



# Region 8/LSTEN Conference



**August 2-4, 2024**

**Produced by PATH Intl. Region 8  
in Partnership With and Sponsored By  
Lone Star Therapeutic Equestrian Network**

**Hosted by:  
Equest Therapeutic Horsemanship  
Dallas, Texas**

**PATH Intl. Region 8 and LSTEN welcome you to an educational and fun weekend with your friends and colleagues in Texas. Your registration fee includes lunch and dinner on Friday and lunch on Saturday.**

## **CONFERENCE LOCATIONS**

Preconference, Saturday & Sunday

**Equest Therapeutic Horsemanship**  
811 Pemberton Hill Road, Building 4  
Dallas, Texas 75217

Friday

**Northwest Bible Church**  
8505 Douglas Ave.  
Dallas, Texas 75225

## **LODGING OPTION**

**DoubleTree Dallas Campbell Centre**

8250 North Central Expressway  
Dallas, Texas 75206

Double Queen Guestroom is \$129.00 Per night.

King Guestroom is \$129.00 Per night.

Must call directly to book group rate, talk with the front desk.

Call (214) 691-8700

Event Name: Equest-PATH Region 8

# **PATH INTL. CONFERENCE REGISTRATION**

Online registration will be available May 31, 2024 through July 19, 2024. After July 19, 2024, registration will need to be completed on-site. This conference is in-person only. There is no single day registration.

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

## **Registration May 31, 2024 through July 19, 2024:**

Full Conference \$175 members \$235 non-members \$155 PATH Intl. Higher Ed Faculty/Students

## **Registration on-site after July 19, 2024:**

Full Conference \$225 members \$285 non-members \$205 PATH Intl. Higher Ed Faculty/Students

## **Preconference Registration May 31, 2024 through July 5, 2024**

**PATH Intl. Mentor Training Course\*** \$190 members \$240 non-members

*\*Registration includes lunch and a manual. Register by July 5, 2024. If less than 8 are registered by this date, this course may be cancelled, and refunds issued. Registration on-site is not available.*

## **Preconference Registration May 31, 2024 through July 5, 2024**

**PATH Intl. Standards Course\*\*** \$60 members \$75 non-members

*\*\*Registration includes lunch. Bring your own manual. Register by July 5, 2024. If less than 15 are registered by this date, this course may be cancelled, and refunds issued. Registration on-site is not available.*

## **Refund Policy:**

***No refunds due to weather unless the conference is canceled.***

**A written cancellation request is required for a refund. Email [manderson@pathintl.org](mailto:manderson@pathintl.org)**

**Deadline for Full Refund** – Request received in PATH Intl. office by **July 19, 2024.**

**Deadline for 50% Refund** – Request received in PATH Intl. office by **August 4, 2024.**

**Individuals who do not submit a written request to PATH Intl. by August 4, 2024, will not receive a refund.**

**Preconference Deadline for Full Refund** – Request received in PATH Intl. office by **July 5, 2024.**

**Preconference Deadline for 50% Refund** – Request received in PATH Intl. office by **July 30, 2024.**

**Individuals who do not submit a written request to PATH Intl. by July 30, 2024, will not receive a refund.**

***No refunds after this date.***

## **Education:**

This conference satisfies up to 12 hours of continuing education requirements. The pre-conference Mentor Training Course satisfies up to 12 and the PATH Intl. Standards Course up to 6 additional hours of continuing education requirements.

### **COVID-19 Information:**

Equest Therapeutic Horsemanship follows all CDC and State of Texas 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 central.

### **Wednesday, July 31, 2024**

#### **Equest Therapeutic Horsemanship**

12 – 1 p.m.

**Preconference Registration Open**

1 – 5 p.m.

**PATH Intl. Mentor Training Course – Part 1 **CE****

Manual provided.

## **Thursday, August 1, 2024**

### **Equest Therapeutic Horsemanship**

- 7:30 – 8:30 a.m.      **Check-in / Registration for PATH Intl. Standards Course Open**
- 8 a.m. – 12 p.m.      **PATH Intl. Mentor Training Course – Part 2 CE**
- 9 a.m. – 12 p.m.      **PATH Intl. Standards Course – Part 1 CE**  
Bring the most current PATH Intl. Standards for Certification and Accreditation Manual with you – it is not provided.
- 12 – 1 p.m.            **Lunch Provided**
- 1 – 5 p.m.             **PATH Intl. Mentor Training Course – Part 3 CE**
- 1 – 5 p.m.             **PATH Standards Course – Part 2 CE**
- 3 – 5 p.m.             **Early Conference Registration Open**

## **Friday, August 2, 2024**

### **Northwest Bible Church**

- 7:30 – 8:30 a.m.                      **Registration & Welcome**

### **Session A**

8:30 – 9:30 a.m.

