



Regional Conference

April 22-24, 2022

Presented by: PATH Intl. Region 1

**Hosted by:
Shepard Meadows Equestrian Center, Inc.
Bristol, Connecticut**

PATH Intl. Region 1 welcomes you to an educational and fun weekend with your friends and colleagues in Bristol, Connecticut. Your registration fee includes Welcome Reception on Friday with light refreshments, Breakfast and Lunch on Saturday.

CONFERENCE LOCATION

Friday & Sunday

Shepard Meadows Equestrian Center, Inc.

733 Hill Street

Bristol, CT 06010

www.shepardmeadows.org

Saturday

DoubleTree by Hilton

42 Century Drive

Bristol, CT 06010

Lodging

Doubletree by Hilton

42 Century Drive

Bristol, CT 06010

860-589-7766

<https://www.hilton.com/en/hotels/bdlcddt-doubletree-bristol-connecticut>

Standard Rooms (Single or Double) \$179.00 Special Code Rate: PAM until April 1st.

4:45 – 5 p.m.

BREAK

5 – 6 p.m.

Welcome Reception, Facilitated Networking and State Meetings

Light refreshments will be available.

Saturday, April 23, 2022

DoubleTree by Hilton

7:30 – 8:30 a.m.

Registration & Breakfast

8:15 – 8:45 a.m.

Welcome, PATH Intl. Region 1 Meeting and Field Test Standards Hearing

Session B

9 – 10:15 a.m.

B1, Posture Perfect DE

Join us to learn how to get the most out of your time with clients/participants. It is all about using our nervous and muscular systems to our advantage. This presentation is full of helpful techniques that can be done prior to mounted work to improve functional outcomes. Come to this one-of-a-kind class where therapists and riding instructors learn how to prep clients before mounted work. We will discuss why posture is important physically and mentally, and basic anatomy. Learn about setting arousal stage (hyper/hypo), diaphragmatic breathing, muscle energy techniques, the use of abdominal binder/gait belts and Dycem.

Melissa Jarzynski, PT is a PATH Intl. Equine Specialist in Mental Health and Learning (ESMHL) and an EAGALA Equine Specialist. She has been a physical therapist for 19 years, focusing on partnering with horses to improve the lives of others. She is a board certified hippotherapy clinical specialist and also a REIKI and trauma-informed stretching practitioner. She is the clinical director at Endeavor Therapeutic Horsemanship in Bedford, NY.

B2, Interdisciplinary Collaboration Between Music Therapy and EAS: Feasibility and Design CE

Based on perspectives from the clinical experiences of a dual-certified CTRI/MT-BC and a MT-BC who has completed a master's level thesis study on the use of music therapy within equine-assisted services (EAS), this presentation will be a discussion of music therapy interventions, case studies and a SWOT analysis regarding overall collaboration efforts. The learner will be able to understand functions of music within the EAS session and understand factors that can influence the feasibility and design of discussed collaborative models.

Sister Ann Frances Thompson, FSE, MT-BC, PATH Intl. CTRI and ESMHL, is a board-certified music therapist through the American Music Therapy Assoc. as well as a master's level music educator having worked in both private and public schools for over 30 years. As a PATH Intl. Certified Therapeutic Registered Instructor (CTRI) for over 10 years she has been using music therapy with therapeutic riding, previously at the Equest Center in Michigan, and currently works as the volunteer coordinator at Shepard Meadows.

Sarah Lynn Rossi, MM, MT-BC, is a board-certified music therapist with undergraduate and master's degrees from Sam Houston State University. She studied under Sister Ann during her music therapy internship and completed a thesis entitled "Interdisciplinary Collaboration between Music Therapy and Therapeutic Riding: Feasibility and Design" while implementing music therapy interventions within programming at S.I.R.E. Therapeutic Horsemanship in Spring, TX.

