

**PATH Intl.  
Regional  
Conference**

**Presented**

**by**

**PATH Intl. Region 4**

**“Navigating the New Normal”**

**HYBRID**

**June 4-5, 2021**

**Hosted by:**

**Reins of Life, Inc.**

**Michigan City, Indiana**

PATH Intl. Region 4 welcomes you to an educational and fun weekend with your friends and colleagues virtually!

## PATH INTL. CONFERENCE REGISTRATION

Online registration will be available April 10, 2021, through June 1, 2021.

**IF YOU ARE A PRESENTER OR CONFERENCE COMMITTEE MEMBER,  
DON'T FORGET TO REGISTER WITH YOUR CODE!**

Registration April 10, 2021 through June 1, 2021:

Full Conference

\$125 members

\$175 non-members

**Refund Policy:**

**No refunds. Content will be recorded and available to watch on your own time.**

**Education:**

This conference provides a minimum of 9 hours of continuing education requirements and up to 21 hours if you watch the recordings of all the sessions you do not attend live!

TYPE	DESCRIPTION	CEU Conversion
DE	Disability Education	60 min = 1 DE
CR	Certification Core Requirement	60 min = 1 CR
CE	General Continuing Education	60 min = 1 CE

### AGENDA

**All times Are Eastern Daylight Time**

Session links will be provided prior to the conference.

#### Friday, June 4

8:30 – 10:30 a.m.

**Welcome & Conference Overview**

**PATH Intl. Region 4 Meeting and Field Test Standard Hearing  
State Meeting Breakouts**

#### **Session A**

10:45 – 11:45 a.m.

##### **A1, Learning Anatomy and How it Relates to Riding CR Riding**

Anatomy of the human and horse is an inside look at how we move around the horse on the ground or astride. Do you know how you are moving your bones and muscles? How does our movement pattern compensate inside our body? Are you aware? Your horse is! Our inside look at your unique body will include nerves, bones and muscles. This lesson in anatomy will help us visualize variations in our body and understand why your practice of being in the presence of a horse won't look like anyone else's.

*Julie Freeman is a professional anatomist who holds several accreditations in the medical, massage therapy, yoga and equine professional fields. She is a certified yoga therapist, board certified practitioner of complementary and alternative medicine, licensed massage therapist, certified massage instructor, certified reflexologist, and holds a master of acupressure. Julie is an A&P department head, higher education instructor, and PATH Intl. CTRI, Driving Level 1 Instructor, Equine Specialist in Mental Health and Learning. She holds a science degree and has taught in a variety of educational settings for over 18 years.*

##### **A2, Center Sustainability and Navigating the New Normal CE**

The pandemic's effect isn't just temporary. With the impact of COVID-19 on center operations came opportunities for centers to adapt and create new ways of fulfilling their mission. Many of these new or

adapted programs continue to be a vital part of services offered as we navigate the ways the pandemic has permanently impacted center operations. The pandemic also brought new ways of fundraising and financial operations. Assessing best practices and determining how your center will deliver on its mission in a financially sustainable way is key to ongoing organizational health and success. Join Kathy Alm, CEO of PATH Intl., as she explores successful new business and program practices and provides you with an opportunity to see how you might continue to pivot your center to successfully operating now and into the future.

**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, a PATH Intl. Premier Accredited Center (PAC) 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.

11:45 a.m. – 12:30 p.m.      **Lunch on your own**

12:30 – 2:00 p.m.      **PATH Intl. Update**  
**PATH Intl. Region 4 2020 and 2021 Awards Ceremony**

## **Session B**

2:30 – 3:30 p.m.