#### **A1, Working With Comorbid Mental Health Diagnoses: Where Are Our Boundaries? DE**

This presentation will introduce the topic of working with clients diagnosed with mental health disorders, in addition to their other diagnoses. We will discuss how to determine if a client is a good fit for therapeutic riding in the context of their mental health, some activities and adaptations to use with these clients, when to ethically refer, and other related topics. The goal is for attendees to leave this session with a greater understanding of boundaries as they pertain to accepting clients with mental health disorders, how to work with clients that fit within the scope of practice of a PATH Intl. CTRI®, and how to inform their methodology while they participate in sessions.

***Katherine Anne Scott** is a PATH Intl. CTRI® and a Licensed Professional Counselor in the state of Texas. She holds a Bachelor of Science in Psychology from the University of Arizona and a Master of Science in Clinical Neuropsychology from the University of Tyler of Texas. She founded GRIT Therapeutic Horsemanship in November of 2020 and has turned it into a thriving program. As a child and adolescent, Kat was a competitive hunter-jumper who studied under Kathy McDonald with McDonald Performance Horses in Tucson, AZ. She enjoys spending time with her animals and family and you'll likely see her riding in between sessions.*

#### **A2, What Happens Next? CE**

Horsemanship and heart-felt compassion are often the foundation for a PATH Intl. Center, however, sustainability, strategic and succession planning are necessary to ensure your facilities, horses, volunteers and participants are not left hanging if something were to happen to the founder. Join us for an interactive hour of ideas that will help founders and executive directors plan for the future of their center in a manner that meets IRS requirements, increases the chance that your mission is fulfilled, and encourages boards to provide the governance needed for an organization to be respected by funders.

***Julie Jones** has a background and education in non-profit management that gives her a different perspective on what it takes to run a successful, sustainable center and she looks forward to sharing the knowledge with others throughout the industry. After raising five amazing adults, God directed Julie to move to a little area of Oklahoma called Shamrock. He promised her a blessing if she went and the blessings just continued to roll in. One of the best things to come into her Oklahoma life during the 2020 COVID-19 shutdown was an introduction to EAS. She has fallen in love with the "business" of offering healing and empowerment through horsemanship. When she isn't helping nonprofits plan for their future, she serves as a Region 8 Ambassador for PATH Intl., works on improving her own horsemanship skills, goes on "Grandma Dates" with her nine grandchildren, and builds relationships with the people of Shamrock.*

#### **A3, Yoga as Union with Horses CE**

This presentation will cover all 8 limbs of the practice of yoga. A detailed description of each limb will be discussed, and handouts will be given. The objective of this presentation is to demonstrate how each limb

strengthens the horse-human bond and how developing a yoga program at a center can establish a practice of wellness for staff and clients and benefit the horse in the process. We will end with a short chair yoga demonstration with an explanation on how to modify the movements to practice with an equine.

**Karen Perkins** is a certified life coach with a deep passion for helping others transform their lives. She is certified in trauma-informed yoga therapy but also in and Equine Yoga Therapy, a unique approach that combines the healing power of yoga with the wisdom of horses. As a Holotropic Breathwork Facilitator and facilitator of learning and coaching, Karen has honed her skills in guiding individuals through transformative experiences. With over 35 years of experience in horse disciplines such as hunter/jumper, endurance, and trail, she has developed a deep connection with these magnificent animals. For Karen, working with horses is not just a profession, but a soul calling and a privilege. Karen's involvement in Healing with Horses Ranch (HHR) began as a volunteer in 2020. Karen joined the board in 2022 and is also a staff member working primarily as a group facilitator providing therapeutic equine services to members of Austin's addiction recovery community. Karen holds a bachelor's degree from the University of Texas, Austin. When she's not working, she loves spending quality time with her family and friends. She also enjoys the vibrant wake surfing life in Austin and dotes on her two adorable dogs, Lola and Tiger Lily.

#### **A4, Healthy, Happy, Sane and Sound: Preventing Equine Burnout - Part 1 CR All**

As the EAS industry continues to expand and diversify it is of utmost importance to keep the needs of our equine partners at the forefront of the movement. We'll discuss topics such as appropriate equine selection (evaluate what your program needs and what to look for in those equines), proper training and integration into programming (including appropriate workload management, effective handling techniques and time off), regular health assessment and maintenance, and other management best practices that help keep herd members engaged for the long haul.

**Shelby Schult** grew up riding and showing American Quarter Horses, in a barn where adaptive riding and therapy services were being offered every day. Upon graduating with a bachelor's degree in animal science, she took a full-time position at Heartland Equine Therapeutic Riding Academy (HETRA) as the equine operations manager and has most recently moved into the role of program director. She is a PATH Intl. CTRI®, ESMHL and Mentor. She was selected as the 2023 PATH Intl. Region 7 Equine Caretaker of the Year. Shelby is driven by building and maintaining a herd that is "healthy, happy, sane and sound" and strives every day to learn from the horses and to share that knowledge with others in the EAS industry.

9:30 – 9:45 a.m.

