



Region 3 Conference

March 22-24, 2024

**Hosted by:
Dream Catchers at the
Cori Sikich Therapeutic Riding Center
Toano, Virginia**

PATH Intl. Region 3 welcomes you to an educational and fun weekend with your friends and colleagues in Virginia. Your registration fee includes a light dinner Friday evening, continental breakfast and lunch on Saturday and continental breakfast Sunday.

CONFERENCE LOCATION

Dream Catchers at the Cori Sikich Therapeutic Riding Center
10120 Fire Tower Road
Toano, VA 23168

LODGING OPTIONS

Holiday Inn

720 Lightfoot Road
Williamsburg, VA
757-220-0062
Discounted room rate \$139 with Code #DCG

Holiday Inn

515 Bypass Road
Williamsburg VA
757-225-9990
<http://tinyurl.com/holidayinn-bypass-road>

Comfort Inn

331 Bypass Rd
Williamsburg, VA
757-253-1166
<http://tinyurl.com/comfortinn-williamsburg>

PATH INTL. REGION 3 CONFERENCE REGISTRATION

Online registration will be available January 12, 2024, through March 8, 2024. After March 8, 2024, 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 12, 2024, through March 8, 2024:

Full Conference \$175 members \$225 non-members

Registration on-site after March 8, 2024:

Full Conference \$205 members \$255 non-members

Refund Policy:

No refunds due to weather unless the conference is canceled.

A written cancellation request is required for refund. Email manderson@pathintl.org

Deadline for Full Refund – Request received in PATH Intl. office by **March 8, 2024.**

Deadline for 50% Refund – Request received in PATH Intl. office by **March 24, 2024.**

Individuals who do not submit a written request to PATH Intl. by March 24, 2024 will not receive a refund.

Education:

This conference satisfies up to 7 hours of continuing education requirements.

COVID-19 Information:

Dream Catchers follows all CDC and State of Virginia guidelines regarding COVID-19 virus protocols. If you are ill or have been exposed to the virus at the time of the conference, we ask that you not attend. Please see the refund policy.

AGENDA

All times are Eastern.

Friday, March 22, 2024

12 – 5:30 p.m.

Registration

5:30 – 8:30 p.m.

Welcome with Light Dinner and Facilitated Networking

Saturday, March 23, 2024

8 –9 a.m.

Registration and Continental Breakfast

Session A

9 – 10 a.m.

A1, Riding Driving Comparison **CR Riding, CR Driving**

When providing equine-assisted services, riding and driving students can benefit from the required skills for each discipline. This presentation is a comparison of those skills and benefits.

Mary Jo Beckman is a PATH Intl. Master Level Riding Instructor, Level 1 Driving Instructor and accreditation lead site visitor.

A2, Equine Integrated Art Therapy **CE**

This presentation will introduce mental health professionals and ESMHL's to what art therapy is and a model that art therapists could use with horses. The session will discuss the ethical considerations about using art processes and materials with horses.

Susan Garnett is a Licensed Professional Counselor, Board-Certified Art Therapist, and PATH Intl. Equine Specialist in Mental Health and Learning.

10 – 10:15 a.m.

BREAK

Session B

10:15 – 11:15 a.m.

B1, Consent: Walking the Talk With Equines CR All

The purpose of this session is to explore the role of the emotional health of our equines and the role of their consent, in trauma-informed psychotherapy with clients.

***Dr. Iona Marcus** has 15 years of clinical experience as a mental health professional and over a decade of work as an equine facilitated psychotherapist in Northern Virginia. Dr. Marcus is a PATH Intl. ESMHL and is trained in Gestalt psychotherapy and EA-EMDR. She has over eleven years of teaching, research and presenting on topics related to psychotherapy incorporating equines and teaches counseling residents and students on this topic.*

B2, Beyond Adaptive Riding CE

This session will share additional equine-assisted services beyond adaptive riding, that can be added to program offerings to increase community reach, center income and facility utilization.

***Kate Lague** has been working with horses for almost 40 years. She has worked at Horse & Buddy as a PATH Intl. CTRI for the last seven years and as PATH Intl. ESMHL for the last four years. She leads a team of equine specialists that create customized EAL events including mindfulness retreats and corporate teambuilding events, in addition to offering psychotherapy and play therapy incorporating equines.*

***Rosa Scarborough** has been a PATH Intl. CTRI at Horse & Buddy for 16 years. She brought her business degree and healthcare operations experience to a more full-time role four years ago and is currently the silver saddles coordinator for seniors.*

11:15 – 11:30 a.m.

BREAK

Session C

11:30 – 12:30 p.m.

C1, Masterson Method CR All

The Masterson Method is an equine massage technique inspired by traditional Chinese medicine that utilizes gentle touch to access and release tension. Horses participating in EAS activities internalize a lot of stimulation doing their work and naturally build up mental and physical tension over time. This method fosters understanding of how touch affects the horse and is simple enough that it can be performed by almost anyone who is willing, benefiting both parties in this process.

***Sophia Wayner** discovered the Masterson Method through a good friend. It taught her the beauty of self-acceptance and understanding through the observation of equine behavior. Having struggled with a highly sensitive fight or flight response since she was small, Sophie was enlightened with a diagnosis of autism at age 21 and found inspiration connecting her own responses to the responses she observed in her equine friends. After earning her certification as a Masterson Equine Specialist, she began the process of integrating this method into Centenary University's therapeutic riding program where she has been volunteering for over two years.*

C2, Get on Course and Stay Inspired: Therapeutic Riding Instructor Advancement CE

This session will share good reasons to consider pursuing your PATH Intl. advanced and/or master level therapeutic riding instructor certification including how advancement benefits the individual instructor, participants, programs, and the industry as a whole.

