



2023 Region 10 Conference

May 11-13, 2023

**Hosted by:
CSU TGECC Spur Campus
Denver, CO**



**TEMPLE GRANDIN
EQUINE CENTER
COLORADO STATE UNIVERSITY**

PATH Intl. Region 10 welcomes you to an educational and fun weekend with your friends and colleagues in Colorado. Your registration fee includes a Pizza Party Thursday Evening, Friday morning pastries and Awards Lunch at noon.

CONFERENCE LOCATION

Thursday

Best Western Plus, Denver Stapleton
4590 Quebec Street
Denver, CO 80216

Friday & Saturday

CSU TGECC Spur Campus
4817 National Western Drive
Denver, CO 80216

Lodging

Best Western Plus, Denver Stapleton
\$99-\$119.00/Night PATH Intl. Rate
4590 Quebec Street
Denver, CO 80216

Booking Link https://www.bestwestern.com/en_US/book/hotel-rooms.06194.html?groupId=J86CR1T1
or Call **303-320-0260** (Select Option 2). You may cancel your reservation with no charge before 4:00 PM, local hotel time, by Wednesday May 10, 2023. For assistance (Select Option 3) Speak with Tamara Narula.

Transportation

Denver Int'l. Airport
8500 Pina Blvd
Denver, CO 80249

Denver Airport Shuttle
2840 S Vallejo St
Englewood, CO 80110
303-696-9559

PATH INTL. REGION 10 CONFERENCE REGISTRATION

Online registration will be available March 3, 2023 through April 28, 2023. After April 28, 2023, 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 March 3, 2023 through April 28, 2023:

Full Conference	\$135 members	\$185 non-members
PATH Intl. Higher Ed	\$110	\$125 Other Higher Ed show ID

Registration on-site after April 28, 2023:

Full Conference	\$165 members	\$215 non-members
PATH Intl. Higher Ed	\$140	\$155 Other Higher Ed show ID

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 **April 28, 2023.**

Deadline for 50% Refund - Request received in PATH Intl. office by **May 13, 2023.**

Individuals who do not submit a written request to PATH Intl. by May 13, 2023 will not receive a refund.

Education:

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

COVID-19 Information:

CSU TGECS Spur Campus follows all CDC and State of Colorado 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 above.

AGENDA

Thursday, May 11, 2023

Best Western Plus

4:30 – 6 p.m.

Registration & Welcome

6 – 8 p.m.

Pizza Party, PATH Intl. Update, Field Test Standards Update & Facilitated Networking

Friday, May 12, 2023

CSU TGECS Spur Campus

7:30 – 8 a.m.

Registration

Session A

8 – 9 a.m.

A1, Recruiting, Retaining, Developing Your Human Resources **CE**

Staffing continues to be a challenge throughout the country. Most industries are struggling to find people to fill a variety of roles. It can be particularly challenging in this climate, where unemployment remains low (3.7% as of January 2023) and competition for employees remains high. In addition, many of the roles at your center are specialized, with even fewer qualified people available. Kathy Alm shares best practices for recruiting, retaining and developing your human resources. Topics will include defining your organization's culture that attracts and retains staff, where and how to recruit, how to build your team and get the right people on the bus, prioritizing competitive wages and staff development opportunities, and employment law considerations. Leave this workshop with next steps for recruiting, retaining and developing your human resources.

Kathy Alm has been in the equine-assisted services industry for twenty-three years. She began her service as Chief Executive Officer of the Professional Association of Therapeutic Horsemanship, International (PATH Intl.) in August 2014. For the previous 15 years she served as Executive Director of Little Bit Therapeutic Riding Center in Woodinville, WA. She grew the previously grass roots organization from a \$280,000 annual operating budget to

a professional \$2.1 million organization. Kathy's board service includes PATH Intl.'s board from 2005 – 2013, including the office of board president, Founder/Board member of the Director of Disabilities Organization, Board Member of the Alliance of Eastside Agencies as well as Founder/Board member of Theatre Puget Sound. Throughout her tenure in equine-assisted services, Kathy has served as a PATH Intl. region representative, chaired the PATH Intl. Administrators committee, and presented at numerous regional and annual conferences all over the country. She holds a B.A. from Pacific Lutheran University. Her dedication to the field of equine-assisted services was ignited the moment she walked through the door at her first therapeutic riding center. Kathy is a co-author of the peer-reviewed paper, *Optimal Terminology for Services in the United States that Incorporate Horses to Benefit People: A Consensus Document (2021)*.

