PATH Intl. Region 7 welcomes you to an educational and fun weekend with your friends and colleagues in Ames, IA. Your registration fee includes snacks, Saturday lunch and dinner, and Sunday boxed lunch to eat in or to go.

**CONFERENCE LOCATION**

**Friday Sessions**
One Heart Equestrian Therapy  
2710 W. 190th St.  
Ames, IA  50010

**Saturday Sessions**  
United Community Schools  
1284 U Ave  
Boone, IA  50036

**Sunday Sessions**  
Iowa State University  
College of Veterinary Medicine  
1800 Christensen Dr.  
Ames, IA  50010

**Lodging Options**
[All Hotels Archives - Think Ames](#)  
This is a link to the accommodations in the area, including major chains in Ames and boutique properties.
PATH INTL. REGION 7 CONFERENCE REGISTRATION

Online registration will be available January 8 through February 11, 2022. After February 11, 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 11, 2022:
- Full Conference: $140 members / $190 non-members

Registration on-site after February 11, 2022:
- Full Conference: $170 members / $220 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 11, 2022.
Deadline for 50% Refund - Request received in PATH Intl. office by February 27, 2022.
Individuals who do not submit a written request to PATH Intl. by February 27, 2022, will not receive a refund.

Education:
This conference satisfies up to 11.5 hours of continuing education requirements.

AGENDA

Friday, February 25, 2022
One Heart Equestrian Therapy

Stable
11 a.m. – 12 p.m.  Registration
12 – 12:30 p.m.  Welcome and State Meetings
12:40 – 1:10 p.m.  Networking

Session A
1:15 – 1:45 p.m.
Arena

A1, Topics in EAS – Driving CR Driving
Attendees will view an assortment of turn-outs, lesson activities and volunteer involvement in driving.

Kris Lager, B.S., M.S. is a founding director of One Heart Equestrian Therapy and is a PATH Intl. Certified Therapeutic Riding Instructor, Driving L-1 and ESMHL. One Heart celebrates 20 years of programming and has thrived by the cooperation and support of the surrounding area. After being hosted at several locations, One Heart purchased its present facilities in 2018. Kris has a varied history involving horses from a very early age including riding, showing, 4-H, teaching and research. Kris’s driving background includes show (Morgan) horses and draft mules. One Heart Equestrian Therapy began EAS driving as programming in 2007 with the addition of Norwegian Fjord horses and adaptive vehicles. In 2019 Special Olympics Iowa initiated driving into the equestrian competition as a “demo sport” and the first medals in Special Olympics Driving classes (full competition/post-pandemic) were presented in 2021.
**Session B**
1:55 – 2:55 p.m.
*Arena*
**B1, Pairing Riders and Horses CR Riding**
Discuss various types of horse movements and movement needs of riders to facilitate optimal pairing of riders and horses within a therapeutic riding setting.

Ashley Pooker, OT has worked with children and adults with special needs for over 15 years. She started as a volunteer at the local therapeutic riding center, worked toward her instructor certification and then became an occupational therapist to further serve people who have special needs.

**Stable - West**
**B2, Masterson Method – Part 1 CR All**
Promote the well-being of the horse and expand activities for your center at the same time. There will be a demonstration on a live horse, brochures and a power point.

Linda Allen has been involved with horses professionally and for personal enjoyment most of her life. She became a certified instructor with PATH Intl. (then NARHA) in June 2010. Along with therapeutic riding for assisted and independent riders she has expanded continuing education to include unmounted work with horses and many trainings with nationally known clinicians. Her training and experience includes, but is not limited to, work with youth at-risk, individuals on the autism spectrum and people with brain injuries. Additionally, a common thread throughout her life has been for the wellbeing for the horse. Linda has been a student of the horse and has enjoyed sharing the gift of the horse with many individuals.

