

# **PATH Intl. Regional Conference**

**Presented  
by  
Region 6**

**March 8-10, 2019**

**Hosted by:  
NDSU Bison Strides  
Fargo, ND**

**PATH Intl. Region 6 welcomes you to an educational and fun weekend with your friends and colleagues in beautiful Fargo, North Dakota. Your registration fee includes dinner on Friday, 3/8, lunch on Saturday, 3/9, and breakfast on Sunday, 3/10.**

## **CONFERENCE LOCATIONS**

### **Session Locations:**

#### **NDSU Campus**

#### **Friday, March 8**

#### **Registration and PATH Intl. Standards Course**

Katherine Kilbourne Burgum Family Life Center (connected to the NDSU Memorial Union)  
1400 Centennial Boulevard  
Fargo, ND 58105

#### **PATH Intl. Region 6 Awards Dinner**

NDSU Memorial Union (connected to the Family Life Center)  
1401 Administration Drive  
Fargo, ND 58105

#### **Saturday, March 9 and Sunday, March 10**

#### **Registration and Morning Sessions**

A Glenn Hill Center  
1306 Centennial Boulevard  
Fargo, ND 58105

#### **Saturday, March 9 Afternoon Sessions**

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

### **Lodging Options:**

Please note there are MANY options available in Fargo. We have no special rates because the conference is not at a hotel. Don't delay getting reservations - there are typically many sports tournaments in Fargo during this time of year.

Holiday Inn Fargo 3803 13th Avenue South Fargo, ND 58102 (701) 282-2700 \$109/night	Candlewood Inn and Suites 1831 NDSU Research Park Dr. N Fargo, ND 58102 (701) 235-8200 \$111/night
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# AGENDA

## Friday, March 8, 2019

11 a.m. – Noon      **Registration open**

Noon – 6 p.m.      **PATH Intl. Standards Course** <sup>CE</sup>  
Bring your 2018 Standards Manual with you. **Register by February 8, 2019**. This course will be canceled if less than 15 people register by this date.

4 – 6 p.m.      **Registration open**

6:30 – 8:30 p.m.      **Welcome and PATH Intl. Region 6 Awards Dinner**

## Saturday, March 9, 2019

Breakfast on your own

7 – 8 a.m.      **Registration open**

8 – 8:10 a.m.      **Announcements**

### Session A

8:15 – 9:15 a.m.      **A1, Horses and Therapy: Sensory and Motor Benefits of Hippotherapy - Dr. Kevin Anderson** <sup>CE</sup>

In this presentation, session participants will learn how sensory and motor skills can be developed by using equine movement. Physical and psychological conditions will be reviewed and specific benefits of incorporating equine movement will be discussed. Participants will learn how to use positioning and handling to maximize therapeutic benefit through interactive discussion and hands-on opportunities.

***Dr. Kevin Anderson** is an occupational therapist who has been practicing for 32 years. He has worked in acute care and rehabilitation, home health, school-based therapy, higher education and private therapy. Kevin earned a bachelor of science degree in occupational therapy in 1986, a master of science degree in special education in 1995, and a doctor of philosophy degree in education in 2011. He is also a licensed special education teacher, with specialties in physical/health disabilities, developmental/cognitive disabilities and special education administration. Kevin has presented regionally, statewide and nationally on topics of executive functioning, hippotherapy, sensory dysfunction and assistive technology. Therapy techniques utilized include hippotherapy, aquatic therapy, neurodevelopmental treatment and sensory integration. Kevin currently works as an assistant professor of occupational therapy and owns a private practice called AIM Therapy, where he serves children and adults in home and community settings.*

8:15 – 9:15 a.m.      **A2, Grants: Reining Them In - Martha Airth-Kindree** <sup>CE</sup>

The myths, mastery and magic of grant writing and how to pull it all together! In this session discover what grants are and what they aren't, how to find the best grants to fit your program's needs, and come away with a greater understanding of the entire process from submission to follow-up.

***Martha Airth-Kindree** is a grant writer with over 20 years of experience and a million dollars of grants funded. She is the executive director of Mile Bluff Medical Center Foundation. Martha is a PATH international Certified Therapeutic Riding Instructor and has a passion for horses helping people. Her best buddies are her Arabian named Highness and her Border Collie, Jennie.*

9:15 – 9:25 a.m.      **BREAK**

## Session B

### 9:25 – 10:25 a.m. **B1, Effective Communication and Strategies for Working With Individuals on the Autism Spectrum - Rachel Stotts** <sup>DE</sup>

A variety of strategies and ideas for making interactions and instructions more clear and structured for learners with a variety of needs. Attendees will have the opportunity to ask questions and pose scenarios that participants in equine-assisted activities and therapies may have difficulty with.

