PATH Intl. Region 6 welcomes you to an educational and fun weekend with your friends and colleagues in Greenfield, Minnesota. Your registration fee includes snacks, dinner on Friday and lunch on Saturday.

Please note that Hold Your Horses is a therapy facility and, as such, proof of COVID-19 vaccination OR proof of negative COVID-19 test results within 1-3 days prior to the event will be required prior to entry at the facility.

CONFERECE LOCATION
Hold Your Horses
5265 Woodland Trail
Greenfield, MN 55357

Offsite Classroom
(6 miles away)
6855 Rolling Hills Road
Corcoran, MN 55340

SOME LODGING OPTIONS
Hilton Garden Inn
(12 miles away)
6350 Vinewood Lane
Maple Grove, MN 55311
(763) 509-9500

Hampton Inn
(13 miles away)
7745 Elm Creek Blvd. N
Maple Grove, MN 55369
(763) 494-4498

AmericInn
(10 miles away)
21800 Industrial Blvd.
Rogers, MN 55374
(763) 428-4346
PATH INTL. REGION 6 CONFERENCE REGISTRATION

Online registration will be available January 8 through February 25, 2022. After February 25, 2022, 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 January 8 through February 25, 2022:**
- Full Conference $125 members
- $100 higher ed members
- $175 non-members

**Registration on-site after February 25, 2022:**
- Full Conference $155 members
- $130 higher ed members
- $205 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 **February 25, 2022**.

**Deadline for 50% Refund** - Request received in PATH Intl. office by **March 13, 2022**.

Individuals who do not submit a written request to PATH Intl. by March 13, 2022, will not receive a refund.

**Education:**
This conference satisfies up to 10 hours of continuing education requirements.

**AGENDA**

**Friday, March 11, 2022**

4 – 4:30 p.m.  
Registration

4:30 – 6:30 p.m.  
Facilitated Networking, Food Truck Dinner & Welcome

6:30 – 8 p.m.  
Keynote: Rumbling With Courage and Vulnerability **CE**

Explore core teachings of Dr. Brené Brown’s Dare to Lead™ research. We will help you to identify where you want to be more courageous, and how vulnerability and rumble tools can influence change. You will be challenged to explore courage and vulnerability in a new way that will help you build resiliency in yourself and your teams. We will explore how to stay in the messy middle, be fearless in owning our part and listen with the same passion as we want to be heard in tough conversations. We will share tangible “rumble starters skills” to help you approach difficult conversations with new language and curiosity.

Learning Objectives: Determine your Call to Courage and identify where you want to be braver. Understand the definition of vulnerability as uncertainty, risk and emotional exposure with no guarantees. Understand the role of courage and vulnerability in the workplace. Challenge old definitions and dispel the myths surrounding the concept of vulnerability. Learn and practice soft start-ups and rumble starters as a way to approach tough conversations. Build confidence by sticking with the messy middle of tough conversations that can be transformative.

**Jenny Peterson, PhD, PCC**, works with leaders and teams to help them be their most effective – individually and together. She helps clients develop deeper self-awareness and insight so that they can choose to show up as their best selves. Clients are challenged to explore how their thoughts and emotions play out into their leadership behaviors and how courage, vulnerability and empathy can create powerful leaders and teams. Her coaching style is warm, playful and empathetic while also being direct, edgy and challenging. From up-and-coming managers to directors and CEOs, Jenny works best with individuals and teams who are passionate about growth and willing to put in the work necessary to expand and change. She has high regard for self-accountability and is eager to assist those who are willing to take a good look in the mirror to see how they are impacting themselves and others.

**Holly O’Hanlon, NBC-HWC**, is a leadership & well-being coach whose passion is helping leaders take ownership of their work, wellness and lives through self-reflection and courageous action. After spending 15 years in the corporate marketing space, she took a courageous leap and transitioned into leadership and well-being coaching by becoming a board-certified health & wellness coach and trained executive coach. Using evidence-based practices from positive psychology, and Dr. Brené Brown’s Dare to Lead™ curriculum, she partners with leaders to connect leadership and well-being in order to show up more fully in all facets of their lives.
Saturday, March 12, 2022
7:30 – 8 a.m. Registration, Coffee & Donuts @ Hold Your Horses

Please choose track 1 or track 2. The morning sessions repeat in the afternoon, so attendees can take the other track in the afternoon.