**Session C**
3:05 – 4:05 p.m.
*Arena*
**C1, Choosing Tack for a Rider CR Riding**
Ever wonder how to choose tack for not only the horse but also for the rider? Come learn in a discussion-based, hands-on demonstration that will include examples of riders with differing abilities and various and unique types of tack to meet the rider’s needs and abilities. This presentation and demonstration will build from Session B1.

Dani Koski has been a PATH Intl. Certified Therapeutic Riding Instructor since 2009 and has been a part of One Heart Equestrian Therapy since 2007, where she started as a volunteer. She specializes in working with riders who are autistic and neurodivergent, although she loves working with riders of all abilities.

**Stable - West**
**C2, Hoof Balance and Mapping CR All**
Hoof care for the horse can eliminate problems in lameness and soreness and help present balanced input for the rider.

Doug Russo, CJF, AWCF is the Resident Farrier of the Iowa State University College of Veterinary Medicine and is the instructor of its farrier course. Doug is a past president of the Michigan Farrier’s Association and has been exceptionally active and supportive of the Iowa Professional Farrier’s Association. He is an active participant in several committees of the American Farriers Association and is currently chairman of the AFA Equine Research Committee. [excerpt from http://www.iowafarriers.com/awards/doug-russo-awcf-award/]

**Session D**
4:15 – 5:15 p.m.
*Arena*
**D1, Evaluation and Intake of Potential EAS Horses CR All**
Join the HETRA Equine Operations Manager for an in-depth discussion regarding the evaluation and intake of EAS horses. There are a lot of vital factors to consider, including breed considerations, conformation and personality. It is also important to talk time demands of staff or volunteers to truly assess program needs and time for actual evaluation of new horses. Shelby also discusses looking at trial periods and training programs.
Shelby Schult grew up training, riding and showing American Quarter Horses and in a barn where adaptive riding and equine therapy services were being offered every day. Upon graduating with her bachelor’s degree in animal science, she took a full-time position at Heartland Equine Therapeutic Riding Academy (HETRA) as the equine operations manager and hasn’t looked back. She has since become a PATH Intl. CTRI, ESMHL, Mentor and is the current Nebraska State Representative. Shelby loves working hands-on with participants and volunteers, but her passion lies with the horses. Shelby is driven by building and maintaining a therapy herd that is “healthy, happy, sane and sound” and strives every day to learn from the horses and to share that knowledge with others in the EAS industry.

Stable - West
D2, Masterson Method – Part 2 CR All
See session B2

5:30 p.m.  Dinner on your own
Reservations for the group are at Pizza Ranch if you’d like to join (self-pay).

Saturday, February 26, 2022
United Community Schools

7:30 – 8 a.m.  Registration & Check-In
8 – 8:10 a.m.  Welcome

Session E
8:20 – 9:20 a.m.

E1, An Autistic Person's Perspective DE
Alison will discuss what it is like living with autism and include information on the different presentations of autism. The presentation will also give an overview of introception and sensory information, along with how activity for autistic individuals supports mental health.

Alison Wombwell was diagnosed as autistic with ADHD in 2019 and has two daughters who are both autistic and have ADHD. She is the founder of Chasing Rainbows that provides support, coaching, training and consultancy around neurodiversity. She is also the founder of the blog 'I Am Her voice - Our Autism Journey' and is a published author of The Happy Being Me series.

E2, Veterans Research Project and Event Using Leisure Motivation Scale CE
Veterans Motivation Research Project and community event was completed during a masters recreation program studied at Northwest Missouri State School of Health Science and Wellness. The purpose of the research finding was to determine if new therapeutic services development would be beneficial in developing new programs using Leisure Motivation Scale and supporting veterans by creating more family inclusion events based off the results.

Dayna Baynes, MS Recreation, PATH Intl. CTRI, has been instructing since 2012. She is currently the program manager at Exceptional Equestrians of Missouri Valley. She graduated in 2021 with a masters degree in recreation. She completed two final projects using equine-assisted services influences. She applies therapeutic recreation methods in her professional philosophy and is passionate about using participants’ interest as motivation in program goals and individual participant objectives.