A2, It's Your Time: Create Your EAL Program in 2023 Part 1 CE

Create your EAL Program is a hands-on, interactive opportunity for EAL practitioners to develop a group or individual EAL experience: whether that be a workshop, seminar, retreat, or multi-session program. Participants will use creative processes for developing sessions, explore effective facilitation tools, and use experiential learning to bring the information to a transformative level. Participants will learn strategies for enrolling and connecting with their client base to create a thriving business. It is an opportunity for EAL practitioners to expand course development and integrate with existing skills to accelerate program growth.

Dr. Terry Chase is unique in her field and offers a deep and multi-faceted background of advanced education and hands-on experience in healthcare. Dr. Chase is Associate Professor of Nursing-Mental Health/Leadership at Colorado Mesa University, Grand Junction, Colorado. Additionally, Terry is a professional coach offering individual coaching and group experiences for growth and transformation. Since 2010 she has created and facilitated multiple Equine-assisted Learning programs for adults and children with disability, healthcare leadership teams, nursing students and individuals seeking personal growth through working with horses. Terry is trained in an eclectic blend of theory and hands-on practice in the field of Equine-assisted Learning. She holds the Certified Equine Interaction-Education (CEIP-Ed) status obtained through rigorous training and continued education requirements. Currently serving on the Temple Grandin Equine Center Advisory Board at Colorado State University, Dr. Chase is a self-motivated, highly educated individual who has lived fully with spinal cord injury for 30+ years active in all things outdoors, including kayaking, cross-country skiing, hand-cycling and whenever possible, riding horses.

A3, HHRF Track: Equine Well-Being CR All

Join us for an introduction to the Horses and Humans Research Foundation Equine Well-Being Committee as well as an overview of the 5 Domains of Animal Welfare and how they relate to EAS. This third track will run throughout the conference and includes discussion of industry best-practices and research that affects the health and well-being of our equine partners.

Dr. Pebbles Turbeville is the executive director for Horses and Humans Research Foundation. She recently completed her doctorate in sports management with an emphasis in leadership. She received her master's degree from NC State and her B.A. degree from Columbia College. Previously, she was associate professor and chair of the sport studies department at St. Andrews University where she taught students in the therapeutic horsemanship industry. She has been an adjunct professor and consultant for other higher education institutions in the equine studies industry. Pebbles served on the PATH Intl. (then NARHA) Board of Trustees and on several committees for PATH Intl. She has certifications from PATH Intl. as an Advanced Instructor, Mentor Faculty, Associate Faculty for the PATH Intl. Advanced Certification and Lead Faculty for Registered On-Site Workshop/Certification and Mentor Training. One of her favorite hobbies is equine photography.

9 – 9:15 a.m.

BREAK

Session B

9:15 – 10:15 a.m.

B1, Long Term TR Effects in Youth with ASD CE

Therapeutic Horseback Riding (THR) has demonstrated efficacy in a randomized controlled trial for children with autism spectrum disorder (ASD), including those who have co-occurring mental health conditions. A next step is to understand how the presence and interaction with horses produces beneficial effects. The primary aim of this study is to examine the potential underlying physiological mechanisms using a robust methodological approach. This presentation will cover the study methods and preliminary participant demographics for this ongoing study.

Hannah Christensen graduated from Regis University in May 2020 with her bachelor's in psychology and women's and gender studies. Since 2020, she has been working under the mentorship of Dr. Robin Gabriels as a

Clinical Research Professional on two R01 NIH/NICHD studies examining the mechanisms of therapeutic horseback riding and efficacy of a canine-assisted intervention with youth diagnosed with ASD and co-occurring mental health conditions. She plans to enroll in a clinical psychology graduate program where she aims to pursue her own Human-Animal Interaction (HAI) research working with underserved youth.

Robin Gabriels is a licensed clinical psychologist and Professor in the Division of Child and Adolescent Psychiatry, Depts. of Psychiatry and Pediatrics at the University of Colorado Anschutz campus School of Medicine and Children's Hospital Colorado. Dr. Gabriels has over 30 years' experience developing intervention programs along with assessing and treating a variety of pediatric and adult psychiatric populations, including those with autism spectrum disorder (ASD). Dr. Gabriels established the Neuropsychiatric Special Care program at Children's Hospital Colorado, one of the few nationally recognized specialized psychiatric inpatient and day treatment units for children with autism spectrum disorder (ASD) and/or intellectual disabilities. Her research efforts have focused on the autism population for the past 25 years and for the past 14 years, on evaluating the effects of Animal-Assisted Interventions (AAI) on youth with ASD. Dr. Gabriels successfully completed an NIH/NINR-funded R01 protocol studying the Effects of Therapeutic Horseback Riding on Children and Adolescents with Autism.