### **B1, Position Matters: How Rider Position Impacts Goals and Function Part 1 CR All or DE**

This presentation will cover correct rider/driver/vaulter alignment for various skill levels and disabilities, why it matters to your participants, and how to achieve proper alignment. Skills impacted by proper alignment will be discussed as well as ways to challenge participants in your program. Learning objectives include: Attendees will identify correct rider/driver/vaulter (TR/TD/IV) alignment and position and learn how to attain correct TR/TD/IV alignment and position. Attendees will identify the impact correct alignment and position have on the performance of the TR/TD/IV and how that can affect the activities of daily living, school and play. Attendees will identify how to incorporate participant/therapist/parent goals into TR/TD/IV lessons. Attendees will learn ways to dynamically challenge TR/TD/IV posture and alignment and how to accommodate various disabilities. Attendees will learn how the equine and equipment used impact TR/TD/IV posture and alignment.

**Bobbie Seng** is a pediatric physical therapist with 36 years of experience working with children of all ages with a wide variety of delays and special needs. Bobbie has worked in many settings from outpatient pediatric rehab, preschool and school settings, early interventions and pediatric home health. Her recent educational experience has been in manual therapy and development and treatment of infants and toddlers. She also has extensive training in neurodevelopment and lower extremity biomechanics and bracing. Bobbie has been volunteering at Reins of Life, Inc., a PATH Intl. PAC in South Bend, IL, for 15 years.

**Amanda Bubb** is a PATH Intl. CTRI, Interactive Vaulting Instructor, Therapeutic Driving Instructor and ESMHL at Reins of Life, Inc. Amanda has worked in the EAS industry for more than 15 years, and during that time she has served on different PATH Intl. committees and in various volunteer roles. Amanda is also a PATH Intl. Mentor and Associate Site Visitor and CHA Level 4 Equine Facility Manager and Assistant Clinician.

### **B2, Sensory Barnyard: Considerations & Benefits CE**

Learn how to incorporate the use of miniature horses and a variety of small animals into your programming. Animals such as miniature horses, goats, pigs, sheep and others can be a cost-effective addition to enrich your center's appeal and services to the community. Explore potential learning games and sensory activities with these different animals and learn the basics on how to get started!

**Allie Barnett** has been involved in the wonderful world of equine-assisted services since age 13 when she began volunteering at an up-and-coming center. Since then, she has obtained her bachelor of science degree in nursing, PATH Intl. CTRI, PATH Intl. Mentor, CHA Instructor Certification, Therapeutic Level Foster Parenting Certification and Stable Moments Certification. With 8 + years of nursing

experience and nonprofit entrepreneurship and instructing, Allie is now the executive director of Justin's Place in Wilmore, KY. Allie is passionate about helping other centers to get started and working with children who are vulnerable and/or neurodivergent.

## Session C

3:50 – 4:50 p.m.

### **C1, Position Matters: How Rider Position Impacts Goals and Function Part 2 CR All or DE**

See Session B1.

### **C2, Healthy Attachment: What Is It and Why We Need It to Function Well in a Chaotic World DE**

What is healthy attachment? What does it look like? Why is it so important? What are the impacts unhealthy attachment in individuals have on society? How can individuals working in the EAS field utilize knowledge about attachment issues to serve clients better? Attendees to this presentation will learn what attachment disorders are, what healthy and unhealthy attachments look like, possible causes and effects, and how to utilize this information when working with participants in EAS programming, including riders, ground program participants, EAP/EAL clients and volunteers.

**Tasha Federinko** is a PATH Intl. Certified Advanced Instructor and Evaluator who is also a licensed mental health professional. Her focus is on trauma, attachment, grief and loss. She's privileged to provide EAP and traditional talk therapy to her clients. In the field of therapeutic riding, Tasha's passions are working with teenage girls in developing/teaching riding/horsemanship camps, encouraging new instructors in their journey, and building creative curriculum. She regularly sings in the arena while teaching a lesson.

4:50 – 6 p.m.

### **Dinner on your own / Travel to in-person networking if applicable**

6 – 7:30 p.m.

### **Networking In-person and/or Virtual**

Join us for some wonderful networking as we touch base with friends and colleagues, share ideas and talk about our challenges. When registering please select whether you are planning to attend virtually or select a location to attend in person.

