

**PATH Intl.
Regional
Conference**

**Presented
by
Region 9**

May 31- June 2, 2019

**Hosted by:
Little Bit Therapeutic Riding Center
Redmond, WA**

PATH Intl. Region 9 welcomes you to an educational and fun weekend with your friends and colleagues in beautiful Redmond, Washington. Your registration fee includes dinner on Friday, 5/31, light breakfast, lunch and dinner on Saturday, 6/1, and light breakfast and lunch on Sunday, 6/2.

CONFERENCE LOCATION

Sessions:

Little Bit Therapeutic Riding Center
18675 NE 106th St.
Redmond, WA 98052

Lodging Suggestions:

Hampton Inn and Suites Seattle/Redmond
17770 NE 78th Pl, Redmond, WA 98052
(425) 553-1200
\$116/night

Seattle Marriott Redmond
7401 164th Ave NE, Redmond, WA 98052
(425) 498-4000
\$135/night

PATH INTL. CONFERENCE REGISTRATION

Online registration will be available April 11, 2019, through May 17, 2019. After May 17, 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 April 11, 2019 through May 17, 2019:

Full Conference	\$125 members	\$175 non-members
Single Day	\$100 members	\$150 non-members
PATH Intl. Standards Course*	\$40 members	\$55 non-members

***Register by May 3, 2019. If less than 15 are registered by this date, this course will be canceled and refunds issued. Registration on-site is not available.**

Registration on-site after May 17, 2019:

Full Conference	\$155 members	\$205 non-members
Single Day	\$130 members	\$180 non-members

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 **May 17, 2019.**

Deadline for 50% Refund - Request received in PATH Intl. office by **June 2, 2019.**

Individuals who do not submit a written request to PATH Intl. by June 2, 2019, will not receive a refund.

***Deadline for Standards Course Refund** – Request received in PATH Intl. office by **May 3, 2019. No refunds after this date.**

Education:

This conference satisfies up to 16 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 31, 2019

11:00 am. – 5:00 p.m.

PATH Intl. Standards Course^{CE}

Bring a copy of the current standards manual and your own lunch!

5:30 – 7 p.m.

Registration & Welcome

Hors d'oeuvres and “mocktails”
Networking sessions

Saturday, June 1, 2019

7:30 – 8 a.m. **Registration**

8 – 9 a.m. **Breakfast, PATH Intl. Region 9 state meetings**

Session A

9 – 11 a.m. **A1, Matching Horses and Tack to Bring Out the Best in Your Riders^{CR All}**

This interactive presentation will take an in-depth look at choosing the best client/horse/tack combinations to allow your riders to progress their skills. We will take a live look at a variety of riders, horses and tack combinations to determine the factors that may be holding riders back or aiding in their independence.

Kelsie McGladrey, DPT is a physical therapist and the director of therapy services at Little Bit Therapeutic Riding Center, a PATH Intl. Premier Accredited Center (PAC) in Redmond, WA. She received her doctorate in physical therapy in 2015 from Franklin Pierce University. She got

involved with horses while completing her graduate degree working at a cattle ranch and small therapeutic riding center out of Goodyear, AZ. After grad school she returned to Washington where she owns three horses and started treating at a pediatric outpatient clinic. Kelsie started at Little Bit part time spring 2017 and transitioned into the director position November 2017. She currently treats both pediatric and adult patients in the clinic and the arena, while working on expanding and developing the therapy program.

Joan Myers is a PATH Intl. Certified Advanced Instructor and Equine Specialist in Mental Health and Learning. She has been involved with therapeutic riding since 1980 and has been with Little Bit Therapeutic Riding Center for 32 years. Joan especially enjoys helping behaviorally-challenged riders gain the skills to reach their independence in riding and watch the carry-over into their everyday lives. Away from the barn, Joan is a longtime owner, breeder and trainer of Golden Retrievers.

9 – 11 a.m.

A2, How to Run Your Center Like a Business and Still Keep the Heart^{CE}

Do you think of the service you provide as a business or is it a service fueled by passion and giving back to the community? Fortunately, these descriptions are not mutually exclusive. Most of us join this field because of our passion for equine-assisted activities and therapies (EAAT). In researching the challenge of sustainability for centers, one of the top issues consistently raised was business knowledge. In order to be sustainable, it is important to not only follow the passion and mission but also to approach service delivery from a business perspective. Join PATH Intl. CEO Kathy Alm as she explores the steps to running your center in a sustainable manner while remaining focused on mission delivery and the “heart” of your organization.

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 Redmond, WA. She grew the previously grassroots organization from a \$280,000 annual operating budget to a professional \$2.1 million organization. Kathy served as the PATH Intl. 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 EAAT field spans over 19 years with a passion that was ignited the moment she walked through the door at her first therapeutic riding center.