Attendees will come away with communication strategies they can implement into their equine-assisted activities and therapies program that set clear expectations and empower participants.

**Rachel Stotts** is an assistant professor and clinical supervisor in the Speech/Language/Hearing Sciences department at Minnesota State University, Moorhead (MSUM). She has been a speech-language pathologist for 22 years and earned her M.S. degree in speech-language pathology from MSUM in 1998. She has presented at the local, state and regional level on several topics related to autism spectrum disorders and engaging college students with special needs. Rachel is also mom to Reese, who has been diagnosed with intractable epilepsy, autism spectrum disorder and global developmental delays. He is 24 and has participated in equine-assisted activities and therapies for 11 years.

### 9:25 – 10:25 a.m. **B2, Marketing Strategies that Work - Cortnee Jensen** <sup>CE</sup>

Learn simple yet effective marketing strategies to implement now and improve your reach.

**Cortnee Jensen** is currently the chief entertainment officer for National Day Calendar. She has held previous positions as the director of community relations and development at Mind Shift, morning show co-host for Brooke Communications and Cumulus Media, and public relations manager for Roseburg Radiation Oncology.

### 10:25 – 10:35 a.m. **BREAK**

## Session C

### 10:35 – 11:35 a.m. **C1, Mental Health Fine Tuning: One Size Does Not Fit All - Mark Schaefer** <sup>DE</sup>

You will leave this session armed with knowledge on how to better handle participants with challenging behaviors, understand when a professional should be called in to assist with a participant, and key responses when an individual is working from their 'lizard brain.'

**Mark Schaefer** is an education specialist in school psychology and has an M.S. degree in clinical psychology. Mark began his career at the Dakota Boys and Girls Ranch (DBGR) in Minot where he worked as a therapist and then as the clinical director. After 15 years with DBGR, Mark took a position as the director of the Crisis Counseling Program with Lutheran Social Services (LSS) after the 2011 floods in Minot, Bismarck and Fargo. After completion of his work with LSS, Mark was hired by the department of human services as the Head Start Collaboration Office Administrator. Mark is currently employed by Community Medical Services as the vice president of the Northern Territory that serves individuals with opioid use disorder through medication assisted treatment. He is also the mental health professional and co-founder with his wife Kristi of Serenity Therapeutic Equine Program in Minot, ND.

### 10:35 – 11:35 a.m. **C2, Equine and Human Anatomy Relative to Saddle Fit Part 1: Overview of Equine and Human Anatomy and Equine Biomechanics - Lori Kaeslin** <sup>CE</sup>

Attendees will be introduced to the science behind saddle fit with an overview of equine and human anatomy, as well as equine biomechanics. Information presented here will enable attendees to gain a greater understanding of the impact anatomy has on saddle fit for both horses and humans.

**Lori Kaeslin's** passion and purpose in life has always been horses. She began riding western at the age of 10. She showed extensively, eventually attending college where she received an AS degree in horse management and a BS degree in physiology. After college her family moved to Germany where she rode Dressage and jumped under the tutelage of both British and German instructors. She

attended the Talland School of Equitation in Britain obtaining two British Society Instructor Certificates. Upon returning to the states, Lori completed her degree in physiology and became the administrator of the UC Davis Equestrian Center, overseeing 50 lesson program horses as well as 50 student and staff boarders. Over the past 10 years Lori became a certified equine ergonomist and has been helping horses with poorly fitted saddle issues and brings them back into mental and physical balance.

11:45 a.m. – 1:15 p.m.           **LUNCH and PATH Intl. Update**

All afternoon sessions are at the NDSU Equine Center - 5140 19<sup>th</sup> Ave North, Fargo

## Session D

1:45 – 3:45 p.m.           **D1, Teaching Workshop: Posting Trot - Katherine Harmelink-Roth and Marsha Anderson** *CR Riding*

This interactive session will provide an opportunity for Instructors in training to gain valuable feedback from peers and advanced instructors on teaching the posting trot, as well as give current instructors the chance to hone their evaluation and mentoring skills. By working through task analysis and practicing teaching strategies, this session will give you take-home tips to become the best instructor for your participants. Please indicate if you are interested in teaching a 5-10 minute posting trot skill snippet in this session so we can email Rider Profiles to you prior to the conference.