B2, It's Your Time: Create Your EAL Program in 2023 Part 2 CE

Participants will receive focused individual support, guidance, and encouragement. This experiential and outcome-focused session is for those who are committed to the long game of creating effective EAL programs and facilitating transformation. Participants must be willing to be a learner and to stay open to moving to the next level, bringing all gifts and abilities forward.

Dr. Terry Chase See bio in A2.

B3, HHRF Track: Domain 1 – Equine Behavior CR All

Horses are not people! They sense, feel, and respond differently than we do because their sensory systems and brain functions are different than ours. We can learn to understand and then act on what horses are telling us through what we call wanted and unwanted behavior. This leads to mutual respect and trust that then builds a strong bond resulting in a partnership of happy and healthy people and horses.

Molly Sweeney is the founder of the Horses and Human Research Foundation. She is originally from Chagrin Falls, Ohio, where she was blessed to grow up with horses in her back yard and still has 5 horses in her pasture in TX. Molly became involved with Equine-assisted services in 1990, when she started volunteering with SIRE, a local program in Houston TX. Molly was a volunteer there for over 20 years, was the Equine Director evaluating horses for the program and also served multiple terms as the board president. She served on the NARHA (now Professional Association of Therapeutic Horsemanship International) board from 1996 to 2002. Molly says she is not a researcher herself, but has never outgrown that childhood phase where one is always asking, "But WHY?"

10:15 – 10:30 a.m.

BREAK

Session C

10:30 – 11:30 a.m.

C1, Effect of Rider Anxiety on the Horse: Implications for Equine-assisted Services CR All

Attendees will learn about the current body of research regarding human-to-horse stress transfer, and how these findings apply to equine-assisted services settings. Our research found that, although novice riders showed an increase in heart rate when anxious about trotting for the first time, this did not cause significant changes in the ridden horse's behavior or heart rate. Lack of measured increases in equine stress were likely due to the rider's limited influence on the horse overall. This session will discuss the specific ways in which human-to-horse stress transfer was mitigated in our study, and how these protocols can be implemented in your arena. PATH Intl. certified professionals, equine managers, and volunteer managers alike will be able to list key considerations in managing and minimizing rider-to-horse stress transfer within their scope of practice. Though our research was conducted in a mounted context, the presentation will include research information and arena applications relevant for mounted and unmounted services across therapy, learning and horsemanship services.

Sarah Reega is a PATH Intl. Advanced Instructor, CTRI, ESMHL and Mentor. She has served on the PATH Intl. Equine Welfare Committee. She is the first ever PhD student in Animal Sciences with a concentration in Equine-assisted Services at Colorado State University. She works as a Graduate Research and Teaching Assistant under Dr. Caiti Peters at the Temple Grandin Equine Center. She holds MSc and BSc degrees in Equine Science, and she competes in endurance and eventing.

C2, Teach Connection First: How Attunement w/Horses Benefits Those With Neurodivergences CR Riding

The therapeutic partnering of horses to help those with ASD, ADD/ADHD, and Generalized Anxiety often benefits the person but not always the horse. For the therapeutic riding center, this can result in unsafe horses with unwanted behaviors and burnout. By teaching our participants attunement to the horse, self-awareness, self-regulation, and appropriate social connection may improve. We also mitigate negative impacts to our equines by giving them choices in the depth of contact with the student. The results are greater therapeutic benefits for participants beyond riding and increased attention to the horse, providing safer, more effective lessons and happier horses. Horsemanship does not begin with riding. When we all learn to listen and respond to the horse, everyone benefits.

Sally Conrad has been a PATH Intl. Certified Instructor since 2017, working full time as lead instructor at Two Bear Therapeutic Riding Center in Whitefish, MT. A lifelong horsewoman, and a student of natural horsemanship, she managed a large breeding farm where she observed domestic herds and their behaviors, gentled and started young horses and worked with all aspects of horse care there. She enjoys the outdoors, gardening, and music, and has also taught dance and guitar for many years.

