

PATH Intl. Regional Conference

INNOVATE, INTEGRATE, MOTIVATE!

**Produced
By PATH Intl. Region 2
In partnership with and
Sponsored by
The Council for Education and
Certification in Therapeutic
Horsemanship (CECTH)**



**September 28-29, 2019
State College, Pennsylvania**

PATH Intl. Region 2 & CECTH welcome you to an educational and fun weekend with your friends and colleagues in beautiful State College, Pennsylvania. Your registration fee includes breaks, lunch and dinner on Saturday, 9/28 and breakfast on Sunday, 9/29.

CONFERENCE LOCATION

Sessions:

The Ramada Conference and Golf Hotel

1450 South Atherton Street
State College, PA 16801

Lodging:

The Ramada Conference and Golf Hotel

1450 South Atherton Street
State College, PA 16801
814-238-3001 – Group code: PACTH19
Room rates: \$76.00
Reservation deadline: 8/27/2019

PATH INTL. CONFERENCE REGISTRATION

Online registration will be available July 19, 2019, through September 13, 2019. After September 13, 2019, registration will need to be completed on-site.

Registration Fees

Registration July 19, 2019 through September 13, 2019:

Full Conference	\$200 members	\$230 non-members
Full Conference - Higher Ed Student/Faculty Member (PATH Intl. Higher Ed member or show ID)		\$150

Registration on-site after September 13, 2019:

Full Conference	\$230 members	\$260 non-members
Full Conference - Higher Ed Student/Faculty Members (PATH Intl. Higher Ed member or show ID)		\$175

Refund Policy:

No refunds due to weather unless the conference is canceled.

Written cancellation request is required for refund.

Deadline for Full Refund – Request received in PATH Intl. office by **September 13, 2019.**

Deadline for 50% Refund – Request received in PATH Intl. office by **September 29, 2019.**

Individuals who do not submit a written request to PATH Intl. by September 29, 2019, will not receive a refund.

Education:

This conference satisfies up to 8 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

Saturday, September 28, 2019

7:30 – 9:00 a.m. **Registration and Welcome**

Session A

9:00 – 10:15 a.m. **A1, Challenges Facing Our Veterans DE**

This presentation will be composed of a brief history of equine assisted activities and therapy as it pertains to veterans with an over view and detailed explanation of all the major diagnoses as related to veterans. The presentation will also discuss the challenges specific to running an equine program for veterans and will give a breakdown of all published results.

John Zanella is the founder and director of Victory Therapeutic Horsemanship and is a member of CEETH and PATH Intl. John is a retired Army Sergeant First Class with over twenty years of service, multiple combat tours and a long history of horse experience. He brings his unique background and his training as a PATH Intl. instructor to provide an unparalleled perspective on how equine assisted activities and therapy works for veterans.

9:00 – 10:15 a.m. **A2, Music Therapy, What It Is and How It Fits with Equine Assisted Activities CR Riding, CE**

Music therapy uses the elements of music to increase independence across settings, from the clinic to the riding arena. By defining the benefits of music therapy which include promoting wellness, supporting emotional and stress management and promoting physical rehabilitation, instructors will learn how to incorporate this modality into lesson planning. Pertinent information will be given through discussion and the experience of listening to a variety of engaging music. Instructors will have a greater understanding of the benefits of music therapy and will learn how to incorporate music into the riding environment.

Lauren Rowe is a Board-Certified Music Therapist. She received her Bachelors of Music in Music Therapy from Elizabethtown College in 2008. Lauren has worked with Living Unlimited Inc. as a Music Therapist since 2009 and currently oversees the Music Therapy Department as the Director.

10:15 – 10:30 a.m. **BREAK**

Session B

10:30 – 11:45 a.m. **B1, Increasing Instruction Skills for People with Paralysis of the Lower Extremities CR ALL, DE**

To increase your instruction skills for people with paralysis of the lower extremities and to expand your knowledge relating to groundwork, riding or driving for instructors, staff and

volunteers. This professional development presentation includes current paraplegic mounting, dismounting, side walking and more with time for Q&A.