**Katie Harmelink-Roth** is a large animal certified veterinary technician who works at the UW Large Animal Vet School in Madison, WI. She also is a PATH Intl. Certified Advanced Instructor at Three Gaits Therapeutic Horsemanship Center.

**Marsha Anderson, M.S.**, has been involved in EAAT for over 24 years and founded Equul Access, Inc., a PATH Intl. Premier Accredited Center, in 2002. Marsha is a PATH Intl. Certified Advanced Instructor, ESMHL, mentor, mentor trainer, lead registered instructor evaluator, associate advanced instructor evaluator, standards course faculty and lead site visitor. She has served on PATH Intl. committees, subcommittees and task forces, including the riding certification subcommittee and the certification oversight committee.

1:45 – 2:45 p.m.           **D2, Equine and Human Anatomy Relative to Saddle Fit Part 2: Saddle Support Area and Reflex Points - Lori Kaeslin** *CE*

Attendees will come away with an understanding of ergonomics, how to assess saddle fit for horses and humans, and the impact of tack on the horse and rider. This session will demonstrate the saddle support area as well as the equine reflex points the saddle should stay away from to help maintain back soundness.

**Lori Kaeslin** Please see bio in Session C2

2:45 – 3:45 p.m.           **D3, Equine and Human Anatomy Relative to Saddle Fit Part 2: Saddle Support Area and Reflex Points- Lori Kaeslin (repeat of D2 above)** *CE*

3:45 – 4 p.m.                           **BREAK**

## Session E

4 – 6 p.m.                   **E1, Teaching Workshop: Canter Transitions - Katherine Harmelink-Roth and Marsha Anderson** *CR Riding*

This interactive session will provide an opportunity for already registered instructors to teach the canter and gain valuable feedback from peers and advanced instructors on teaching the canter, as well as give current instructors the chance to hone their evaluation and mentoring skills. We will discuss how to know when riders are ready to canter, pre-requisite skills needed, upward and

downward transitions, appropriate horse selection, and strategies and techniques to teach the canter. Please indicate if you are interested in teaching a 5-10 minute canter skill snippet in this session so we can email Rider Profiles to you prior to the conference.

**Katherine Harmelink-Roth and Marsha Anderson** see bios in Session D1

4 – 6 p.m.      **E2, Equine Massage Basics: Take-home Techniques for the EAAT Horse - Tara Swanson**  
**CR ESMHL**

This session will focus on a variety of stretches and massage techniques to assist the horse. Attendees will learn how to evaluate horses for body soreness as well as correctly apply equine stretching and massage techniques. **This session is limited to 20 participants so register early!**

**Tara Swanson** has an M.S. degree in animal science and has been on faculty in the NDSU Equine Science Program since 2006. She coaches the Western Intercollegiate Horse Show Association Team, teaches multiple NDSU equine courses and has taught internationally with AQHA Horsemanship Clinics, and is a certified 4-H judge. She completed her certification in Armstrong Equine Massage in 2015, an update in 2018, and she practices the techniques regularly, incorporating them into courses she teaches at NDSU.

7 – 9 p.m.      **Networking dinner (cost not included in registration fee)**

Join your fellow Region 6 professionals for an evening of networking in groovy downtown Fargo! Be sure to register for this if interested so we have a count for the reservation.

## **Sunday, March 10, 2019**

7:30 – 8:30 a.m.      **Hot Breakfast**

8 – 8:40 a.m.      **PATH Intl. Region 6 meeting and Field Test Standards Hearing (while you eat)**

8:40 – 9:10 a.m.      **State meetings**

## Session F

9:15 – 10:15 a.m.      **F1, Why the Horse Matters: Utilizing Equine-Assisted Interventions to Connect With Difficult Clients - Dr. Amber Bach-Gorman** **CR ESMHL, DE**

Attendees will learn about working within clients' window of tolerance and how utilizing equine-assisted interventions can transform their work with clients who may be difficult to connect with due to diagnoses of anxiety, depression and trauma. The presenter will discuss why this form of practice may enhance treatment efficacy over more traditional forms of mental health treatment.