C3, HHRF Track: Domain 2 – Environment CR All

In this session we will learn about the current research on a horse's environment, how it effects both their physical and emotional well-being, and the effects this can have on our programs. Learn ethical and effective management and ways to adapt your current facility to be more of a horse friendly environment.

Jo Ann Miller is the Executive Director of Brook Hill Farm, a fully accredited horse rescue by the Global Federation of Animal Sanctuaries and the Thoroughbred Aftercare Alliance, as well as a PATH Intl. Premier Accredited Center, working with rescue horses in all of the programs. She is an adjunct Professor of Equine Science at Randolph College. She has been the co-chair of the PATH Intl. Equine Welfare Committee and currently chairs the Equus Foundation's Equine Welfare Committee and serves on the HETI Equine Welfare Group. "I believe that research is the key to the future success of this industry and I am honored to be able to help HHRF in any way that is needed"

11:45 a.m. – 1:15 p.m.

PATH Intl. Region 10 Awards Luncheon & Region 10 Meeting

Session D

1:15 – 2:15 p.m.

D1, Integrating Long-ears into EAS CE

This presentation will cover the basics of the value of integrating long-eared equines (donkeys and mules) into adaptive riding, as well as cover the basics of the specialized training and management of long-ears within EAS.

Rachel Karneffel is the Director of Adaptive Riding at PATH Intl. Member Center Friends of Laughing Buck Farm in Fort Collins Colorado. She also runs Hee-Haw Halfway House Donkey Rescue and Education and has combined her two passions into training both donkeys and mules for several PATH Intl. centers throughout the years.

D2, Groundwork – Pathway to Communication Part 1 (Arena) CR All

Autism and PTSD are two challenging conditions for humans today. What both conditions have in common is body language as the primary tool of communication. Body language is the first language of the horse. Bringing the horse and human together using body language is an amazing soul opener for the human. The smile on the face of a child who feels alienated by autism is the confirmation. "This horse talks like me!" For the veteran, it is the silent acceptance of trauma past and a future to embrace. Many times, we get tears. But the deep breath of a veteran's comment says so much. "I feel like me again."

Pam Thode is a founder and Program Director for The Sunny Horse Foundation, a 501c3 Non-Profit and PATH Intl. Premier Accredited Center. She started the Veterans Horsemanship Program in 2016 to support those who have worked to keep our country safe. She has been teaching horse riding and training for over twenty years. Pam is a PATH Intl. CTRI. Her work with horses as partners inspired her to become certified as a horse trainer in the natural horsemanship style of the California-Nevada, Spanish Tradition through the Front Range Community College Equine Training and Management Program. Pam is a horse and rider trainer who specializes in developing the quiet gentle nature of our equine friends which depict the EAS horse. She is curriculum designer and instructor of Horse College I, II, III, Foal Fundamentals, Introduction to Horse Handling and Foal to Finish. In November 2022 she presented one session of the Vaquero Freedom Series at the Temple Grandin Equine Center. Pam has a B.A. in Elementary Education, is a certified Horse Abuse Investigator from the American

Humane Society and a Certified Healing Touch Practitioner from Healing Touch International. She is the author of Grandma's Horse about her adventure of developing an abused horse into a EAS partner. Pam lives in Broomfield with her husband and three equine friends. Pam's horses are often featured in her clinics and outside ministry work involving horses and people.

D3, HHRF Track: Domain 3 - Equine Nutrition CR All

Gain a deeper understanding of the unique digestive system of horses and learn how to make informed decisions about your feeding program. Learn about the importance of a well-developed topline, and how to evaluate and improve your horses' body condition for optimal performance and soundness.

***Marcie Ehrman** has been passionate about and deeply committed to promoting equine well-being along with a greater understanding and appreciation of the horse/human connection for as long as she remembers. With over 20 years' experience in the EAS field and having served on and co-chaired the PATH Intl. Equine Welfare Committee, Marcie had the privilege of getting to know Molly Sweeney. She considers it a great honor to be asked to be a part of HHRF, to support and further their mission and goals.*

2:15 – 2:30 p.m.

BREAK

Session E

2:30 – 3:30 p.m.