9:20 – 9:30 a.m.  BREAK

Session F
9:30 – 10:30 a.m.

F1, Family and Friends - Support for Mental Health Challenges DE
At the National Alliance on Mental Illness (NAMI), we have a fundamental belief system and a set of principles that guide our efforts to provide information and support for people experiencing mental
health conditions and their families. Our approach includes exploring, in a compassionate way, the difficult and even painful aspects of mental health conditions. We understand that communities don’t always react to mental health conditions in the same way they react to other physical illnesses. Get a better understanding of how human development occurs.

Laurie Edge serves as the support and education programs coordinator for NAMI-GMV (Greater Mississippi Valley) - namigmv.org

F2, Nonprofit vs For-Profit Considerations CE
Running or starting a program from scratch can be exciting, but it is very important to consider all options for longevity of the program. Join us for a discussion of our journey learning some pros and cons to consider as a nonprofit or for profit business.

Shannon Gher has been a PATH Intl. Instructor since 2016 and is a current PATH Intl. CTRI. She is a co-founder and executive director of Allied Horsemanship, Inc., located in southwest Wisconsin with two lesson locations. She is a graduate of University of Wisconsin – River Falls with a bachelor's degree in animal science with a chemistry minor. With a passion for people, Shannon also mentors PATH Intl. instructors in training and small horse businesses.

Dawn Adkins is a PATH Intl. CTRI at Allied Horsemanship, Inc., located in southwest Wisconsin. Dawn has served as a board member and a co-founder for Allied Horsemanship, Inc. Dawn has been a registered nurse for more than 29 years and a nursing instructor for more than 15 years.

10:30 – 10:40 a.m.  BREAK

Session G

10:40 – 11:40 a.m.

G1, Instructors’ Bag of Tricks Part 1 – Mounted Games CR Riding
Join us in providing games to achieve goals and objectives in your lesson plans. A variety of presenters offer a lesson plan or game for motivating both instructors and clients.

Moderator, Judi Nelson is a PATH Intl. CTRI and also a licensed educator in the state of Iowa. She has been teaching equine-assisted services since 2010. Her center is Hoofprint Hill Horsemanship located in Cedar Falls, IA.

G2, Sustainability Through Leadership in All Ages and All Stages – Part 1 CE
So many of us come into the equine-assisted services industry with huge hearts, horse experience and a desire to help others with horses as our partners. This passion goes a long way in advancing our programs, but there comes a point in time when we are wearing multiple hats when we start to ask ourselves how and if we can continue. Many of us find ourselves spending all of our time managing volunteers, staff, a board of directors, donors and more all while trying to juggle the true reason we are here – the participants we serve. What we don’t anticipate when we get into this industry is the importance of strong leadership as well as the ability to build and manage an engaged team. The true test of sustainability for your program is within the team you create, including the leaders you help develop (including yourself) along the way. Learning objectives include:
• Understand our leadership roles and how to expand your leadership skills
• Understand our personal values and characteristics and how these influence you as well as others
• Understand team dynamics and your role
• Understand how to play to yours and other’s strengths
• Understand your challenges and how we overcome these challenges
• Learn how to build an engaged team as well as team and organizational resiliency

Edye Godden serves as the HETRA Chief Executive Officer. She has been with the organization for the past 30 years in various capacities. Along with being the CEO of the organization, she is an occupational therapist, PATH Intl. Certified Therapeutic Riding Instructor, Equine Specialist in Mental Health and Learning as well as a clinical specialist in hippotherapy. These other “hats” help keep her well connected to the programming offered at HETRA and give her first-hand experience of the impact HETRA has on the participants served. With 30 years of experience in the equine-assisted services industry, Edye has assisted in HETRA’s growth from a small all-volunteer organization running out of other boarding facilities to where they are today – owning their own facility with a full-time staff of 13. HETRA’s programming includes adaptive riding, therapy services, equine services for veterans, life skills, equine-assisted learning, equine-assisted psychotherapy, corporate retreats, HETRA University (the educational arm including Not Just a Pony Ride, Podcasts and webinars offered to the...
greater EAS community) as well as EAS mentoring services. Developing her own leadership skills has not only been important, it’s been necessary to keep up with the growth of the organization. Along with her passion for the EAS industry, she is passionate about continuing on her own growth journey as a leader as well as helping to build our next generation of industry leaders.