**Dr. Amber Bach-Gorman** is the assistant director of the NDSU Counseling Center. She earned her master's degree in college/agency counseling from the State University of New York in Plattsburgh and PhD degree in counselor education at NDSU. Her doctoral work focused on the impact of canine-assisted therapy in youth living in a residential childcare facility. Additionally, she has implemented an equine-assisted counseling program focused on working with college females diagnosed with anxiety. She is EAGALA certified and is also an evaluator for Pet Partners International.

9:15 – 10:15 a.m.      **F2, Exploring the Sensory System: Take-home Strategies - Valerie Stevenson** **DE**

In this interactive session, attendees will discuss the seven senses, have the opportunity for exploration of our own senses, learn how to recognize sensory overstimulation and under-stimulation of participants, and discover basic calming and alerting strategies related to sensory functions.

**Valerie Stevenson** has been an occupational therapist for 19 years and is a PATH Intl. Certified Registered Therapist. Most of her experience has been in pediatrics working with a wide variety of diagnoses in schools, homes and currently in a private practice setting with Beyond Boundaries Therapy Services. She is passionate about working with families and feels privileged to join them on their journey of life. She loves teaching about sensory processing and development and thinks everyone can benefit from understanding how their sensory systems work and how they can apply this to the people around them.



10:15 – 10:25 a.m. **BREAK**

## Session G

10:25 – 11:25 a.m. **G1, What Do I Do Now? Practical Examples of Activities for Age, Stage, Individual or Group Mental Health Work - Kristi Schaefer** <sup>CE</sup>

Do you find yourself stuck searching for new ways to engage participants in equine-assisted mental health sessions? Have situations come up during sessions and you struggled with an appropriate response? Come join the discussion and take home valuable tips, refreshing ideas and learn how to determine your next step for mental health work at your center.

***Kristi Schaefer** has an MA degree in early childhood special education. She currently works as a junior high and high school counselor during the academic year and is pursuing her master's degree in counseling. Kristi has been a PATH Intl. Certified Registered Instructor since 2004 and is trained in EAGALA and the OK Corral Series. As co-founder of Serenity Therapeutic Equine Program (STEP) in Minot, ND, Kristi is the program coordinator for services at STEP, which provides equine-assisted mental health and hippotherapy services.*

10:25 – 11:25 a.m. **G2, Hoof Beats With Lori - Lori and Victor Ricigliano** <sup>CE</sup>

Discover unique ways to market your EAAT program from radio broadcasts, published newspaper, media articles and internet advertising.

***Lori Ricigliano** is a United States Equestrian Federation and Arabian Horse Association Licensed Certified Horse Judge for over 25 years, SAFE SPORT certified coach and life coach who hosts a weekly syndicated equine radio talk show "Hoof Beats with Lori." She is also an internationally published author and equine clinician. Her husband, **Victor Ricigliano**, co-hosts the equine radio talk and is a life coach as well as being involved in the equine industry for over 40 years.*

11:25 – 11:35 a.m. **BREAK**

## Session H

11:35 a.m. – 12:35 p.m. **H1, Dressage for EAAT - Cecelia Conway** <sup>CR Riding</sup>

Does dressage seem boring, too complicated or mystifying? Come learn about basic dressage principles and how they can be incorporated into your program to benefit both horses and riders. We will discuss basic exercises and ideas for skill advancement for riders.

***Cecelia Conway** is an ACE Certified Health Coach, PATH Intl. Certified Registered Instructor and has completed the ISRB Biomechanics Level 1 Coaching program. She primarily teaches from Horse Power Healing Center in Eagle, WI. Cecelia also runs Sea Star Equestrian, where she focuses on creating health and wellness programs to benefit both competitive and non-competitive equestrians.*

11:35 a.m. – 12:35 p.m. **H2, Ethical Considerations for Horses in EAAT - Dana Wagner** <sup>CR All</sup>

EAAT has been shown to have numerous benefits for individuals with varying physical and emotional abilities. The impact of EAAT goes beyond riders, and often positively affects instructors, volunteers and other community members in indescribable ways. However, a key aspect of EAAT is often overlooked: the horse. The ethical considerations surrounding use of horses merits examination, with particular respect to horse care and management. In this session, we will discuss the ethics surrounding animal use, strategies to continually improve horse welfare and methods to measure welfare including metrics and behavioral analysis.

***Dana Wagner** is currently an instructor in training at Three Gaits Therapeutic Horsemanship Center in Stoughton, WI. Ms. Wagner has completed her BS and MS degrees in animal science from UW-Madison and is in the process of finishing a PhD degree in livestock behavior and welfare at Colorado State University.*

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