**BREAK**

#### **Session B**

9:45 – 10:45 a.m.

#### **B1, Wrangle Your Data CE**

Scared of data, metrics, client files or records? Get desensitized to data management and learn about free tools that your organization can implement to help organize and analyze all your data.

**Arianna Roman** (She/Her) is adaptive riding director at Healing with Horses Ranch and has spent a decade in the field of nonprofit work to make the world a more inclusive place for people with disabilities and youth at-risk. She holds a bachelor's degree in organizational communications and has a passion for simplifying business processes so staff can focus on "the real work."

**Zoe Lacey** (She/They) is client coordinator at Healing with Horses Ranch and has a passion for data science. They have a bachelor's degree in geosciences. Outside of their work in EAS, Zoe works to preserve Texas' natural resources through natural resource management.

#### **B2, Where the Horses Heal the Soul - Part 1 CE**

Join us for a screening of "Where the Horses Heal the Soul," a full feature documentary about the EAS industry, 4 participants, research, PATH Intl., ROCK (Ride On Center for Kids) and Texas A&M Courtney Cares.

**Nancy O'Meara Krenek, PT, DPT, HPCS, PATH Intl. CTRI®** has been a physical therapist since 1984 and has specialized in equine-assisted services for children, adults and veterans since 1998. She is the CEO and Founder of ROCK (Ride On Center for Kids) in Central Texas and the Executive Director of the Texas A&M University Courtney Cares in College Station, TX. She co-teaches a class at TAMU with Dr. Lightsey on EAS. She has participated in over 24 research protocols, with 4 being published in peer-reviewed journals regarding EAS. She was the 2021 PATH Intl. Certified Professional of the Year.

### **B3, Staff Burnout CE**

It happens, we've all been there! Learn about workplace stress and its potential impact to your center. Discover the brain systems and how they participate in the stress response. Learn how to avoid staff burnout and compassion fatigue and recognize when it's happening. Find out what to do to help your staff (and you!) overcome it and thrive in their jobs! This will be an interactive session so please come with your ideas to share.

**Marsha Anderson, PATH Intl. Advanced Instructor, CTRI, ESMHL** has a master's degree in animal science from Texas A&M University. She has been involved in equine-assisted services for 30 years and founded Equul Access, Inc., a PATH Intl. Premier Accredited Center, in 2002. Marsha is a Mentor, Mentor Trainer, Associate Advanced Instructor Evaluator, Standards Course Faculty and Lead Site Visitor. She served six years as the PATH Intl. Region 6 Representative and was chair of the Region Representative Council (now known as the MOC). She has also served on PATH Intl. committees, subcommittees and task forces, including the Riding Certification Subcommittee and the Certification Oversight Committee. She is currently the PATH Intl. region conferences coordinator.

### **B4, Healthy, Happy, Sane, and Sound: Preventing Equine Burnout - Part 2 CR All**

Continuation of A4.

10:45 – 11 a.m.

**BREAK**

### **Session C**

11 a.m. – 12 p.m.

### **C1, Summer Camp CE**

Summer Camp is an alternative to traditional horsemanship activities. ROCK (Ride On Center for Kids) has been conducting summer camps for more than 15 years. During that time, there have been different formats and partnerships. Camp Brightside is an inclusion camp for kids ages 8-15. Camp Courage is offered to military-related children ages 8-15. Join us for descriptions of activities and camp objectives along with planning and onboarding processes. Take away camp activities and streamlined procedures for running your summer camp!

**Gaby Stephens** is an avid equestrian with 20+ years of competition experience competing to the FEI level in both 3-day eventing and dressage. Gaby holds bachelor's degrees in therapeutic horsemanship and psychology and a master's degree in business administration from St. Andrews University. She is a PATH Intl. CTRI® and ESMHL, and a USEF Bronze Level Para-Dressage Coach.

**Lauren Crabb** is a PATH Intl. CTRI® and physical therapist assistant. She began her journey in the therapeutic horsemanship world at the Cheff Center in Michigan during high school and went on to graduate from St. Andrews Presbyterian College with a bachelor's degree in therapeutic horsemanship in 2010. She spent the past nine years working at different physical therapy clinics in southwest Michigan. Lauren enjoys anything outdoors, astrophotography and running with her Heinz 57 mutt!

### **C2, Where the Horses Heal the Soul - Part 2 CE**

Continuation of B2.

### **C3, Counseling with Equine Interactions DE**

This lecture serves as an introductory guide to counseling with equine interactions, offering insight into its fundamental principles, clinical theories, differentiation from similar equine-assisted services, essential provider competencies, nuances of equine behavior and the integral role of horses in therapeutic partnerships. Join us for an exploration of the evolving landscape of counseling with equine interactions and its implications for modern mental health practices.