Indiana: Reins of Life, Inc  
9375 W 300 N  
Michigan City, IN 46360

Kentucky: Central Kentucky Riding for Hope  
4185 Walt Robertson Rd  
Lexington, KY 40511

Ohio: Lake Erie College  
Lake Erie College  
391 West Washington Street  
Painesville, Ohio 44077

Michigan: Renew Therapeutic Riding Center  
5080 146th Ave  
Holland, MI 49423

## **Saturday, June 5**

## Session D

8:45 – 9:45 a.m.

### **D1, A Roadmap for Skill Progression CR Riding**

This session will focus on skill progression for therapeutic riding students and how to consistently and systematically move students toward independence while learning horsemanship skills. Attendees will learn to 1) create a map for progression to include long-term and short-term goals, 2) add layers of support to ensure safety and determine when it is appropriate to peel the layers away, and 3) how to accurately document progress concisely and appropriately in compliance with PATH Intl. standards.

**Melissa Conner** is a PATH Intl. CTRI, an Advanced Instructor, ESMHL, Lead Site Visitor and Lead Evaluator for the Registered Level. Melissa is the executive director of Renew Therapeutic Riding Center, a PATH Intl. PAC in Holland, MI. She has been involved in the industry of therapeutic riding for over 15 years.

### **D2, Critical Thinking Can Change Your Center's Future CE**

Everyone thinks we are focusing daily on exactly what we should be doing. However, our instincts, daily pressures and often distorted or uninformed actions can lead our programs to go off track. Learn how critical thinking can be a game changer—for fundraising, board function, sustainability, staff teams, volunteers and students. Shoddy thinking is costly. Excellence can be intentionally cultivated.

**KC Henry** has been working in nonprofit management for 30+ years. She co-founded two therapeutic centers and also worked at Fieldstone Farm Therapeutic Riding Center, a PATH Intl. PAC in Chagrin Falls, OH, where she was the first paid staff member. She moved from instructor to program director to executive director, and under her leadership Fieldstone Farm completed a \$4.5 million dollar campaign, built a state-of-the-art therapeutic riding facility, and developed a staff of 31 people that served 200 students weekly. In 2006 she received the PATH Intl. James Brady Professional Achievement Award from PATH Intl. (then the North American Riding for the Handicapped Association). She is principal at Transitions Unlimited, a consulting firm for nonprofit businesses. KC works with a large variety of nonprofit programs both nationally and internationally. She specializes in project development, board development, strategic planning and start-up programs.

## Session E

10:05 – 11:05 a.m.

### E1, Developing a Resourceful Rider Part 1 **CR Riding**

We know that working with students with physical, cognitive and or emotional challenges requires an extra degree of planning, skill and understanding. The added challenges of only seeing the rider once a week for a period of time, and sometimes being restricted by what horses, volunteers and staff are available to facilitate the student's progression, can contribute to difficulty in progressing the student and developing their independence. In this workshop you will learn a number of simple, effective practices you can incorporate into your riding lessons that will improve the rider's retention of information, depth of understanding, and skill progression. We will explore ways of adapting our lessons for those unforeseen challenges. Incorporating these methods into our routine will enable our students to retain more information, build a deeper understanding and become more independent in their riding.

**Sarah Potts** has over 20 years' experience teaching riders, training horses and developing programming. Many of these years have been in the equine-assisted services field. She has been blessed to work with a variety of different centers and equestrian professionals over the years. She is passionate about seeing her clients grow, develop and enjoy meaningful relationships and activities that create fulfillment in their life. She is a graduate of Lake Erie College with a bachelor's degree in equine science and foreign language. Sarah is a PATH Intl. CTRI, Certified Advanced Instructor and Mentor. Sarah volunteers for PATH Intl. as the Ohio State Chair networking and promoting the industry. She is currently building a center that provides adaptive and typical riding lessons as well as instructor training in Bluffton, Ohio.

### E2, Burnout **CE**

In this fast paced, global pandemic world, burnout is real! What is burnout and what are the challenges our industry faces with this issue? This presentation will help you identify what burnout looks like in our equines, volunteers, staff and ourselves and will offer some strategies to help cut it off before it takes hold.