11 – 11:15 a.m.

BREAK

Session B

11:15 a.m. – 12:15 p.m.

B1, The Importance of Using Proper Terminology in Our Business^{CE}

This will be a respectful and interactive discussion about industry terminology. Participants will be encouraged to share their experiences in regards to terminology that may be used correctly or incorrectly. We will compare and contrast specific terms and explore what their impact is on our professions, the public, and our clients and riders.

Steve McKenzie, MS, PT, HPCS, graduated cum laude with a Bachelor of Science degree in exercise and sport from Oregon State University and earned a Master of Science degree with Honors in physical therapy from Columbia University. Steve is a member of the American Hippotherapy Association (AHA) and the Professional Association of Therapeutic Horsemanship International (PATH Intl.). He is a former member of AHA Board of Directors, serving as president from 2015-2017, and former AHA associate faculty member. He has served on the PATH Intl. Program and Standards Oversight Committee as well as the health and education advisory and presented at several national and regional conferences. Steve is the former therapy services director at The National Center for Equine Facilitated Therapy (NCEFT) and at Little Bit Therapeutic Riding Center (LBTRC). He currently works at Seattle Children's Hospital in the Sports Therapy Department and heads the Adaptive Sports Physical Therapy Program. He serves on the Advisory Council for NCEFT, LBTRC and Seattle Adaptive Sports. Steve enjoys horseback trail rides, playing basketball, skiing and backpacking.

11:15 a.m. – 12:15 p.m.

B2, Overcoming Compassion Fatigue^{DE}

Working as a helping professional can bring a deep satisfaction and lasting rewards. But the ability to help people through working as an instructor, therapist or other helping professional may also have a negative impact on the practitioner. Whatever you call it, caregiver stress or compassion fatigue is very real. How is compassion fatigue different from burnout? How do you recognize compassion fatigue and, more importantly, what steps can you take to overcome and prevent it? Those who pour their hearts into a cause for which they care greatly often ignore the warning signs that their life's work is taking a toll on their physical and emotional health. Her presentation will discuss the warning signs of compassion fatigue and how you can find a better balance in your life.

Paula J. Del Giudice has been the executive director of Little Bit Therapeutic Riding Center since May 1, 2017. She brings her love of horses with her passion for helping people to the Little Bit community. Paula has a Bachelor of Science degree from University of Nevada, and a Master of Education degree from Regis University. She has served as the staff executive for four nonprofit organizations and also was elected as the first woman volunteer chair of the National Wildlife Federation.

12:15 – 1:45 p.m. **Lunch – PATH Intl. Update**

Session C

1:45 – 2:45 p.m. **C1, EAAT for People Living With Dementia and Their Caretakers^{DE}**

Equine-assisted activities and therapies have shown to create dramatic improvements in the quality of life of people living with dementia and their caregivers. Teaching communication with horses also improves the ability of caregivers to relate to, understand and work with people living with non-verbal forms of dementia.

Julia Montagnet is a PATH Intl. Certified Registered Instructor who works mostly with children with developmental and mental health issues. After working in the 24-hour skilled nursing care portion of her local nursing home, she became interested in incorporating her work with horses into her work with people living with dementia. She witnessed dramatic, positive results, inspiring her to create a program for both bringing seniors into contact with horses and using horses to facilitate training caregivers to better understand how to communicate with people with non-verbal dementia.

1:45 – 3:45 p.m. **C2, Cost Analysis: Your Value Proposition and Program Sustainability^{CE}**

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

Kathy Alm see bio under A2.

Session D

2:45 – 3:45 p.m. **D1, Therapeutic Equestrian Vaulting^{CR Vaulting}**

Therapeutic equestrian vaulting is a mounted activity in which participants develop balance, strength and flexibility while gaining personal confidence. Equestrian vaulting allows freedom for movement and expression. Unencumbered by a saddle, participants have the ability to explore different positions on a horse, such as standing, sitting sideways, kneeling, backwards, or even laying down! Dynamic movement encourages core strength, proprioception and stamina. Plus it's FUN!

Ginger Reitz is the assistant horsemanship director for Warm Beach Camp & Conference Center Horsemanship. She oversees the therapeutic horsemanship program and the Warm Beach Vaulters competitive vaulting club. She has been involved in various horse sports for decades, including riding for competition, teaching and training. Her goal is to improve people's lives through equine-assisted activities and create space for discovery of oneself and greater life purpose. She is a member in good standing through the following professional associations:

Certified Therapeutic Riding Instructor, PATH Intl.; Certified Riding Instructor, Certified Horsemanship Association (CHA); Certified Riding Instructor, United States Eventing Association (USEA); Riding Instructor, United States Pony Club (USPC); and Lunger, Coach & Member, American Vaulting Association (AVA).