**Courtney Uffer** is a PATH Intl. ESMHL and holds a master's degree in clinical mental health counseling from Texas Christian University. She is licensed in the state of Texas as a Licensed Professional Counselor and her formal education and clinical experience prepared her to counsel individuals across the lifespan as well as groups, couples and families. Courtney grew up eventing and has over 28 years of equine experience. Courtney's unique approach integrates the therapeutic power of equine connection offering clients a holistic path to healing and growth.

### **C4, Understanding Seizures in Equine-Assisted Services DE**

Seizures are complex neurological events that can affect individuals of all ages and backgrounds. More and more of our participants are presenting with the risk for seizures, including complex genetic diagnoses, epilepsy and more. Those in the EAS industry need to understand the intricacies of seizures, as we must consider the safety risk when working with 1,200 lb. animals. In this presentation, we will explore a basic knowledge of the

different types of seizures and how they impact the body. More importantly, we will apply our knowledge directly to how this impacts us in EAS.

**Dr. Katie Otte** is a licensed occupational therapist and a PATH Intl. CTRI® at HETRA (Heartland Equine Therapeutic Riding Center). She has a background in pediatric clinical therapy focusing primarily on sensory dysfunction and behavior modification. She is also a project coordinator at HETRA, producing numerous educational webinars, mentoring professional students and hosting HETRA's exclusive podcast, "Not Just a Pony Ride."

12 – 2:30 p.m.

**Lunch and the PATH Intl. Update and Field Test Standards Update**

2:30 – 2:45 p.m.

**BREAK**

## **Session D**

2:45 – 3:45 p.m.

### **D1, Neurodivergent Clients and the PATH Intl. Center DE**

The use of terminology and definitions to describe neurodivergent behaviors will provide a better understanding of this term for PATH Intl. center staff and instructors. Specific conditions such as OCD, ODD, ADD, and ADHD will be discussed with attention to the 'why and how' to improve the client's responses during EAS.

**Becke Williams** is a PATH Intl CTRI® and one of the AR PATH Intl./LSTEN Ambassadors. Becke manages her herd of 7 horses at her facility, Arkansas Heart & Sole, a PATH Intl. Center in Monticello, AR. She is a K-12 educator with a lifetime certification in education and school counseling and has 28 years of experience in behavior counseling and trauma counseling. She is also trained with the National Organization of Victim's Assistance (NOVA) and was deployed to the Mississippi gulf coast after Katrina.

**Connie Holt** is a PATH Intl CTRI®, ESMHL, and manager/director of Equestrian Zone, a PATH Intl. Center in Dardanelle, AR. She is also one of the AR PATH Intl./LSTEN Ambassadors. She has an early childhood education degree and was a director of a childcare center for many years. Connie grew up with horses and still has horses she and her family ride and compete. She has completed mentor training with PATH Intl. and coordinates with Arkansas instructors in training. Connie is also a certified Masterson Method equine specialist.

### **D2, Volunteers - Round Table Collaboration CE**

Volunteers are vital to our program in so many ways. They help in the arena, barn, competitions, administration and so much more. We could not do what we do without them. There always seems to be a core group of volunteers that stick with the program through the years, but how do we recruit others to do the same? How do we keep them coming back and engaged? How do we show our appreciation for the time they give us? What additional educational opportunities can we provide? This session will be set up as four round-tables with the topics of: recruiting, retention, training and appreciation.

**Julia Stephan** started at SIRE as a volunteer and quickly fell in love with the program. Although she has over a decade of customer service experience, she had never worked in this type of environment or as a volunteer coordinator. Fast forward to the present, she's now been the SIRE volunteer coordinator for 3 years. She has gained so much knowledge over the past few years, especially by reaching out to other centers and volunteer coordinators. She is excited to learn and grow within the EAS industry while being able to help others.

### **D3, Goal Development CR All**

The foundation of any learning-based program is the goal; it's the achievement of a certain level of understanding, knowledge and/or performance of a skill or behavior. Attendees will learn how to create an individual goal plan from information gathered during an intake evaluation to be consistent with the industry requirements of a SMART goal. With the presentation of 2-3 client evaluations, attendees will go through the steps to gather the necessary information and assemble according to the four steps of goal development and the six elements of a SMART goal. Attendees will be given a summary of one of the evaluations and as a group work through the steps and elements to present 2-3 goals for the given client.

**Nadine Joy** has been a certified PATH Intl. instructor for nearly 20 years, and her many accomplishments as an equestrian include long-distance riding. She has a bachelor's degree in creative arts therapy. Her 25+ years of work in the foster care field have given her experience working with the varied populations served by Triple H. Nadine has taken on some of the most difficult clients at Triple H, including a group of young girls living at a facility receiving intensive trauma therapy, all of whom are victims of sex trafficking. She has helped develop

goals specifically related to their trauma as well as goals that can be used for anyone who has suffered trauma. Nadine runs a point on researching a variety of different diagnoses, to help all Triple H instructors with setting appropriate SMART goals for all the clients participating in the different programs offered.