**Kim Berggren** has been a lifelong horse person, starting in the back yards of Wisconsin. She has been involved in the Equine-assisted services industry for over 25 years as an instructor, mentor and consultant. She has traveled across the country and made several trips to other countries helping people develop their skills and programs. She is a PATH Intl. Advanced Instructor, CTRI, Mentor, advanced instructor evaluator and site visitor. She has volunteered in several different roles for PATH Intl. and is currently is serving on the governance committee and the board of directors. Kim is also a 4-H horse project leader. Kim Loves the outdoors and fishing is one of her favorite activities. She also enjoys photography and playing hockey.

### E3, Equine Chiropractic and Acupuncture Part 1 **CR All**

In this session we will cover the basic anatomy and biomechanics of the horse, how a balanced vs. unbalanced rider can affect the function of the horse, how to recognize when your horse is being affected, how chiropractic/acupuncture can be used to prevent and treat your EAS horses, how to identify horses that can use chiropractic/acupuncture treatments as well as how chiropractic/acupuncture can help horses improve their performance.

**Dr. Christopher Payton** holds his DVM degree from Kansas State University College of Veterinary Medicine. Additionally, he is certified in large and small animal chiropractic from Options for Animals School of Chiropractic; veterinary acupuncture for large and small animals from The Chi Institute School for Animal Acupuncture; and canine rehabilitation therapy from the University of Tennessee Animal

Rehabilitation School. Dr. Payton is the chief of staff at Western Veterinary Clinic in South Bend, IN, and was the 2017 PATH Intl. Region 4 Veterinarian of the Year. In addition to his work, Dr. Payton enjoys time with his wife and two daughters, the great outdoors, hunting, fishing, Kenpo Martial Arts, horseback riding and archery.

## Session F

11:25 a.m. – 12:25 p.m.

### F1, Developing a Resourceful Rider Part 2 **CR Riding**

See Session E1.

### F2, Increasing Empathy and Teamwork - Using the Enneagram **CR All**

Learn the nine personality types of the popular self-discovery tool, the Enneagram. For each leader, volunteer, participant and staff, self-awareness is key to the success of your team! By gaining a basic understanding of your Enneagram type, you can become a better leader and team player, and can cultivate a deep sense of empathy for your partners. Come discover how this interesting tool can bring a positive, empathetic culture to your farm's therapeutic team!

*Allie Barnett* has been involved in equine-assisted services since age 13. After years of working as a nurse in adolescent mental health and volunteering as a youth mentor, Allie was inspired to start Safe Haven Equine Ministries, a PATH Intl. center in Georgetown, KY, in order to provide a safe place for youth in central Kentucky to experience healing and hope through working with horses. As a PATH Intl. Certified Registered Instructor, CHA Certified Instructor, and Stable Moments Licensed provider, Allie currently serves as director at Safe Haven, is a therapeutic foster parent and foster care advocate.

### F3, Equine Chiropractic and Acupuncture Part 2 **CR All**

See Session E3.

12:25 – 1:15 p.m.     **Lunch on your own**

## Session G

1:15 – 2:15 p.m.

### G1, This is Your World Part 1 **CE**

In this session attendees will learn how to turn your arena into a “world” and what it takes to provide meaningful programs to individuals recovering from addiction and trauma through partnering with mental health professionals from outside organizations. After the session you will understand how to identify potential partners, create a successful partnership, set and track goals and prepare yourself/your center for facilitating quality EAL/EAP lessons. Samples of custom program outlines and lesson plans will be shared and discussed, and there will be time for Q & A.

*Emily Padgett* has a BS degree in special education and elementary education. She found Agape in 2010 as a volunteer and has since been on staff for six years facilitating therapeutic riding and EAL sessions with schools and mental health organizations as a PATH Intl. CTRI and ESMHL. She is the site manager at one of Agape's three locations in Cicero, IN.

*Becca Spitzig* started riding at a PATH Intl. Center at age 9 and has been involved in many roles in the industry ever since. She has been a CTRI for six years, facilitating both TR and EAL sessions and is currently pursuing PATH Intl. Advanced Instructor certification. She is the site manager at one of Agape's three locations in Greenfield, IN.