B3, Equine Infectious and Zoonotic Disease CR All

This presentation will review the equine infectious and zoonotic diseases, their transmissions and prevention, and the cost associated with these diseases. Horses provide the foundation for therapeutic riding programs; however, every year infectious diseases create an economic burden on these programs through medical treatment and loss of use of infected horses. This report reviews the transmission and prevention of equine infections and describes the potential of disease transmission between horses and humans or humans and horses. In addition to a review of the diseases, we will analyze the cost associated with a disease outbreak.

Christopher Weber, DVM grew up on a farm in Nebraska. As a child he enjoyed his father's care for the cattle and horses. Dr. Weber received a BS degree in biology education from the University of Nebraska-Lincoln. Following college, he served 10 years in the U.S. Army as an officer and helicopter pilot. Following his time in the Army, Dr. Weber attended Tufts Veterinary School. Upon graduation from Tufts, Dr. Weber joined Salmon Brook Veterinary Hospital. He has worked there since 2005, caring for horses and cows as well as other farm animals. Chris and his wife, Rosemarie, live in Granby, CT, with their three children. Dr. Weber was the PATH Intl. Region 1 Veterinarian of the Year for 2021.

10:15 – 10:30 a.m.

BREAK

Session C

10:30 – 11:45 a.m.

C1, Bipolar 1; A Lived Experience DE

This presentation will review basic information about Bipolar 1, including prodromal phase, mania, psychosis, treatment and management. We will give a first-person account of someone living with the condition. Our objectives are for participants to learn basic information about the condition; learn to recognize signs and symptoms of the onset; become familiar with treatment and management methods (including side effects to medication); and planned strategies for participants in therapeutic riding lessons who have been diagnosed with Bipolar 1.

Janet Renard, PATH Intl. CTRI, MA Licensed Riding Instructor has been a CTRI since 2011 and is program director at Little Gems Therapeutic Riding in Stephentown, NY. She has completed the National Alliance of Mental Illness Family-to-Family Program, along with training to become a NAMI family support group facilitator.

Simone Olivieri is Janet's daughter, is the manager of the Sonsinil Animal Shelter in Pittsfield, MA, and is a seasonal trail guide for Cinch 'Em Up Trail Riding in Stephentown, NY. She was diagnosed with Bipolar 1 disorder in 2009 and has been a presenter for NAMI's In Our Own Voice program.

C2, Bringing Drill Team Into Your Therapeutic Riding Program CR Riding

Looking for something new to bring to your program that is both fun and exciting? Drill team is a great way for students to practice their social interactions and team-building skills while also advancing their horsemanship. From getting horses ready, designing costumes and music, there is plenty for everyone to be involved in! Hear more about bringing a drill team into your program and the benefits it can give those looking for a fun and exciting way to challenge their students and bring a sense of team and community to your barn. Learning objectives: 1) discuss the benefits of drill team for both social interaction and reinforcing riding skills, 2) review methods of introducing horses to drill team in both unmounted and mounted settings, 3) discuss ways of incorporating volunteers, family and other peers into being involved.

Valerie Parody, PATH Intl. CTRI is an instructor at Green Chimneys, a residential treatment facility located in Brewster, NY for children with disabilities and youth at-risk. She is also now serving as the PATH Intl. State Chair Representative for New York. She is a graduate of the University of Maine with a bachelor's degree in Animal Veterinary Science. During her time there, she rode with the University's Standardbred Drill team. After experiencing the sense of teamwork and positivity it can provide, she has brought her experiences into her programs, assembling multiple drill teams and performances over the past few years.

C3, "Why the long face?" Addressing Challenges With Horse Selection CR All

The ability for a program to maintain and continually address the needs of the program, herd and the participants is what will allow a program to be successful. Finding, assessing and selecting new program horses has become harder and harder with limited options available and with limited funds for equine purchases (and sky-rocketing prices). Programs have sought different options to be able to successfully maintain and grow their herds. Through implementing strategies for decision-making, determining need and identifying horses, programs can efficiently and effectively vet new prospects. Attendees will create a list of characteristics of a desired horse, determine how to find such a horse, assess a horse of interest in order to select or pass on a prospective equine. Attendees will be encouraged to share their own successful strategies.