**Keisha Gonzales** has been working at Triple H Equitherapy Center for 13 years and has been an instructor for almost that long. She is a PATH Intl. CTRI® and ESMHL. Keisha was raised with horses and is happy combining her love and knowledge of horses with her love of helping others. She has a degree in criminal justice and a background in corporate leadership, both of which come in handy working with clients and volunteers. Keisha is currently the director of operations for Triple H and prides herself on helping our team achieve the highest level of programming, safety and equine management.

#### **D4, Understanding ADHD & ADD in EAS: Effective Strategies for Success DE**

ADHD is one of the most common neurodevelopmental disorders diagnosed in children, with an estimated 6 million aged 3-17 years old (CDC, 2023). Partnering with horses can provide a powerful opportunity to practice skills that those with ADHD can struggle with including executive functioning skills such as attention, concentration, memory and social skills. This presentation will provide clarification of the symptoms and differences between ADHD and ADD and explore the differences in learning that those diagnosed sometimes experience. We will investigate various adaptations and simple, effective ways to help participants with ADHD reach new heights with their equine partners in the arena.

**Dr. Katie Ofte** see bio in session C4.

3:45 – 4 p.m.

**BREAK**

#### **Session E**

4 – 5 p.m.

#### **E1, The Americans with Disabilities Act: Beyond Basic Etiquette CE**

The ADA impacts PATH Intl. facilities, administration, services and the day-to-day operations and interactions with the public and others. Certain PATH Intl. Standards require ADA knowledge, compliance and guidance. This session and handout go to the heart of the ADA to help EAS professionals understand the history and reasoning for the ADA and provide a quasi-legal briefing on a few ADA requirements and suggested ADA etiquette in the EAS setting. Because EAS professionals serve a diverse population of all abilities, industry professionals must navigate the ADA's complex requirements from design standards, to employee/employer relations and client services. Some risk management practices and techniques will be presented. Attendees will learn to recognize and use some ADA terminology and be able to identify etiquette techniques appropriate for ADA compliance. Participants will also discuss the application of appropriate ADA etiquette in potentially awkward situations in the EAS setting.

**Deborah Manasco** is a lifelong equine enthusiast and has competed, judged, coached and taught horsemanship in various settings for over 45 years. She practiced law with the State of Alabama; the last 20 years were with the Alabama legislature where she drafted bills and performed legal research and advising duties. After retirement, she obtained her first PATH Intl. certification and is now a PATH Intl. CTRI®. She taught at a PATH Intl. member center for several years and has served on PATH Intl. committees and as a PATH Intl. mentor and site visitor. She has presented at various conferences across the country on subjects relating to equine law.

#### **E2, Education and Research at the University Level CE**

This presentation outlines an example of a successful collaboration between an equine-assisted services (EAS) program and Texas A&M University (TAMU) including the Parson's Mounted Cavalry. The partnership leads to an opportunity to teach a class on EAS at the university and to conduct research with the mechanical engineering department at TAMU. Discussion will include the significance of research and the importance of cultivating future leaders in the growing field of EAS.

**Priscilla Lightsey, PT, DPT, MA, HPCS, PATH Intl. CTRI®** is a physical therapist, former special education teacher, and a lifelong horse enthusiast. She is the founder of HOPE Beijing (Horses Offering People Enrichment) and is the lead Physical Therapist at R.O.C.K. (Ride On Center for Kids) and Texas A&M University Courtney Cares in College Station, TX. She co-teaches a class with Dr. Krennek at TAMU on EAS.

**Nancy O'Meara Krennek** see bio in session B2.

### **E3, PATH Intl. Equine-Assisted Learning (EAL) Training & Certificates CE**

PATH Intl. offers online training and a certificate program for professionals in equine-assisted services wishing to facilitate experiential learning. Specially trained professionals may offer three distinct non-therapy, EAL services: equine-assisted learning in education, equine-assisted learning in organizations and equine-assisted learning in personal development. Explore how innovative EAL activities can provide an environment integrating equine-human interaction supported by a planned learning experience and meet identified goals for participants to reach new heights.

*Christine Cannon is a professional Co-Active Coach, Mayo Clinic Trained Wellness Coach and EAL facilitator. She is an intuitive equestrian and artist and she proudly serves as the membership manager at PATH Intl.*

### **E4, The PATH Intl. CTRI® Submission Video - Helpful Hints for Success CE**

Are you working towards your PATH Intl. CTRI® certification or mentoring someone towards certification? Wondering how to get all that information in a 20-minute video submission? This session provides tips and outlines as well as a video example of a successful submission. Learn about the resources PATH Intl. has to offer to help candidates better prepare for the successful submission of the application packet.