3:45 – 4 p.m. **BREAK**

Session E

4 – 6 p.m. **E1, Creative Groundwork Activities for All Ages**^{CR ESMHL}

Expand your toolbox of groundwork activities with horses and clients. Address therapeutic goals such as life skills, personal development, horse/human communication skills and more. Creative, practical examples and approaches will be discussed.

Trish Broersma, past president of Equine Facilitated Mental Health Assn and author of *Riding Into Your Mythic Life: Transformational Adventures with the Horse*, is founder and director of *Riding Beyond*, an equine-facilitated learning program in human development for women recovering from the effects of breast cancer treatment. She is also a faculty member for the PATH Intl. Equine Specialist in Mental Health and Learning certification workshop.

4 – 5 p.m. **E2, Tracking Program Outcomes**^{CE}

Hear how Alatheia Therapeutic Riding Center in Wenatchee, WA, underwent the process of evaluating its program outcomes. Alatheia's executive director will share about why this project was important for their center, what they learned, what changes they've made and how they've been able to use the data collected. Learn information on how to identify key outcomes, track progress and apply them for greater program quality, integrity and sustainability.

Nancy Grette is the co-founder and executive director of Alatheia Therapeutic Riding Center. Nancy grew up with horses, riding through the hills of western Washington. That love continued while raising her own family. The Grettes spent many summers riding and packing in the backcountry of Eastern Washington on their herd of horses that included three fjords. In June 2010 the Grettes lives were forever changed when they gave a ride to a five-year-old girl with special needs. The magic between the horse and rider was unmistakable and the vision for Alatheia was born. Nancy is a certified instructor through PATH Intl. Teaching and interacting with their special family of riders and volunteers and loving on their herd of horses is the greatest pleasure of her life.

Session F

5 – 6 p.m. **F1, How to Run a Fun and Profitable Summer Camp**^{CE}

Does your center run or is your center interested in running a summer camp program? Come hear about Little Bit's thriving camp programming, the challenges we've faced over the years, and how we've turned what once was our slowest time of year into an asset to our riders and our financial bottom line.

Madison Leidig is a college graduate from Western Washington University with a Bachelor of Science in Biology. Maddie started volunteering at Little Bit about five years ago when she was in high school and has helped run their summer camp for the past three years. Her favorite part of Little Bit is watching how each rider can interact with the horse in their own special way. In her free time, Maddie loves to be outside (especially when horses are involved), read and cross stitch.

Jessica McKenzie is the adaptive services director at Little Bit Therapeutic Riding Center and is a PATH Intl. Certified Advanced and Interactive Vaulting Instructor. She graduated from Princeton University, where she was a member of the equestrian team. After college, Jessica began volunteering at a local therapeutic riding center and earned her PATH Intl. certification in 2004. She moved to Washington and joined the Little Bit staff in 2006. Jessica enjoys spending time with her husband, two young children and their Golden Retriever.

6 – 8 p.m. **BBQ Dinner - PATH Intl. Region 9 Meeting and Awards**

Sunday, June 2, 2019

7:30 – 8 a.m. Registration

8 – 9 a.m. **Breakfast, PATH Intl. Field Test Standards Hearing**

Session G

9 – 11 a.m. **G1, NO MORE BURN OUT! Happy Horses and Engaged (Enthusiastic) Volunteers**^{CR All}

We are going to take you on a journey showing you a different method of training your priceless volunteers. We have found that by coaching our volunteers through their training, they are gaining valuable personal insights and also experiencing for themselves the benefits of working with equines. You will learn how to create a sustainable team of volunteer, equine, participant and instructor/facilitator. We will present a short PowerPoint on why we feel this is important and the components we use and then invite the horses to assist us in demonstrating what our process looks like and how you can incorporate it into your program. You will begin to understand the integration that creates the ultimate partnership. The focus is on the shared commitment to equine welfare, volunteer longevity and the benefits to the participants in a safe and positive environment.