***Karen Brittle, M.A.** is an assistant professor of equine studies at Centenary University and Director of Therapeutic Riding at Centenary (TRAC). She is a PATH Intl. Advanced Therapeutic Riding Instructor, CTRI and ESMHL. She is in the final stages of completing her PATH Intl. Master Instructor certification. Karen's professional calling has always been sharing her life-long love for horses, learning and teaching with others of all abilities and now also includes mentoring developing professionals towards rewarding careers in equine-assisted services.*

12:30 – 3 p.m.

Lunch with the PATH Intl. Update and Field Test Standards Update plus the PATH Intl. Region 3 Meeting and Awards Presentation

Session D

3 – 4 p.m.

D1, Speaking Horse CR All

This session will cover how horses see their world and how horses communicate in a herd and to people. Learn the importance of subtle signs of communication and how a horse's brain processes information. Learn the importance of leading with your shoulder and working as a partner.

***Anna Baucum** is a PATH Intl. ESMHL with a degree in psychology who currently works at Brook Hill Farm as the lead supervisor and veterinary technician. She has spoken at both national and regional PATH Intl. conferences and has run a clinic for the HHRF at the Temple Grandin Equine Center. She is also an assistant coach for United States Pony Club Championships.*

D2, Assessment of Equine Stress and Relaxation and Human Anxiety in Psychotherapy Incorporating Equines CE

Psychotherapy incorporating equines is a growing strategy in cognitive behavioral therapy that works with horses as a therapeutic tool. Given that horses play a central role in this practice, ensuring the process does not increase stress or impact wellbeing is critical. Little research has explored this aspect of psychotherapy incorporating equines. Measurements of both cortisol and behavioral observation were taken before and after sessions. It was compared between treatment sessions, where two horses participated with two therapists and a client present, and a control session, where the pair of horses were in the same location without the presence of the therapy team or client. Understanding how working in psychotherapy sessions incorporating equines could potentially affect the equine will help therapists provide better care for their equines as they are partnered with them in these sessions.

***Hannah Mohler** is a senior at Otterbein University. She will be graduating in May 2024 with a business management degree with minors in equine-assisted services and psychology.*

***Dr. Steffanie Burk** is an Associate Professor in Otterbein University's equine science department. She is a PATH Intl. CTRI, has a Ph.D. in animal science from the University of Kentucky and a M.Ed. from Slippery Rock University.*

***Dr. Bennett Grooms** is an Assistant Professor in Otterbein University's zoo and conservation department. He is broadly trained in animal behavior and conservation social science and focuses his research into understanding how human and animal behavior collectively impact conservation. He has a Ph.D. in fish and wildlife conservation from Virginia Tech, and a M.S. from Arkansas Tech University.*

4 – 4:15 p.m.

BREAK

Session E

4:15 – 5:15 p.m.

E1, Becoming a PATH Intl. Premier Accredited Center CE

This session will discuss the experience of a center who recently went through the process to become a PATH Intl. Premier Accredited Center and why accreditation is recommended.

***Faith Evers** is a PATH Intl. CTRI and ESMHL that graduated from Centenary University with a bachelor's in psychology and a minor in equine-assisted services. Faith is currently the lead instructor, volunteer manager and accreditation center representative at Ivy Hill Therapeutic Equestrian Center.*

E2, Psychotherapy Incorporating Equines: Addressing Complex Trauma in Children and Adolescents DE

This presentation will help define the therapeutic needs and subsequent goals for children and adolescents dealing with complex trauma, and how psychotherapy incorporating equines uniquely fits those needs and goals. A model program will be discussed.

***Dr. Wendi Nixon, PhD, NCC, LCMHC, PATH Intl. CTRI** graduated from Regent University with a Ph.D. in counseling and psychological studies and is a rostered provider of trauma-focused cognitive behavioral therapy in private practice in Elizabeth City, NC. She has worked with children and families for approximately 30 years. She offers psychotherapy incorporating equines to her community, currently implementing a new program to treat complex trauma, and has research interests in therapy incorporating equines.*

5:15 p.m.

Dinner on your own

Sunday, March 24, 2024

8 – 9 a.m.

Continental Breakfast

Session F

9 – 11 a.m.

F1, Keeping Horses Mentally and Physically Sound CR All

Come and learn about the current research on the ways to keep your horses both physically and mentally sound. Hour one will include tips to identify and avoid burn-out, as well as the physical effects of weight carrying and mental effects of workload. Hour two will include how to identify lameness and review best practices for keeping horse's sound.

Jo Anne Miller is the executive director of an accredited equine rescue and PATH Intl. Premier Accredited Center. She is a retired college professor of equine science. Jo Anne has served as the co-chair of the PATH Intl. equine welfare committee, a member of the HETI Equine Welfare Committee and on the Virginia Tech Equine Educational Advisory Committee. She currently is the chair of the EQUUS foundation's equine welfare committee and serves on the board of both the HHRF and the Virginia Horse Council. She has spoken both nationally and internationally on equine welfare best practices.

F2, Sensing Being Grounded CE

We've all heard it's good to be grounded, especially around horses. But normal life events (like physical or emotional injuries) interrupt our sense of embodied connection to the ground. Participants will engage in experiential activities and discussion, exploring how to self-assess and enhance their sense of being grounded.

Lasell Jaretzki Bartlett integrates over fifty years of experience in body mind awareness and meditation, with professional expertise as a clinical social worker. She is a Somatic Experiencing® Practitioner, Bodywork and Somatic Education® Practitioner (BASE-P) and PATH Intl. CTRI and ESMHL. She focuses on helping people develop a sense of safety that can support the best relationships imaginable.

Looking forward to seeing you soon in Virginia!