*Amy Causey is a PATH Intl. Master Instructor and director of Equest's PATH Intl. Approved Instructor Training Course. She has helped mentor over 100 certification candidates including many for the new PATH Intl. CTRI® process. Amy is a PATH Intl. faculty evaluator for the advanced riding, interactive vaulting and carriage driving certifications.*

*Liz Pemberton is a newly certified PATH Intl. CTRI® and the horse show coordinator at Equest. Fresh from the process, Liz provides a candidate perspective on the application and video submission. She graduated from William Woods University in 2023 with a bachelor's degree in equine studies with a concentration in EAS.*

5 – 6:30 pm

**Dinner and the 2024 PATH Intl. Region 8 Awards Ceremony**

**Saturday, August 3, 2024**

**Equest Therapeutic Horsemanship**

8 – 9 a.m.

**Registration & Welcome**

**Session F**

9 – 10 a.m.

### **F1, Metrics for EAS from ABA & Physical Therapy Perspectives - Part 1 CR All**

Creating metrics for EAS that benefit from aspects of Applied Behavior Analysis (ABA) and Physical Therapy (PT) will help clients meet their goals with safe, measurable and effective methods. With clear metrics focusing on behavioral, physical and cognitive milestones, tracking client progress becomes easier for your team. From initial assessments to universally recognized tools, we'll discuss ways to validate EAS.

*Jennifer Mathis is a PATH Intl. CTRI® and driving instructor, CHA Equine Facilities Management Level 4, and a certified barefoot trimmer. She has a bachelor's degree in business administration from the University of North Texas. Serving children and adults with disabilities since 2010, she has seen the powerful effects of EAS through the first words and steps for children with diagnoses from autism to cerebral palsy. Jennifer pursues dressage and driving training and she is a registered behavioral technician.*

*Margaret V. Duffon, PT, DPT, OCSI received a BS in kinesiology from Texas A&M University in 2009 and a doctorate in physical therapy at UT Southwestern in 2012. She is an experienced physical therapist with over eleven years of clinical experience in a variety of settings working at Parkland Health, a Level 1 trauma center and safety net hospital. She has expertise in providing physical therapy services to patients with a variety of conditions, including orthopedic trauma, neurological disorders, burns, orthopedic injuries and chronic pain.*

*Gloria Millard, MS, BCBA is a PATH Intl. CTRI® with over 15 years' experience working with children, adolescents and adults with ASD, communication disorders and intellectual delays. Gloria received a degree in pack station/stable operation management and horse training from Feather River College and a bachelor's degree in psychology from the University of Nevada-Reno. She graduated from the University of North Texas with a MS in behavior analysis in 2014.*

### **F2, Equine-Facilitated Approach to Relationship Building CE**

The ability to recognize or navigate emotionally laden, interpersonal exchanges with any kind of finesse is called social intelligence. Social intelligence defines who we are and how we act in terms of relationships. The skills of social intelligence are very important to learn and study to help us further invest in ourselves and maximize our potential as we relate to others. Equine-facilitated social intelligence within the SPUR Model



provides the social environment to practice the skills of social intelligence. These skills include attunement or listening, empathy and presentation of self through behaviors and body language, concern for others and getting in harmony with another to interact smoothly and effectively. The relationship between a horse and a human is experienced during a game, utilizing play as a non-threatening and inviting scenario for improving interpersonal skills.

**Johnny Clark** is the equine specialist at Tulsa Boys Home and author of "The Spur Model: An Equine-Facilitated Social Intelligence Approach to Relationship Building." Johnny integrated his educational, spiritual and equine skills and worked with children and families to create this model. Clark graduated from Oklahoma State University with a bachelor's degree in human environmental science, and from Kansas University with a master's degree in social work.

### **F3, Introduction to Therapeutic Carriage Driving - Part 1 CR Driving**

Interested in starting a carriage driving program at your center? Learn about the benefits of carriage driving for participants as well as the requirements for horses and instructors to meet PATH Intl. Standards. Hands-on activities in the arena with driving horses and a variety of vehicles will provide participants the opportunity to harness and drive therapeutic driving horses.

**Amy Causey** see bio in session E4.

10 – 10:15 a.m.

**BREAK**

### **Session G**

10:15 – 11:15 a.m.

### **G1, Metrics for EAS from ABA & Physical Therapy Perspectives - Part 2 CR All**

Continuation of F1.

### **G2, Preventing Equine Burnout - Part 1 CR ALL**

Do you have equines in your herd burning out of their jobs? Learn to read the horse and understand when/how an equine is responding to the stress of their job in different ways. Equine communication can be subtle, especially when they've learned to shut down. By asking for consent and listening to their communication when we have the time, we can get our horses invested again and deepen the connections they form with staff, clients and volunteers. Become an advocate for your equines and learn new ways to change up the routine with equine communication and challenges. Ask them to move their bodies in different ways and engage their minds through different exercises.

**Regina Pakstass Smith** is a PATH Intl. CTRI® and ESMHL, currently pursuing a dual certification through the Natural Lifemanship Institute for equine specialist and facilitator. Regina has over 20 years of experience working with horses. Her three horses are currently at JoyRide Center in Magnolia, TX participating in therapeutic riding, the mental wellness ground programs, equine assisted learning and the veteran's program titled "Operation Equine." In the mental wellness programs, there is a horse-focused approach to make sure the horses are not used as a tool, but worked with as a partner, with their feelings always considered as part of the process. The focus is always on consent, communication and connection between equine and humans to make sure the horse has a say in as much as possible when working with clients.