E1, Horses in Psychotherapy and Counseling: New Conceptual and Terminology Guidelines CE

The recent terminology recommendations endorsed by PATH Intl. for services that incorporate horses to benefit people asks individuals and organizations to use therapy-first language when describing treatment services such as psychotherapy and counseling where equine interactions are included (Wood et al., 2021). This represents a significant change from use of terms such as "equine-assisted therapy" and "equine facilitated psychotherapy". In 2021, a paper titled Conceptualization of Psychotherapy Incorporating Equine Interactions in the United States was published, building on the new terminology recommendations as well as practice guidance documents from organizations such as the American Counseling Association (ACA) and the American Psychological Association (APA) (Ekholm Fry, 2021). This new publication helps therapists and everyone working with equine interactions in human services in the United States to best understand, describe, and conceptually position interactions with horses in mental health services in a healthcare-aligned manner. In this presentation, you will learn about equine interactions as a therapy technique in a way that aligns with legal and ethical responsibilities of a licensed mental health therapist in areas such as professional communication, treatment planning and provision, and in engagement with healthcare processes such as service coding, reimbursement and insurance. Through use of recent publications, examples and opportunity for discussion, information pertinent to both practice and research concerning equine interactions in psychotherapy and counseling that aligns with current recommendations is provided.

***Nina Ekholm Fry** is the Director of Equine Programs at University of Denver's Institute for Human-Animal Connection and a PATH Intl. CTRI and ESMHL. She has a background as a mental health practitioner specializing in trauma treatment, as a competitive rider and equine behavior consultant, and as an academic professional. Her work in human-horse interactions includes horses in human services and equine behavior and welfare.*

E2, Groundwork – Pathway to Communication Part 2 (Arena) CR All

Continuation of D2.

E3, HHRF Track: Domain 4 – Health and Fitness CR All

For our equine partners to be content and completely present, they must be free from pain and discomfort. Unfortunately, the very nature and temperament of our program horses lends them to be stoic and tolerant of more discomfort and pain than most horses can stand.

***Jenny Nell Hartung** has been horse crazy since birth! She grew up in southern California riding horses on the beach and jumping everything in sight! Hunter seat equitation was her first true love... until she found 3-Day Eventing. A car accident ended her competitive jumping career, and she focused on Dressage at the FEI levels. Teaching and coaching riders of all abilities and skill levels, Jenny settled on a career in Therapeutic Riding, focusing on riders at the elite level and international competition. As an Advanced PATH Intl. Instructor and Certification Evaluator, Mentor and professional, Jenny has turned her interest and enthusiasm to our 4-legged partners and their health and welfare. Jenny lives in Wyoming with her husband, her sweet old horse, London, 2 cats and 3 dogs. She is a Social Worker and runs a branch of the Salvation Army for her county. "Horses and Humans Research Foundation has been the industry standard since its inception and I am grateful to be involved in the Equine Well-being Committee".*

3:30 – 3:45 p.m.

BREAK

Session F

3:45 – 4:45 p.m.

F1, Children Without a Conscience DE

Who are these children without a conscience? They are special children: children who struggle with trust, children who can't love or be accepting of love. They are children without a conscience who will one day become adults without a conscience unless they are helped. We will explore the etiology of these character-disturbed children and discuss how to identify them. This presentation is for every equine professional or volunteer who stands to encounter difficult children. We will review sobering case histories and pursue possible suggestions and recommendations on how to facilitate constructive interactions with them.

Thomas Manzione, Ph.D. is a licensed and certified mental health clinician with over 27 years of experience as both a psychotherapist and chief administrator for various mental health organizations. He is known for his work with both forensic clients and clients with co-occurring disorders. Dr. Manzione is a Licensed Professional Counselor and a Certified Addictions Specialist by the State of Colorado. Additionally, he is a Board-Certified Professional Counselor by the American Psychotherapy Association and a National Certified Alcohol Counselor II by the National Association of Alcohol and Drug Abuse Counselors. Dr. Manzione is a certified Equine Specialist in Mental Health and Learning and currently serves as the board treasurer of the Right Step, Inc.

Jaclyn Manzione, M.S. is a certified Equine Gestalt Coaching Method® Practitioner, an Equine Specialist in Mental Health and Learning and a Registered Psychotherapist (NLC) in the State of Colorado. Jaclyn has a Master of Science degree and serves as the Secretary of the Board of Directors at The Right Step, Inc. Jaclyn is the founder and Chief Executive Officer of the Xanthus Equine Gestalt Center LLC, located in the majestic Rocky Mountains of Colorado.

F2, Combining Liberty Work with Clients (Arena) CR All

Join the client and equine together for the purpose of deeper connections and trust using Liberty methods of horse training. Combine fun games and obstacles within the session. Clients will enjoy learning more about horse behavior and be able to relate on a deeper level for the purpose of bonding and trust.