Michael Richardson's life journey started at age 20 after an accident left him a paraplegic. He had been living the dream but that dream was crushed...literally. Medical experts didn't believe he would survive, but his determination saved him. "It was my choice to decide if this circumstance was going to define me so I changed who I wanted to become" and for the past 30 years Michael has committed his life to the development of horses. This event began his true-life journey: *The Gift of the Horse*. Michael's goal is to build a rapport between horse and human rather than use aids for domination, control, manipulation or submission. Achieve success through observation, relaxation, releasing and enjoying the journey.

12:00 – 1:30 p.m. **Lunch and PATH Intl. Update**

Session C

1:45 – 2:45 p.m. **C1, Driving Instructors Wanted: Experience Necessary! CE**

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 insurmountable nor does it have to be expensive. Learn what you can do to meet the requirements to become a Driving Instructor to be able to include driving in your program.

Major George W. Paffendorf, KCA, US Army Retired with more than 23 years of military service. A lifelong horseman, he is a PATH Intl. Certified Riding Instructor, Driving Instructor, Equine Specialist in Mental Health and Learning, Mentor and serves as the Chair of the PATH Intl. Driving subcommittee. He has completed the PATH Intl. Advanced Veterans Training and is certified through the Equine Assisted Growth and Learning Assoc. (EAGALA) as a Level Two Equine Facilitated Mental Health and Learning. George is certified in Equine Assisted Personal Development, is a Special Olympics Equestrian Coach and is a licensed NY City Carriage Driver. George serves as Volunteer Director of Operation Centaur, Centenary University's program for Veterans and is the Volunteer Assistant Director of Therapeutic Riding. Recognized for his selfless service, he was selected for Knighthood in the Order of Saint George and has been awarded Centenary University's highest honor, The Gold Dome Award. He can be reached at majorgwp@aol.com.

1:45 – 2:45 p.m. **C2, What You Always Wanted to Know About Equine Law but Were Afraid to Ask! CE**

The presentation will cover liability exposure in the equine industry and will discuss how to limit your riding program exposure.

Robert Hoffa is the managing shareholder of Campana, Hoffa & Morrone P.C. in Williamsport, PA. His practice concentrates generally on litigation matters including equine law, personal injury and criminal defense. In the past he has served as general counsel to the National Reining Horse Association and has represented clients on behalf of various insurance carriers as well as horse breed associations, clubs, trainers and breeding farms on a national and local level. While serving as Chairman of the Legislative Committee of the Pennsylvania Equine Council, he co-authored the Pennsylvania Equine Immunity Act. Mr. Hoffa has appeared throughout the United States as a guest speaker on equine law topics and has published several articles in equine law. Mr. Hoffa has first-hand knowledge of the equine industry as he and his wife operate a horse farm focusing primarily on reining and cutting horses. He received his BA from Washington and Jefferson College and his JD degree from Delaware Law School of Widener University.

2:45 – 3:00 p.m. **Break**

Session D

3:00 – 4:00 p.m. **D1, Joining the Treatment Team: The Role of the Equine Professional in Equine Facilitated Psychotherapy CR ESMHL, CE**

Equine Facilitated Psychotherapy (EFP) is an experiential therapy that brings together equine professionals (EP), mental health professionals (MHP) and equines to form a unique treatment team. This presentation will provide an overview of EFP focusing on the structure of an EFP session, the important role of the EP in the session and suggestions for partnering with an MHP. We will discuss the role of the equine particularly as it relates to development of metaphor and client insight. Examples of EFP activities and suggestions for how to observe and process the activity with the client will be provided. We will briefly discuss how EFP can provide equine professionals with new career directions while opening additional income streams for centers.

Sheryl Harrison, Ph.D. LLC is a licensed psychologist who has maintained a private practice for over 35 years and currently her practice focuses on treatment of anxiety disorders, stress management, couples' issues, psychosomatic illness, sports psychology and equine assisted psychotherapy. In 1996 she developed her Mind, Body, Horse Connection program through which she provides sport psychology interventions and equine assisted psychotherapy. Dr. Harrison is a member of the American Psychological Assoc., a certified EAGALA practitioner and has completed the PATH Intl. Equine Specialist in Mental Health and Learning training.