### **G3, Introduction to Therapeutic Carriage Driving - Part 2 CR Driving**

Continuation of F3.

11:15 – 11:30 a.m.

**BREAK**

### **Session H**

11:30 a.m. – 12:30 p.m.

### **H1, In The Barn Together: Fostering Inclusion in Equine-Assisted Services CE**

Horses provide a haven for people experiencing marginalization - horses are a unifying opportunity that brings us together in the barn. Yet, intentional education and training remain absent, difficult to obtain, or infrequent at best. Though there are limited scholarly publications, racism and non-inclusive practices in the equine industry are prevalent. The significance of horse-human relationships for underrepresented minorities must be centered in our shared efforts. This session is a conversation about diversity, equity and inclusion (DEI) within equine-assisted services (EAS) and PATH Intl. specifically. While relatively new within the equine industry broadly, and our shared PATH Intl. community, this is an important conversation that includes us all. This session will be led by a member of the PATH Intl. DEI Committee about the efforts of the committee and the impact on our community. The committee is composed of PATH Intl. members; thus, this is a shared opportunity and

challenge. The conversation will review the current action plan, highlight accomplishments, share current efforts and discuss challenges. Attendees will have the opportunity to ask questions, share thoughts and engage in conversation. Resources for continued learning, ongoing research and opportunities to get involved will be shared.

**Dr. Hallie Sheade, LPC-S, RPT-S** holds a PhD in counseling from the University of North Texas and is a PATH Intl. CTRI® and ESMHL. She is the executive director of S.T.E.P.S. With Horses, specializing in military and youth at-risk clients. She is the author of "Equine-Assisted Counseling: Healing Through Horses." She currently serves on PATH Intl.'s Diversity, Equity and Inclusion Committee. Dr. Sheade is also the EFP technical editor for PATH Intl.'s Strides and is a PATH Intl. ESMHL certification faculty member. Having taught an undergraduate course on cultural awareness at the University of North Texas, Dr. Sheade is experienced in training others on providing culturally responsive services and considerations for creating environments that are diverse, equitable and inclusive.

## **H2, Preventing Equine Burnout - Part 2 CR ALL**

Continuation of G2.

## **H3, Adventures in Equine-Assisted Learning: The Horse as Co-Teacher CR All**

With PATH Intl. now expanding and standardizing EAL with new training and handbooks, there are now more options than ever to work with our equine friends to help clients and participants fulfill their life goals. But what does work with a horse in an EAL lesson really look like day-to-day? It is a lesson that's not so much focused on objective educational outcomes like identifying the parts of a horse to fulfill a biology requirement, but one based on building character traits, social-emotional awareness and academic "soft skills" that are so important to students' overall success.

**Amanda Hoppe** started as a volunteer mentor and exercise rider for Animals as Natural Therapy in Bellingham, WA in 2001 while she earned her bachelor's degrees in English and anthropology from Western Washington University. She earned her PATH Intl. CTRI® in 2010 a year after earning her master's degree in English and was among the first PATH Intl. members to earn the new PATH Intl. ESMHL certification in 2012. Working alongside certified counselors, horses, goats, chickens, cats and dogs, Amanda specialized in helping children, teens and veterans build their social-emotional awareness, character and the life skills necessary for academic and career success. After moving to Austin, TX, she joined the team at Healing with Horses Ranch where she teaches riding and horsemanship and teaches English as an adjunct assistant professor Austin Community College. She currently lives in Kyle, TX, with her two boys, husband and herd of cacti.

12:30 – 2 p.m.

**Lunch with Keynote - Jeff Hensley, PATH Intl. Region 8 Update and Facilitated Networking**

2 – 2:15 p.m.

**BREAK**

## **Session I**

2:15 – 3:15 p.m.

## **I1, Improving Equine Performance Through Bodywork CR All**

Our equines participate in an abundant amount of activities at our centers. They may carry unbalanced riders every day, pull driving carriages, lunge in vaulting lessons and so much more. All this activity can cause their bodies to feel sore. Learn how to help improve equine performance and overall welfare with techniques such as kinesiology taping, sports massage therapy, magnetic therapy, stretching after lessons and much more.

**Michaela McKinney** is a PATH Intl. CTRI®, certified Equine Sports Massage therapist and Equine Kinesiology Taping Practitioner. She has been working at Equest in Dallas Texas for 2 years as an instructor and equipment coordinator.

## **I2, EAL – Are You Ready? CE**

Is your center ready to grow equine-assisted learning (EAL) programs? We will explore both the practical programming side of offering EAL and funding models to generate revenue for the center. EAL & TR are different animals in the clients, funding, billing and promotion. Attendees will learn best practices in EAL programming, promoting and recruiting for EAL programs, and funding options to meet budget needs.