Heather Purvis has been training equines for over 25 years. She enjoys helping horses recover from past traumas and uses her personal experiences to connect people with equines while speaking the equine's language. Horses teach us to listen, feel, think and recover our heart and soul.

F3, HHRF Track: Domain 5 – Mental State CR All

All other states affect the mental state. Horses are capable of conscious thought AND are hardwired to move from rest and digest into fight and flight in the blink of an eye. Understanding how the horse's autonomic nervous system works is key to understanding the mental state of the horse. As we learn to recognize the subtle signs of fight, fight, freeze or rest and digest, we gain a greater understanding of our horse's mental state. This allows us to see from the horse's perspective.

Cathy Languerand is a lifelong horsewoman, and learning to train, teach, share and listen to the horses has been her life's mission. She has spent the last forty years following this full-time passion to become a CHA Master Instructor. She has been an active member of the United States Pony Club, United States Eventing Association, Masters of Fox Hunting Association, and PATH Intl. She is a Reach Out to Horses Instructor with Anna Twinney, Bio Energetic Techniques with Dr. Regan Golob, and Irwin Insight Instructor Mounted, In-hand, and Driving with Chris Irwin. Teaching, training, managing farms, all levels of students, all types of horses from untouched to performance horses, and EAS horses, has allowed her to work with many thousands of horses and their humans in the most effective and compassionate way possible. By sharing an understanding of the empathic nature of horses, along with the science behind brain function and body language, she is able to assist others to deepen their partnership with their horse, on all levels, to become a more relaxed and skillful horseperson. She has spent the last ten years creating a curriculum for the next generation of horsepersons that addresses a greater sense of communication and understanding for both partners.

5:15 – 6:30 p.m.

Tour of the Temple Grandin Equine Center

6:30 p.m.

Dinner on your own

Saturday, May 13, 2023

CSU TGEC Spur Campus

Session G

8 – 9 a.m.

G1, An Ongoing Initiative Focused on Using Standardized Assessments to Measure Quality-of-Life Outcomes of Adaptive/Therapeutic Riding CE

This presentation will provide an overview of an ongoing joint initiative put forth by PATH Intl. and the Temple Grandin Equine Center focused on using standardized assessments to measure quality-of-life outcomes of adaptive/therapeutic riding at PATH Intl. centers. Learning objectives include: 1. Understand the purpose of an ongoing initiative to measure quality-of-life outcomes of adaptive/therapeutic riding; 2. Describe the results of a survey that gathered stakeholders' opinions about the use of standardized assessments to measure quality-of-life outcomes of adaptive/therapeutic riding; 3. Describe the results of a pilot study that assessed the feasibility of implementing standardized assessments to measure quality-of-life outcomes of adaptive/therapeutic riding at three PATH Intl. centers.

Caiti Peters earned a Master of Science in Occupational Therapy and a Ph.D. in Occupation and Rehabilitation Science from Colorado State University. She is a licensed occupational therapist with training from the American Hippotherapy Association, Inc. and experience providing occupational therapy integrating horses. She is currently an assistant professor in the Department of Animal Sciences at Colorado State University where she directs the research efforts at Temple Grandin Equine Center. Caiti's research focuses on the scientific development and evaluation of equine-assisted services broadly, with a specific focus on occupational therapy integrating horses for youth with autism spectrum disorder.

Kathy Alm See bio in A1.

G2, Trauma Informed Care in Therapeutic Horsemanship DE

Using the framework of Polyvagal theory, participants will gain an understanding of different mind-body responses to trauma, including hyperarousal and dissociation and how the equine's fight-or-flight instinct parallel this dynamic for the client's personal awareness and benefit. Through this awareness, participants will learn to be mindful of communication approaches, facility stimulation, and methods to help reduce triggering events for clients with a trauma background. Additionally, participants will learn several grounding techniques that can be applicable with and without equines should a client become triggered or emotionally dysregulated.

Emily Swisher is a licensed psychotherapist with six years of experience as a private practice specializing in Equine-assisted Psychotherapy and EMDR, located in Denver, Colorado. Emily obtained her CTRI and ESMHL certificate through PATH Intl. and has worked in conjunction with several PATH Intl. centers in Colorado, Arkansas, and Montana. Previously, Emily worked as a Program Director for an organization that provided therapeutic horsemanship and psychotherapy to adolescents with trauma, abuse, or neglect backgrounds.