Reg Saybrook, raised on a ranch in the Badlands of North Dakota, began competing in rodeo events as an amateur in high school and turned professional at 18 when he joined the Rodeo Cowboys' Assoc. He has been training horses since and is particularly adept at helping riders who have been traumatized by accidents involving horses. His technique, referred to as "Heart to Heart Connection" is based on developing a deeper level of communication between horse and human. Reg has completed the PATH Intl. Equine Specialist in Mental Health and Learning training and is EAGALA certified.

3:00 – 4:00 p.m. **D2, Does My Horse Hurt? CR ESMHL, CE**

This presentation will give a history of animal chiropractic and will discuss multiple facets of horse care, including basic structure, anatomy and movement. The talk will include signs and symptoms of equine pain, normal vs abnormal. Dr. Ennis will discuss how to body scan your horse, how to interpret findings and when to call the vet. He focuses on educating the owner on what to do on a daily basis to keep the horse comfortable and healthy.

Dr. Brad Ennis is an AVCA Animal Chiropractor and has been in private people practice in the State College area since January 2000. He has been an AVCA board certified Animal Chiropractor since 2014. He has taken hundreds of hours of continuing education in the animal chiropractic field. He has lectured for many groups about the benefits of chiropractic for the horse and other animals. Dr. Ennis works closely and consults with numerous veterinarians about chiropractic issues and other health related problems on a weekly basis. He is an avid rider and competes often as a mounted shooter.

4:00 – 4:15 p.m. **Break**

Session E

4:15 – 5:15 p.m. **E1, Teaching Versus Directing Activities CR ALL**

Teaching adaptive horsemanship skills is very different from directing a rider through a series of "fun" activities. In this presentation we will be interactively re-imagining traditional

activities (bean bag in the bucket, red light/green light, running barrels, etc.) into teaching horsemanship skills that support a progressive plan for each of our riders.

Ann O'Shallie holds a B.S. in Equine Science from the University of Maryland and a M.Ed. from Penn State University. She has been active in the field of equine assisted activities for the last 40 years. O'Shallie is a Professor at Wilson College where she wrote and implemented the curriculum for a four-year B.S. degree in equine assisted therapeutics (therapeutic horsemanship) which has been growing successfully for 20 years and boasts many talented and active graduates. In addition, four years ago she wrote and implemented the curriculum for a four-year B.S. degree in animal studies – with a focus on behavior, ethical management and conservation. For the past 40 years she has been an active participant with CECTH, HETI and PATH Intl.

4:15 – 5:15 p.m. **E2, Simple and Easy Ways to Keep the Therapeutic Riding Horse Mentally Alert and Responsive** **CR ESMHL, CE**

Horses used in all aspects of therapeutic riding and equine facilitated activities seem to know that their job is special. That role is quite possibly one of the greatest animal contributions to humankind, but their work does not come without a price. The job of the therapeutic riding horse may appear to be an easy one however, closer observation reveals that a stress load comes with their work. Practicing simple and easy techniques can help to ease the stress and it is important for us to know how to achieve these goals.

Ben Nolt and his wife Shirley have owned, directed and instructed at CATRA (Capital Area Therapeutic Riding Association) in Grantville, PA since its inception in 1985. Ben is an Equine Industry Professional, actively participating in local, state, regional and national equine associations providing resources benefitting individuals, businesses and legal professionals. As a consultant to the equine industry, he provides standards information and education for use by attorneys, judges and juries during legal procedures from discovery through settlement or trial.

5:15 – 6:00 p.m. **Leisure & Networking**
Check out the silent auction!

6:00 – 6:45 p.m. **Reception/Cash Bar**

7:00 – 10:00 p.m. **Dinner and PATH Intl. Region 2 Awards**
Keynote: Michael Richardson
Setbacks, Moving Forward and Opening Communication
with My Mind, My Body and My Horse
Be sure to keep bidding on the silent auction!

Sunday, September 29, 2019

7:00 – 8:45 a.m. **Breakfast, PATH Intl. Region 2 Meeting, Field Test Standards Hearing and State Meetings**

Session F

9:00 – 10:15 a.m. **F1, Techniques for Teaching Riders on the Autism Spectrum** **DE**

Working with individuals on the autism spectrum can be challenging due to the unique abilities, needs and behaviors of each person. Using basic principles of Applied Behavior Analysis (ABA) in addition to the understanding of and learning practical tips, we can help build skills and increase the confidence level for riders on the spectrum. We will focus on building rapport with new riders, developing new abilities and working through difficult behaviors.