Track 1 – Offsite Classroom

8:30 – 10 a.m.
A1, Resiliency and Center Sustainability CE
Join Kathy Alm, CEO of PATH Intl., to explore how to navigate the ongoing sustainability of your center through the external changes and internal demands. Learn how to utilize emotional intelligence to address the difficult circumstances and challenging times. Understand what you need to build resilience while sustaining your center and your people. Determine where you need to focus your energy for the best sustainable outcome for your center. Connect with other center leaders for future ongoing support. Take away ideas and tools to build resiliency and center sustainability.

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 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 field of equine-assisted services spans over 19 years with a passion that was ignited the moment she walked through the door at her first therapeutic riding center.

10:15 – 11:45 a.m.
B1, Trauma-Informed Care Begins With You: Self Care and Restoration DE
This presentation will discuss concepts in self-care and awareness of potential burn-out. Learning objectives include understanding of somatic self-care, tools for self-care and self-regulation, and techniques to bring back to your center or places of employment that include exercises in mindfulness, posttraumatic growth and positive psychology.

Molly DePrekel, MA, LP, is a psychologist in private practice at the Midwest Center for Trauma and Hold Your Horses. She is on faculty at the University of Denver school of Social Work in the Institute for Human Animal Connections. Molly received her MA degree in counseling and psychological services from St. Mary’s University and BS degree in Animal Husbandry from Michigan State University. She holds a certificate in EMDR, Yoga Calm, and Sensorimotor Psychotherapy, and Eponaquest. She has utilized the unique relationship people have with animals and nature to assist her in therapy for over 28 years. Molly has facilitated workshops, taught internationally and volunteered with numerous organizations in the field of animal-assisted interactions and nature based healing. She is past president of the Equine Facilitated Mental Health Association and is a contributing author to three books, including Harnessing the Power of Equine Assisted Counseling: Adding Animal Assisted Therapy to Your Practice, and has co-authored six manuals on animal-assisted interventions.

Track 2 – Hold Your Horses Arena

8:30 – 9:30 a.m.
A2, Conditioning for the EAS Horse CR All
The job of the horse in EAS is a particularly challenging one. In order to perform over time, horses must achieve optimal fitness, strength and endurance. Our role as those entrusted with horses' well-being is to carefully plan and then execute a conditioning regimen to help them do that. In this session you will learn how to establish a baseline condition and soundness measurement for each horse, and then use that to make a fitness plan suited to the individual horse's needs. Special attention will be given to groundwork exercises to promote suppleness, relaxation, endurance and strength.

Tabea Brockman fell in love with horses at six years old. While growing up, she trained in classic dressage and ultimately conditioned and showed horses for many people in Germany. In 2014, her lifelong dream came true when a Gypsy Vanner/Standardbred mare named Bubbles came into her life. In 2019, Tabea joined We Can Ride as the equine operations manager. She is responsible for the health and happiness of 19 horses (including a mule named Billy who belongs to her). While not working, you can find her spending time with Bubbles and her two donkeys, Alora and Oliver, at a nearby boarding barn.
9:40 – 10:40 a.m.  
**B2, Partnering With Horses Through Touch and Observation CR All**

Equine bodywork is gaining recognition among EAS programs to improve the welfare of horses that work in these settings by improving performance and comfort. One approach of equine bodywork, using some simple Masterson Method® techniques incorporating light touch and observation, has the potential to also benefit volunteers, staff and program participants better understand and connect with horses when used as a learning activity. The Masterson Method® is a unique approach to equine bodywork where the horse actively participates in the release of tension in the body. In fact, if you do not “stay beneath the horse’s brace” and allow the horse to participate, it does not work. The Masterson Method® is now being used in EAS programs at various levels - to help horses be more comfortable in their job, to raise awareness and connection with horses and provide additional training to volunteers.

_Lise Lunde_ has been involved in equine-assisted services as a volunteer, PATH Intl. CTRI and ESMHL. She is a Masterson Method Certified Practitioner and Masterson Method Equine Specialist. She is involved as an instructor for the Masterson Method® for both training for Masterson Method Certified Practitioners and Masterson Method Equine Specialists.