G3, HHRF Track: Agility is Cool CR All

Come and learn about a new and exciting way to present groundwork skills to your clients! Learn about horse agility (yes, this is a real thing!) and how it can desensitize your horse, help you identify horse behaviors, and help your clients develop a deeper bond with their horses and gain confidence, problem solving skills and creativity all while having fun!

Anna Baucum is an ESMHL, holds a degree in psychology and has presented at both regional and national PATH Intl. conferences. She currently runs a Horse Agility Program at Brook Hill Farm, a PATH Intl. Premier Accredited Center.

Jo Ann Miller See bio in C3.

9 – 9:15 a.m.

BREAK

Session H

9:15 – 10:15 a.m.

H1, Understanding Your Center's Brand CE

Let's consider what makes up your center's unique image and reputation. We'll look at the components that make up your center's brand strategy, identity, management and experience and how each impacts relationships with your community and potential funders.

Kaye Marks is the PATH Intl. Director of Marketing and Communications, a position she has proudly held since 2005. Prior to that she served in membership marketing capacities for the Association of Perioperative

Registered Nurses and the Denver Zoo. After receiving her BA in journalism with a minor in advertising and public relations from the University of Northern Colorado, she earned her stripes working for award winning advertising agencies in Los Angeles. At the "gray-suit" agency D'Arcy, Masius, Benton and Bowles she was a media buyer and regional coordinator with clients such as GM, Mars and Anheuser Busch products. She also worked for the creative shop Livingston & Keye in Venice Beach that had clients Alaska Airlines, California Department of Tourism, etc., where the staff really did rollerblade in the office.

H2, Mindfulness Tools for Equine-assisted Services - Working with Veterans with PTSD DE

Effective EAS work with Veterans who have PTSD requires an understanding of the military and Veteran experience as well as knowledge of PTSD. Learning objectives: 1) Key features of military culture and transition to civilian life; 2) Symptoms and impairment associated with PTSD; and 3) Strategies for working with this population.

William (Bill) Marchand, MD is the Director of Research and Equine-assisted Services for the Whole Health Flagship site at the VA Salt Lake Health Care System, located in Salt Lake City, Utah. Bill is certified as a PATH Intl. ESMHL and by Eagala to provide equine-assisted psychotherapy. He is a Clinical Professor of Psychiatry at the University of Utah School of Medicine and an Adjunct Professor of Animal, Dairy and Veterinary Sciences at Utah State University. Bill is a long-term horse person and spends much of his free time hanging out with his Quarter Horse, Goldie.

Amy Hartquist, ESMHL & CTRL works for the National Ability Center (NAC), Park City, Utah. She was the ES for the portion of the study conducted at NAC and made many valuable contributions to the development of the intervention and this first pilot study.

H3, HHRF Track: Horse Agility Part 1 (Arena) CR All

Come, watch, and participate in an interactive demonstration of horse agility. Learn advanced horse desensitization, behavior identification and skills by professionals in the field. Be prepared to use your own horsemanship skills, knowledge of horse behavior, and problem-solving skills to help the horse handlers move through the obstacles!

HHRF Team See bios in previous sessions.

10:15 – 10:30 a.m.

BREAK

Session I

10:30 -11:30 a.m.

I1, Be a Star Supervising Instructor - Understanding the PATH Intl. CTRL® Application Requirements CE

Join this session to hone your understanding of the CTRL application requirements to make guiding instructors-in-training through the application process a breeze. This session will breakdown the certification application requirements, including the supervision/sign-off parameters, to make the application process simple to follow and compilation of application materials straightforward. Potential CTRL applicants are also invited to join.

Bret Maceyak has been a horsewoman from childhood and witnessed the efficacy of therapeutic riding for individuals with disabilities during her teens. She knew early on that a career in equine-assisted services (EAS) was inevitable. Wanting to gain a better understanding behind the physiology and biomechanics associated with the benefits of therapeutic riding, she studied Kinesiology and Integrative Physiology at the University of Colorado at Boulder, earning a bachelor's degree. After achieving PATH Intl. Registered Therapeutic Riding Instructor Certification in 2010, Bret relocated to a large PATH Intl. Premier Accredited Center in Washington state, Little Bit Therapeutic Riding Center, to increase her exposure to populations of EAS participants. Through her experiences as a therapeutic riding instructor and a long liner for PT, OT and SLP treatment sessions using equine movement, Bret became passionate about elevating the understanding, visibility, professionalism and reputation of PATH Intl. credentials in the eyes of the public. Bret Maceyak is currently the Director of Credentialing with PATH Intl. As director and serving as the staff liaison to the PATH Intl. Credentialing Council, Bret is responsible for the development, maintenance and third-party accreditation of PATH Intl. certification programs and credentials.