Marny Mansfield, M.S. OTR/L is a PATH Intl. Master Instructor, CTRI and ESMHL. She is associate professor at SUNY Cobleskill and has been involved in the EAS industry for over 25 years. She has worked at programs both large and small and teaches and evaluates for all levels of PATH Intl. certification. At Cobleskill her teaching includes students seeking a bachelor's degree in technology in therapeutic horsemanship, which prepares future professionals for the industry. SUNY Cobleskill, a PATH Intl. Premier Accredited Center, hosts a community-based integrated program that serves between 50-60 participants per week.

11:45 a.m. – 2:15 p.m.

Lunch, PATH Intl. Update and 2022 Region 1 Awards

Session D

2:15 – 3:30 p.m.

D1, How Much Is Enough, Too Much, or Too Little? DE

Join us for a discussion on the critical role of the sidewalker(s), including reasons for providing more (or less) physical support for our clients/participants. We all want our clients to be safe and supported during mounted work, be it therapeutic (adaptive) riding or in a physical, occupational or speech therapy session utilizing equine movement. But what is the optimal amount of support and how can we educate our sidewalkers how to support our clients effectively in the least restrictive way? Attendees will 1) learn two to three methods to communicate with volunteers about appropriate levels of support, 2) be able to discuss two to three reasons for when to add or take away support from clients, and 3) know how to progress clients from more to less support.

Sarah Bronson, PT, PATH Intl. CTRI has over 20 years of experience as a TRI and physical therapist. She is the PATH Intl. Region 1 Representative and has served on several PATH Intl. committees. She is the executive director of Riding To The Top, a PATH Intl. Premier Accredited Center in Windham, ME.

D2, The Power of EAP in the Time of COVID-19 CE

Now more than ever in these pandemic times, therapy must be trauma informed, and equine-assisted psychotherapy provides an ideal therapy experience for measurable outcomes. This presentation will discuss how psychotherapy is enhanced by having horses a part of it, especially in these times when the therapy experience has been altered by the COVID-19 pandemic. From this presentation, attendees will understand some evidenced-based, generalist, eclectic therapy interventions effectively used in partnership and harmony with horses and equine specialists who are vital to the process.

Nicole Mulhall, LCSW is EMDR Certified and a Certified Hypnotherapist with MGH. She has 14 years of experience in social work and is the owner of Measurable Progress Therapy, LLC. She is a generalist, combining therapy modalities eclectically, individualizing treatment in a client centered way. New to EAP, having started with Shepard Meadows in late 2020, Nicole completed the PATH Intl. ESMHL workshop and horsemanship skills test in 2021. In providing EAP, she has come full circle in realizing a lifelong dream to work with horses professionally.

3:30 – 3:45 p.m.

BREAK

Session E

3:45 – 5 p.m.

E1, The Equus Effect: Profound and Practical Tools for Renewal and Resilience CE

The Equus Effect educates and illuminates attendees' understanding of our integrated equine-assisted learning, resilience coaching and psychoeducation approach to work with veterans, first responders, people in recovery, students, cancer survivors, leaders, healthcare professionals and others in transition. The Equus Effect is a structured and integrated EAL program that includes real-time, somatically-based experience with horses, with didactic, psychoeducation. Through in-hand horsemanship, facilitators use resistance and emotional dysregulation as a catalyst, rather than an obstacle for change. Participants cultivate a much wider range of healthy choices around self-awareness, self-management and self-leadership.

Jane Strong, PATH Intl. ESMHL is a somatic experience practitioner, certified equine experiential learning Instructor, and is internal family system trained. Jane is the co-founder, lead facilitator and executive director of The Equus Effect. Jane graduated from the Eponaquest Program in Tuscan, AZ, in 2005. Prior to returning to a life centered around working with horses, she was a professional coach and facilitator who taught leaders and individuals how to "take back the reins" in their own lives. She is an accredited Enneagram teacher, has studied with the Coaches Training Institute, the Center for Authentic Leadership and the Weatherhead School of Management at Case Western Reserve University.