11:50 a.m. – 1:20 p.m.  Lunch and PATH Intl. Update

Session H
1:30 – 2:30 p.m.

H1, Instructors’ Bag of Tricks Part 2 - Unmounted Games CR All
   See session G1

H2, Sustainability Through Leadership in All Ages and All Stages – Part 2 CE
   See session G2

2:30 – 2:40 p.m.  BREAK

Session I
2:40 – 3:40 p.m.

I1, Mental Health Education & Grounding Skills for ESMHL DE
   This session will provide an overview of mental health issues, such as anxiety, depression and trauma recovery, and will provide grounding skills training used in clinics that can be applied practically with ESMHL.

Dr. Heidi Vermeer-Quist is a licensed clinical psychologist with over 20 years of clinical, teaching and consulting experience. She is an owner and clinical director of Heartland Christian Counseling in Urbandale and Pella (www.heartland-christiancounseling.com). She also provides family business and organizational consulting services through www.vqconsult.com.

I2, Holistic Health Care for the Equine in EAS CR All
   Horses, being sentient creatures, are very sensitive to emotions, thoughts and feelings of their humans. Many times, horses are treated with drugs and medications that can result in non-resolution of symptoms or adverse drug effects. Holistic veterinary medicine involves using products and therapies from nature to bring about physical and psychological balance in the horse. This oftentimes leads to complete healing and resolution of symptoms and conditions. Attendees will learn:
   * What holistic medicine involves (nutrition, supplements, homeopathy, herbal remedies, essential oils, vibrational tuning forks, chiropractic, acupuncture, etc.)
   * Why it’s important to turn to more natural-based methods of healing / treating
   * How a horse’s mental well-being is so important to physical healing
   * Brief case studies on how holistic therapies brought about resolution of problems when traditional medicine failed

Barbara A. Fox, DVM is a holistic veterinarian in northeast Iowa. After experiencing a life-threatening medical condition in 2007, Dr. Fox used holistic medicine and therapies to heal her body in lieu of conventional treatments. Thrilled with the results, she began studying and absorbing everything she could about holistic veterinary care for her own patients. She is a published author in several holistic veterinary journals and has been invited to speak at national, regional and local conferences over the past 10 years. Dr. Fox is a member of the American Holistic Veterinary Medical Association and the Veterinary Medical Aromatherapy Association. She lives on the family farm with her husband, Gary, their two horses, Pal and Chaser, and a variety of kitties.

3:40 – 3:50 p.m.  BREAK

Session J
3:50 – 4:50 p.m.

J1, The Sensory System and Behavior: Regulation in the Arena DE
   “Regulation” is our body’s ability to change the levels of alertness or arousal based on the needs in our environment. In our regulated state we can listen, learn and participate to the best of our ability. However, regulation can be hard to achieve for some because our bodies are overwhelmed with what
we see, hear, smell and feel in our environment. This webinar will provide therapists and instructors with an introductory knowledge on how the sensory system and sensory dysfunction impacts participation in the arena, including plenty of examples and case studies on behavior modification for the equine environment. Join us for an introduction to the sensory system; a brief summary of sensory dysfunction; case studies and examples of modifications to achieve regulation; and when to refer to a therapist.

**Kaiti King, OTD, OTR/L, CTRI** is project coordinator at HETRA. Kaiti obtained her doctorate degree from Creighton University and has spent the majority of her professional experience in outpatient pediatric therapy settings. In addition to treating participants at HETRA, Kaiti coordinates much of the virtual programming including the release of over 10 successful webinars last year and assisting to launch HETRA’s educational initiative and podcast “Not Just a Pony Ride.” Kaiti also enjoys mentoring students who are interested in equine-assisted services, including undergraduate as well as professional occupational therapy students.