Karen Tanchak and Helen Russell

*Karen and Helen are founding members of EQUISDOM Therapeutic Horsemanship Association and have developed this unique volunteer training program to ensure a team of dedicated and committed volunteers. EQUISDOM currently offers programs at the KarAI Centre in the Okanagan in British Columbia. **Karen Tanchak** is a PATH Intl. Certified Therapeutic Riding Instructor and has been teaching for over 11 years. Karen completed a certificate in health and fitness studies from the Faculty of Applied Science (Kinesiology) from Simon Fraser University and holds a certificate of completion of the "Gaitway to the Brain" workshop from ManeGait Therapeutic Horsemanship Center, a PATH Intl. Premier Accredited Center. Karen's passion drives her to continually be researching and participating in the most current applications to better her knowledge in the industry. Karen is currently the PATH Intl. Region 9 Provincial/State Chair for British Columbia and Alberta. **Helen Russell** was born in Scotland, rode ponies and horses throughout her childhood and at the age of 21 became a British Horse Society Instructor, which developed over 15+ years into horse-training, eventing, coaching, stable ownership and facility management in Great Britain and in North America. In her late 30s natural horsemanship gave her tools for a new depth of teaching and training and eventually guided her to a deeper understanding of herself, leading to a fascination for psychology and human/horse behavior. In 2005 she attended three years of intensive training with Linda Kohanov, at the Epona Center near Tucson, AZ, to become an advanced EponaQuest instructor. These ground breaking methods, drew on centuries of equine wisdom as a means of understanding others and ourselves. Over the last decade the horses have become her teachers, guides and mentors. Through experimenting, gathered knowledge, living with the horses and embodying these techniques, she has crafted an intuitive, heart-based style of training and coaching.*

9 – 11 a.m. **G2, Therapeutic Carriage Driving Demonstration**^{CR Driving}

Carriage driving is a fast-growing sport in the United States and a viable option for our therapeutic participants who are seeking a different type of lesson or are unable to ride a horse. This demonstration will focus on horse requirements, harness and equipment, vehicle requirements, safety, PATH Intl. Standards, and a brief demonstration of an actual carriage driving lesson. Mounting and dismounting safely from the carriage as well as volunteer requirements and roles will also be covered. Question and answer time will be part of the presentation.

Teresa Bron is a PATH Intl. Advanced Therapeutic Riding Instructor, Carriage Driving Instructor Level II, Mentor, and ESMHL. Teresa is the secretary of the American Driving Society (ADS) and serves on the executive committee of the ADS. She is the equine coordinator and full-time riding

and driving instructor at Pegasus Project Therapeutic Riding Center, a PATH Intl. PAC in Yakima, WA. Teresa also serves on the PATH Intl. Driving Committee.

11 – 11:15 a.m. **BREAK**

Session H

11:15 a.m. – 12:15 p.m. **H1, Alternative Communication for Riders on the Autism Spectrum** CR Riding, DE

Come hear the story of the Nyland family, whose son Joel is a rider at Little Bit and is on the autism spectrum. Joel is a non-speaking individual, and he and his family learned to use a letterboard for communication. Joel's communication has taught his instructors at Little Bit many broad-reaching lessons about teaching non-speaking individuals, assumptions about intelligence, and the importance of helping everyone find their voice.

Joel Nyland has been riding horses at Little Bit since 2009. He began learning to use a letterboard to communicate in 2016. He loves reading and learning. He is passionate about helping other non-speaking individuals learn ways to communicate effectively.

Kari Nyland is an educator and continual student. Her most effective teacher is her son Joel Nyland. One of the most important things she has learned from him is to always believe in his ability to learn. She holds a BA degree and teaching credential from the University of Washington and an MA degree from the University of Oklahoma.

Diana Janetzki joined the Little Bit staff in 2014 as a program volunteer and a barn staff member. She earned her PATH Intl. registered instructor certification in 2017 and quickly joined Little Bit's full-time instructional staff. Diana enjoys learning as much as she can about all aspects of horsemanship and horse care. When she's not at the barn, Diana loves spending time with her husband and three children.

Joan Myers See bio under A1

11:15 a.m. – 12:15 p.m. **H2, The Wheel of Mastery** CE

The Wheel of Mastery promotes finding balance in your life, goal setting and personal growth. To become the best rider, handler, instructor, mentor, etc., is not only about mastering your riding and horsemanship skills. You also have to find the right balance of attention for all the areas in your life. The Wheel of Mastery is an excellent tool that can be used for teaching, instructor and intern development and personal goal setting.

Hilary Groh, CTRS, is the program director at NorthWest Therapeutic Riding Center, a PATH Intl. PAC in Bellingham, WA. Hilary has a BA degree in therapeutic recreation from Western Washington University, is a certified therapeutic recreation specialist, PATH Intl. Certified Advanced Instructor and Mentor.

12:15 – 1:30 p.m. **Lunch**

We have all "Been There, Done That" - and have tales of riders and horses that have touched us in some way. Cheers and tears (and even laughing at ourselves) have helped us all learn and grow and appreciate this amazing PATH we are all on and the little miracles that can happen every day. Sit back and share in some stories as illustrated and told by Lori Shepp (PATH Intl. Certified Registered Instructor at Little Bit Therapeutic Riding Center and talented artist) based on some extraordinary riders and horses she has had the privilege of meeting over the years. Smile, shed a tear and reminisce about the hooves, hearts and hands you have also known that have meant so much.

We look forward to seeing you soon in Redmond, Washington!