_Megan Dushin_ was immersed in the world of horses throughout her childhood and to this day has a passion for listening to and partnering with them. In 2016, when she discovered the Masterson Method and its use in equine-assisted services programs, she decided to pursue this approach to being and working with horses. Having instructed and volunteered at several EAS programs and having worked in schools and residential settings to aid people with disabilities, it was a perfect match. Megan is now an instructor, coach and practitioner in the Masterson Method, and helps individuals and small groups in equine-assisted learning programs how to listen to horses and become better partners through this powerful light touch approach to bodywork.

10:50 – 11:50 a.m.  
**C2, Energetic Support for You and Your Horse CR All**

Horses in equine-assisted services usually work hard and, due to limited time and resources, may not get enough support to always feel their best. In this interactive session, learn some gentle techniques (which use either light touch or are off the horse’s body) that anyone can use to help their horse feel calmer and more relaxed. The techniques are easy to learn and can be integrated with other practices used to support your horse’s well-being. Most of the techniques can also be used on ourselves to support our own energies, so there will also be time for you to practice on yourself. Participants will be able to identify reasons or signs that these techniques may be beneficial, and they will practice the techniques to ensure they feel comfortable and confident using them.

_Therese Naber_ is a writer, educator and the founder of All Being Energy LLC. She has a MA degree in education, is a PATH Intl. CTRI and a PSIA certified adaptive ski instructor.

12 – 1:30 p.m.  
**Lunch and the PATH Intl. Update at Hold Your Horses**

_Since the morning sessions repeat in the afternoon, attendees are encouraged to take the opposite track in the afternoon._

**Track 1 – Offsite Classroom**

2 – 3:30 p.m.

_D1, Resiliency and Center Sustainability (repeat of Session A1)_

3:45 – 5:15 p.m.

_E1, Trauma-Informed Care Begins With You: Self Care and Restoration (repeat of Session B1)_

**Track 2 – Hold Your Horses Arena**

2 – 3 p.m.

_D2, Conditioning for the EAS Horse (repeat of Session A2)_

3:10 – 4:10 p.m.

_E2, Partnering With Horses Through Touch and Observation (repeat of Session B2)_

4:20 – 5:20 p.m.

_F2, Energetic Support for You and Your Horse (repeat of Session C2)_
5:30 – 7 p.m.  “Whine & Cheese!” and the 2022 PATH Intl. Region 6 Awards Ceremony at Hold Your Horses

7 p.m.  Dinner & shenanigans on your own

Sunday, March 13, 2022
Hold Your Horses

7:30 – 8 a.m.  Coffee & Donuts

8 – 9:30 a.m.  PATH Intl. Region 6 Meeting, Field Test Standards Hearing and State Meetings

9:40 – 11:40 a.m.  G1, The Core Is Nothing: Response Is Everything DE
The core is an often talked about anatomical body part without a definition and with too much emphasis. How does one begin to strengthen something when they don’t even know where it is? If we think of the core of an apple or the core of the earth, we might reflect on the inner most area that provides stability and foundation for the rest of the object. How does this translate to the human? How does this affect the human if they want to ride horses? What special elements do individuals teaching riding need to know about this ambiguous “core” to utilize it for posture, stability and performance? What do they need to know about the variation in stability that exists in all individuals, but especially those that have unique (dis)abilities? These answers and many others will be discussed as we explore (dis)abilities, posture, balance and horsemanship skills.

Susie Rehr, PT, HPCS, is the executive director at Special Strides, a PATH Intl. PAC in Monroe, NJ. She has provided physical therapy services to the pediatric population integrating hippotherapy treatment principles for the past 23 years. Quality care, clinical education, educational presentations, published writing and national involvement are hallmarks of her career. Susie has recently developed two lines of educational courses. One is for therapists preparing for a clinical specialist examination and the other is for adaptive riding instructors to enable them to explore the world of (dis)abilities.

Jane Burrows, DPT, HPCS, is the facility manager and assistant director at Special Strides. As a physical therapist she has worked in numerous settings including the pediatric population integrating hippotherapy treatment principles for the past 20 years. Working with Susie Rehr, she has helped develop and deliver instructional courses to meet continuing education requirements for riding instructors, and advanced clinical specialty education for therapists. Enhancing her understanding of the horses she works with, she is also certified as a PATH Intl. ESMHL and is awaiting her certification as a CTRI.

11:50 a.m. – 12:20 p.m.  H1, Conference Closing with Jenny & Holly “Rumble On...” CE

12:30 p.m.  Safe travels and we’ll see you next year – March 10-12, 2023 in Fargo, ND!