**J2, Community-Based Learning Through the Miniature Horse CE**

So many of us come into the equine-assisted services industry with little to no horse experience but with a common interest of helping others. Previously thought to be unreachable communities can now be accessed through a miniature horse learning program. Due to the overall climate in the world, now is a better time than ever to connect with these communities to address social emotional learning and so much more.

- Understand how to get connected with schools, nursing homes, group homes, etc.
- Understand how and where to find funding;
- Understand the need for a miniature horse-based curriculum in your area;
- Understand the different learning areas to target in the curriculum
- Understand the need for desensitization of the miniature horses for the curriculum
- Understand the importance of building relationships with other organizations in your community

**Cassidy Fredrickson** joined the HETRA team as a volunteer in 2014. Cassidy has a bachelor’s degree in rehabilitative studies, with a minor in psychology and a master’s in occupational therapy from the College of Saint Mary. She started working at HETRA in 2018 when she became a PATH Intl. Certified Therapeutic Riding Instructor and since 2019 has also worked as an occupational therapist. In addition to treating participants in our adaptive riding and therapy services programs, Cassidy is also involved with the Life Skills Program, Job Coaching Program through NE VR, and has been a part of HETRA University where she has created many short educational videos and webinars.

**Angie Connell** is the Development Director at HETRA. Angie joined HETRA in February 2021 with over 20 years’ experience in management, planning and execution of events. Angie was a part of planning many major events such as Olympic swim trials, college world series, and NCAA basketball and volleyball tournaments. For the past decade Angie was an Executive Director for a local non-profit. Her experience combined with her studies at Creighton University and the University of Nebraska Omaha brings new ideas and a unique perspective to HETRA.

**Facilitated Networking Event – Round Tables**

**Dinner with the Region 7 Meeting, Field Test Standards Hearing and the PATH Intl. Region 7 2022 Awards**

**Sunday, February 27, 2022**

Iowa State University College of Veterinary Medicine

**Session K**

8:30 – 9:30 a.m.

**K1, The New CTRI Handbook CE**

The just released PATH Intl. CTRI Handbook will be reviewed in detail.

**Dionne Newton** is a PATH Intl. Advanced Instructor, CTRI, Mentor, ESMHL and the current PATH Intl. Region 7 Representative.

**Session L**

9:40 – 10:40 a.m.

**L1, Equine Care CR All**

Join Dr. Sponseller, DVM for a discussion of topics in horse care.
Brett Sponseller, DVM is an associate professor of Veterinary Clinical Sciences and Veterinary Microbiology and Preventive Medicine. Dr. Sponseller received his DVM from Cornell University, a Ph.D. from Iowa State University and served a residency at UC-Davis. He is a diplomate of the American College of Veterinary Internal Medicine with a specialty in Equine Medicine. Dr. Sponseller’s research interests are in equine infectious anemia, virology, and neonatal immunology. He is a member of the Iowa Veterinary Medical Association, the American Veterinary Medical Association, the American Society for Virology, and the American Association of Equine Practitioners. He received the Hero in Medicine national award from the American College of Veterinary Internal Medicine and was recognized by ISU with an exemplary faculty mentor award.

Session M
10:40 – 11:40 a.m.

M1, Small group tours of the Iowa State University College of Veterinary Medicine
Groups of 10 will be guided by CVM Ambassadors through clinical, diagnostic and student portions of the College of Veterinary Medicine. Groups will be at staggered starts and take alternate routing to provide space. While waiting for your tour group to go, networking tables with the hot topics of the day (and coffee) will be on hand. When your tour is concluded you may pick up your pre-ordered lunch and eat here or on your way home.

We look forward to seeing you soon in Iowa!