### G2, Interns Welcomed: How to Implement and Utilize Internships in Your Program **CE**

Tap into the world of internships! During this session we will define internship, share benefits, talk about pay and legality, international students, do's and don'ts, and a method to success. "Interns Welcomed" offers a methodology on forming a successful, engaging and lasting internship program. Through the presentation, participants will learn a five-step method that can be applied to their center as well as important internship topics like orientation, legality, concerns and the impact of interns.

*Aly Olson* is a PATH Intl. Registered Instructor at Reins of Life, Inc., in Indiana and also serves as assistant to the executive director. Aly works closely with staff, community partners and regional chamber of commerce offices expanding the Reins of Life, Inc., network and scope of services. Her background is healthcare administration within large hospital systems, and she has a passion for finding care that works for patients and reduces re-admission rates.

## Session H

2:35 – 3:35 p.m.

### H1, This Is Your World Part 2 **CE**

See Session G1.

### H2, Whoa! Creating Equestrians Safely **CR All**

Stop worrying! Find the equine resources you need. United States Pony Club (USPC), the equine educational industry leader, provides access to exclusive instructional materials for ALL instructors, professors, teachers and educators. Organized, easy-to-understand lesson plans and resources make instruction easier. Participants will understand what resources are available to instructors and to students through the USPC.

*Connie Jehlik* joined the USPC National Office in June 2010. Her background is in education where she taught middle school science and high school agriculture for a total of 22 years. She received her A certification from Morgan Territory Pony Club and has remained involved in various volunteer/leadership roles in Pony Club through the years. Connie has been married to Michael since 1984, and they have two daughters who are Pony Club graduates. Connie and Michael own a farm in Mount Sterling, KY, and are now proud grandparents.

### H3, Horse Sense: Understanding Equine Behaviors **CR All**

This session will explore the reasons why horses behave the way they do and will consider best practices for the handling and care of horses in order to promote their overall health and longevity in EAS programs. Learning objectives will include 1) understanding the senses of the horse, 2) reviewing signs of overall health and well-being, and 3) analyzing reasons for unwanted behaviors and how to change them.

*Melissa Conner* see bio in session D1

## Session I

3:55 – 4:55 p.m.

### I1, Stepping Up and Stepping Out With Ground Driving **CR All**

Come and discover how to teach to different life stages and strengthen the relationship between your students and their horses through ground driving. Experience this foundation of focus and fitness for both human and equine. Lesson Objective: A deeper look at utilizing a ground driving program with different populations to achieve diverse goals.

*Tina Bennett* is a PATH Intl. CTRI, Level III Driving Instructor, Lead Driving Evaluator, ESMHL/Mentor. She is Cheff Center & 4-H certified in both riding and driving with over 40 years of riding, driving and training horse experience. Currently Tina teaches in three different Michigan 4-H programs: Saginaw, Bay and Midland counties. Her day job is managing Temptation Farm, a horse breeding and foaling facility.

*Kim Berggren* see bio in Session E2.

### I2, The Secret Touch **CE**

All life has energy flowing in a constant rhythm. When that rhythm is interfered with, issues arise: pain, anxiety, sleep issues, eating or digesting issues, not being at our best to enjoy life. The list goes on... During this hands-on workshop, you will be shown how to "SEE" those interferences and how to use touch to open the pathway. This applies to people, horses, dogs, etc., and you have the ability to assess and help relieve anxiety and pain in the horse and rider.

*Sheryl Mankel* is a PATH Intl. CRTI and ESMHL, CHA level 2 riding instructor, Nationally Certified Animal Acupressure Practitioner, Title One Para-professional. She began with PATH Intl. (then NARHA) in 1976 and has been involved with several organizations before becoming certified in 2000. After both of her horses became 'sour' from the EAS field, she set as one of her goals to find a way to help the horse feel good in our line of work and to help prevent burnout. Acupressure does that!

**We look forward to seeing you soon!**