technique for scoring your horses on a regular basis.

**Kristen Marcus** see bio in A2.

**Classroom 2**

**G3, Xanthus Equine Center Risk and Response DE**

A concentrated examination of risk assessment and appropriate responses to clients dealing with mental health issues who are participating in equine-facilitated psychotherapy. Certified professionals come away with an understanding of constructive ways to interact with these clients while keeping both the client and the equine safe. Professionals gain knowledge specific to personality disorders and the challenges they pose to the treatment team. De-escalation and crisis.

**Dr. G. Thomas Manzione, Ph.D., ESMHL** is a licensed (LPC) and certified (CAC III) mental health clinician with over 25 years of experience as both a psychotherapist and chief administrator for various mental health organizations. His clinical background includes treating adolescents, adults and families challenged by a variety of psycho-social and mental health issues. He is known for his work with both forensic clients and clients with co-occurring disorders.

**Jaclyn Manzione, M.S., ESMHL** is a certified Equine Gestalt Coaching Method Practitioner and a Registered Psychotherapist (NLC) in the State of Colorado. She provides professional equine assisted coaching to clients of a nonprofit organization serving homeless, displaced youth in crisis. Jaclyn is the scientist who conducted the research project titled Quantifying Outcomes of the Equine Gestalt Coaching Method 2017 that examined the relationship between the EGC Method and the feelings and emotions of her clients. Her research efforts continue!

9:30 – 9:45 a.m. **BREAK**

**Session H**

9:45 – 10:45 a.m.

**Classroom 1**

**H1, Branding 101: Introduction to Logo’s and Messaging Part 2 CE**

See description and bio under G1.

**Arena**

**H2, Ground Driving and Its Many Uses CR All**

Ground driving is such a diverse option for centers to incorporate into their programs. One use is it can be the testing ground for centers considering starting a driving program, giving both staff and students a ’feel’ of what it might be like to sit behind a horse instead of on top. Learning safe and appropriate procedures can help improve the condition of lesson horses without the added stress of carrying a rider. It also is an avenue of education and interaction with horses for students who cannot ride or are looking for something different to learn.

**Michelle LaFleur** see bio in B3.

**Classroom 2**

**H3, RAD Is Not Awesome! Attachment Issues in Children and How to Best Integrate TR Part 1 DE**

Don’t you want to be the catalyst for change in these families? Learn how to engage with tough kids to create lasting results. Get ideas on lesson plans for challenging children and their families, what to do when challenged or tested and how to identify those tests to be effective. Learn how to ebb and flow
with this population that is often erratic and self-sabotaging population so lessons can empower the family rather than cause further unraveling.

Terena Thomas see bio in E2.

10:45 – 11 a.m.  BREAK

Session I
11 a.m – 12 p.m.

Classroom 1

I1, Driving Instructors Wanted: Experience Necessary CR Driving  
Driving requires knowledge and experience in many areas both on and off the carriage, as well as horsemanship. Gaining the knowledge and experience for driving certification is not surmountable nor does it have to be expensive. Learn what it takes and how you can begin the process at your center to become a driving instructor.

Michelle LaFleur see bio in B3.

Classroom 2

I2, Personality Disorders and the Implications of Using EAP DE  
This presentation will give a brief overview of Personality Disorders and how Equine Facilitated Psychotherapy can be used to help individuals with these various diagnoses. Attendees will learn the basic definition and characteristics of the multiple Personality Disorders and how they present within an individual. Participants will also receive a general idea of how to utilize Equine-Assisted Psychotherapy to help individuals with Personality Disorders.

Allison Garlick is a PATH Intl. Certified Therapeutic Riding Instructor and currently works at the National Ability Center in Park City, UT. She received a Bachelor of Animal Science: Equine Science and Management at Utah State University and is currently attending Northwestern University as a graduate student to obtain a master’s degree in clinical mental health counseling.

Arena

I3, RAD Is Not Awesome! Part 2 DE  
See description and bio in H3.

12 – 12:15 p.m.  BREAK

Session J
12:15 – 1:15 p.m.

Arena

J1, RAD Is Not Awesome! Part 3 DE  
See description and bio in H3.

We look forward to seeing you soon in Park City, Utah!