Tyler Morelli graduated from Juniata College in 2011 with a bachelor's degree in elementary and special education. He has been working as a special education teacher as well as a behavioral and instructional support specialist for 8 years in upstate NY and currently at the Children's Institute in Pittsburgh, PA. Tyler graduated with a master's degree in Applied Behavior Analysis in 2019 from Ball State University with an emphasis in Autism and is now a Board-Certified Behavior Analyst.

9:00 – 10:15 a.m. **F2, Teaching riders with Chronic Pain, Chronic Fatigue, Fibromyalgia and Myalgia DE**

Misconceptions about pain can be a major roadblock to effective interventions. Learning how the nervous system experiences pain gives us guidelines for teaching riders who are in pain.

Julie Freeman is a Professional Anatomist and is a Certified Yoga Therapist, a Board-Certified practitioner of complementary and alternative medicine, a licensed massage therapist, certified in reflexology and holds a master of acupressure. As a professional Anatomist, PATH Intl. Riding and Driving Instructor and Yoga Therapist, Julie works with Equine Professionals to help them understand the Science of the Body, exploring how the body is connected to its parts.

Michael Richardson see bio under B1.

10:15 – 10:30 a.m. **Break**

Session G

10:30 – 11:45 a.m. **G1, Centered Riding – A “Power Tool” for Therapeutic Riding CR Riding**

Sally Swift described Centered Riding as a way of “making riding....easier to do”. In this presentation, you will discover how Centered Riding can be an amazing “Power Tool” for therapeutic riding. You will experience the effectiveness, simplicity and logic of Centered Riding and its basics. Encompassing body awareness, centering and imagery, the Basics form the foundation and these are often referred to as the “tools” to be used while we ride or teach as we carry these in our invisible, invaluable toolkit. As a “Power Tool”, Centered Riding techniques are especially effective in therapeutic riding for boosting the rider's capacity and helping horse and rider become one.

Mary Trafford lost a leg to cancer at age 14 and learned to ride after that life changing event and before there were therapeutic riding programs in her area. Understanding first-hand what it is to tackle the challenges that riding can present, Mary taught riding to both able-bodied riders and to riders with special needs. She trained as a Centered Riding Instructor in 1986 and in 2004 qualified as a Level III Centered Riding Clinician. She was active in the Canadian Pony Club and served as an Examiner and Judge. A founding member of the Canadian Therapeutic Riding Association (CanTRA), Mary is a past director, a zone representative, an examiner and has served on the certification committee. As a lifelong horse lover and horse owner, Mary believes in “Happy Rider = Happy Horse”. She currently serves on several Centered Riding committees and is the editor of Centered Riding News. She is a retired speech writer and medical illustrator. She lives in Chelsea, Quebec, Canada.

10:30 – 11:45 a.m. **G2, Board of Director Members as Fund-raisers CE**

How can we get our board members to focus more effort on increasing our charitable revenue? It is one of the most common chants that I hear when consulting with nonprofit programs. It is possible, but it won't “just” happen! Many board members are inexperienced and don't know where they should focus their efforts and skills. Once they do know, they don't know how to achieve those challenging goals. We will assess the needs and identify the steps to solutions that will support your program's thriving future.

KC Henry has been working in nonprofit management for over 30 years. She co-founded two therapeutic centers and worked at Fieldstone Farm Therapeutic Riding Center as the first paid staff member, moving from instructor to program director to Executive Director. She was able to complete a \$4.5 million-dollar campaign to build a state-of-the-art therapeutic riding center and created a staff of 31 people that served over 200 riders per week. KC received the James Brady professional achievement award in 2006 from NARHA, now PATH Intl., the Founders award in 2004 and the Board of Directors award in 1993. She was the past Executive Director of Horses and Humans Research Foundation. KC is currently principle at Transitions Unlimited, a consulting firm for nonprofit businesses, working both nationally and internationally. Her specialization is in project management, board development, strategic planning and start-up programs.

11:45 a.m. **Wrap-up**

We look forward to seeing you soon in State College, Pennsylvania!