David Sonatore, LCSW is a somatic experiencing practitioner and certified equine experiential learning Instructor. He is the co-founder, lead facilitator and program director of The Equus Effect. He is a graduate of the Eponaquest Program and is a therapist with a private practice in NYC and Bedford, NY and Certified Martha Beck life coach. David has developed his clinical skills working with inmates in the NYS correctional system and outpatient clients at the psychiatric clinic of St. Vincent's Hospital in NYC. David brings his inherent gifts of compassion, curiosity and intuition to his work and has an uncanny sense of identifying the human concerns that lie beneath the surface.

E2, Teaching Challenges Overcome CR Riding

How to keep your lessons fun and safe including best practices for mounts and dismounts, activities for engagement and ideas to guide posture and balance. Teaching riding lessons can be a difficult task. Add in the adaptations we make to promote successful learning for all abilities, and we have got ourselves a challenge—a fun, rewarding and exciting challenge. Attendees will learn some of the activities, tasks and methods that can be helpful in creating a safe, fun learning environment for individuals of all abilities. Objectives include: 1) to be comfortable and understand the various safe mounting and dismounting options, 2) to be exposed to various activities to encourage skill development and improve posture, and 3) to discuss strategies for engagement.

Leora Barry, OTR/L, HPCS, MLD/CDT, LMT, PATH Intl. CTRI has worked as an occupational therapist in a variety of inpatient and outpatient settings. She has been a PATH Intl. CTRI since 2003 and is a MA Licensed Instructor. Her passion is to help all people be their best selves through self-awareness and fun.

Sunday, April 24, 2022

Shepard Meadows Equestrian Center, Inc.

Session F

9 a.m. – 12 p.m.

F1, Meeting the Needs of Neurodiverse Participants: How CHATS and Wonder Horse Ranch Enhance Equine-Assisted Services With Horse Boy Method, Movement Method and ATHENA Horse Training Inspired Program 1 CE, 2 CR All

This presentation will introduce you to three certification programs offered by New Trails Learning System: Horse Boy Method, Movement Method and ATHENA Horse Training. Attendees will hear an overview of each method, why they were created and how they support the unique needs of neurodiverse populations. Examples of how these methods are put into practice and two equine-assisted service programs, CHATS and Wonder Horse Ranch, will be given. By the end of this presentation, attendees will understand: 1) the neuro science of learning: why stressed brains struggle, 2) Dr. Temple Grandin's three rules for success, 3) the six stages of Horse Boy Method and why they matter, 4) how to develop and produce equine movement that benefits both equine partners and participants, and 5) direct practice application through demonstrations. Attendees will view CHATS "Sensory Saturdays" demo and learn how to maximize facility space, on-board more volunteers and work through your wait list by providing interactive sensory days that meet the unique needs of children with autism and their families. Attendees will also see a Wonder Horse Ranch classical dressage training demo and learn why horses benefit from lungeing, long-lining, and in-hand work and how you can teach these skills to veteran participants or volunteers to rehabilitate, train and maintain your equine partners.

Betsy Kahl, PATH Intl. Advanced Instructor, CTRI, LCSW, LISW is a Franklin Method Equestrian Level I Educator and Horse Boy/ATHENA Trainer. She is the founder and director of the nonprofit Wonder Horse Ranch, a PATH Intl. member center in Elgin, TX, that teaches classical dressage training to veterans and first responders. She also works as an instructor in the veterans program at Capital Rock, in Georgetown, TX. Betsy created Wonder Horse Equestrian, LLC, to offer lessons, clinics and workshops in classical dressage training and Franklin Method Equestrian techniques in the hopes of making these skills more accessible to equine-assisted service professionals and programs. Betsy completed her undergraduate work at the University of Notre Dame and earned her master's degree in social work at Cleveland University.

Lee Gonzalez is a Movement Method and ATHENA/Horse Boy Trainer and Practitioner. She works as an instructor at Cole's Horse Autism Therapy Station in Yorktown, VA, and as a trainer for the New Trails Learning System. Lee has over 30 years of experience riding and working with horses. She attended the University of VA, where she rode on the equestrian team where she earned a BS degree in commerce and psychology.

We look forward to seeing you soon in Connecticut!