I2, Developing A Successful School-Based Program CE

In this interactive, experiential, and reflective course, we will explore the intersection of social emotional learning and equine-assisted learning with an emphasis on practicing and developing essential skills of empathy, optimism, intrinsic motivation, clear intentions, decision-making, self-regulation, and employment of tools such as the simple but powerful Six Second Pause. Participants will learn how to develop curricula that use these concepts to enhance learning, relationship quality, and self-efficacy in their equine learning populations.

Preliminary findings from the most recent study being conducted by the research team at the Temple Grandin Equine Center will also be shared.

Tamara Merritt, BS is a PATH Intl. CTRI, ESMHL and Mentor. Tamara brings 32 years of experience working in the field of equine-assisted services. As the Director of Program Innovation and Research at Hearts & Horses, Tamara is responsible for program development, instructor education, research coordination and community outreach. As the site coordinator for various research projects, Tamara is excited to contribute to the widening body of scientific evidence that quantifies the specific benefits and unique elements that equine-assisted services can provide. Tamara has a BS in Kinesiology. In 2009, Tamara was named Region 10 "Instructor of the Year" by PATH Intl.

Jacy Layton, BS, MSW is a PATH Intl. CTRI. Jacy provides a unique perspective combining her knowledge of social work and passion for horses. As the Youth Services Coordinator at Hearts & Horses, Jacy is responsible for participant communication and acts as a staff liaison for participants and family members enrolled in the Changing Leads and research programs. She actively assists in community outreach, curriculum development, and volunteer training, in addition to instructing as a PATH Intl. Registered Instructor for various youth at-risk and research programs. Jacy is ecstatic to support continued research in the benefits of equine-assisted learning and has witnessed the positive impact it has on the youth within our community. Jacy currently has her B.S. in Equine Science, Master's in Social Work with a certificate in advanced clinical and behavioral health and is actively working towards her Equine Specialist in Mental Health and Learning.

Sarah Matlock is a Ph.D. candidate in the School of Education and teaches Applied Equine Behavior at Colorado State University.

I3, HHRF Track: Horse Agility Part 2 CR All

Continuation of H3.

11:30 – 11:45 a.m.

BREAK

Session J

11:45 a.m.-12:45 p.m.

J1, COMBOS that CLICK! Matching Equine to Student CR ESMHL

A successful lesson or session often depends on the rapport (or lack thereof) between the student/client and the equine selected as a partner. Choosing the "right" equine for the intended or hoped for interaction or result can be challenging! An educated, experienced horseperson can usually tell quite a lot about the personality of a particular horse prior to working with the equine. An experienced psychologist or other mental health professional can observe and listen to a fellow human and discern much about them. How can the horse knowledge and skills of the team involved be combined to create the most desirable outcome for the client?

Estella Star Hughes is a PATH Intl. CTRI and ESMHL. She has conducted her own business, *EQUESTRAINING*, for many years, teaching English and Western riding and vaulting to children, teens and adults. Her education and professional experience include training and showing in numerous disciplines, including eventing, endurance riding, reining and dressage.

J2, Mindfulness Tools for EAS CE

Mindfulness is simply keeping attention focused in the present moment without judgement as opposed to the mind wandering on autopilot. A large body of literature indicates that practicing mindfulness can reduce stress, enhance enjoyment of life and facilitate personal growth. For those working in equine-assisted services (EAS), a mindfulness practice can enhance our work performance and enjoyment as well as facilitate having more fulfilling relationships with horses and clients. This presentation will provide participants with information needed to start or enhance an existing mindfulness practice and will include short practice sessions. Specific practices will be provided for using mindfulness in EAS work.

William (Bill) Marchand, MD See bio in H2.

J3, HHRF Track: Wrap Up CR All

Engage in a lively interactive discussion with members of the HHRF Equine Well-being Committee to address any or all of the topics covered in our 2 days of equine well-being presentations. This will be an opportunity to ask questions, share ideas and provide input on what you feel are the top concerns about the well-being of equines in your program and in our industry. You won't want to miss this session!

HHRF Team See bios in previous sessions.

We look forward to seeing you soon in Colorado!