**Shayna Bolton** has over fifteen years of experience in EAS and currently serves as the program director/site manager at SIRE, Inc. outside of Houston, TX. After a career in HR and recruiting, she was given an opportunity to run the SIRE Spring, TX site. The EAL program started in 2020 out of necessity from site construction and COVID-19. Prior to 2020, this location was almost exclusively mounted classes. Fast forward to today, service hours have more than doubled and the unmounted EAL portion of our program makes up almost 50% of our classes.

**Joe Wappelhorst** has over 25 years of experience in non-profit funding and management. Over the past seven years as the CEO of SIRE, Inc., Joe has increased total revenue by 253% and completed a \$3.5 million capital campaign. Seeking to integrate sound business practices into the heart of non-profit service, Joe is an enthusiastic advocate for philanthropic action.

### **I3, Equine Conformation and Its Impact On Riders - Part 1 CR Riding**

In this lecture and hands-on presentation, attendees will learn about and observe different equines while comparing their conformation. Attendees will learn and discuss what is considered correct in addition to the common conformational abnormalities that are seen. Understanding conformation is a highly beneficial skill to any EAS professional as it can assist in choosing horses for your program and understanding potential health risks that can occur due to conformational flaws. Attendees will learn, discuss and analyze how conformation and movement can impact a rider so that instructors can better match riders to equines.

**Liz Pemberton** see bio in session E4.

**Laura Decou** is a PATH Intl. Advanced instructor, CTRI, ESMHL and program manager/equine coordinator at Equest. In 2015 she graduated from the University of Louisiana at Lafayette with a bachelor's degree in athletic training.

3:15 – 3:30 p.m.

**BREAK**

### **Session J**

3:30 – 4:30 p.m.

### **J1, Teaching Effective Therapeutic Riding to Participants With Mental Health Concerns DE, CR Riding**

This presentation explores the pivotal role of the PATH Intl. CTRI® in facilitating therapeutic horsemanship services for individuals with mental health concerns. Grounded in a comprehensive understanding of mental health needs and diagnoses, the presentation delves into effective teaching techniques tailored to address diverse challenges. From anxiety disorders to mood disturbances and beyond, attendees will gain insights into teaching strategies that enable participants to learn horsemanship and riding in a safe and supportive environment. Moreover, the presenters will share information on how to navigate potential roadblocks, offering strategies to navigate complexities such as client challenges and safety considerations. Join us as we embark on a journey to empower both instructors and participants, harnessing the transformative power of therapeutic riding.

**Dr. Hallie Sheade** see bio in session H1.

**Laura Hamrin** is a Certified Horsemanship Association Instructor of Riders with Disabilities (CHA IRD) clinic staff, CHA standard certified, and a PATH Intl. CTRI®, Mentor and ESMHL. Ms. Hamrin is the equine manager, lead instructor and equine specialist at S.T.E.P.S. With Horses.

**Brittany Briswalter Kuqi** is currently a Licensed Professional Counselor (LPC) Associate under the supervision of Dr. Sheade. She is also a Certified Rehabilitation Counselor (CRC). Ms. Briswalter Kuqi has experience in teaching riding lessons to individuals with disabilities and special needs. She is also a staff counselor and PATH Intl. ESMHL at S.T.E.P.S. With Horses.

### **J2, Resilience - The Antidote To Stress CE**

This presentation of tools for building resilience is for anyone who experiences stress or works with anyone who experiences stress, including horses. It provides everyday useful tools to build, maintain and restore resilience, and is borrowed from training military leaders who are responsible for military personnel. The information in the presentation was developed by mental health professionals for delivery by lay leaders. The presenter has delivered this training to serving military and modified it for use for veterans in a therapeutic riding program, and for use in EAL at a Sage Recovery and Rehabilitation Center. Identifying stress behaviors and where they fall on a color-coded stress continuum model is foundational to promoting psychological health. Recognizing stress behaviors in ourselves, others and our horses aids in engaging with the tools to build, maintain and restore resilience.

**Lt. Colonel David Lafreniere (Cdn Army Ret'd)** is a PATH Intl. CTRI® and ESMHL. During his 25 years of military service, he held a variety of command and staff appointments responsible for training leaders to lead and is an Afghanistan War veteran. He was president of several boards of inquiry investigating military suicides where he made significant recommendations to improve processes to better serve soldiers with operational stress injuries. He holds several degrees, spent close to 10 years in casino management and was a certified emergency management instructor.

### **J3, Equine Conformation and Its Impact On Riders - Part 2 CR Riding**

Continuation of I3.

4:30 p.m. **Free evening and dinner on your own.**

### **Sunday, August 4, 2024**

#### **Equest Therapeutic Horsemanship**

8:30 – 9 a.m. **Cowboy Church**

9 – 9:15 a.m. **BREAK**

#### **Session K**

9:15 – 10:15 a.m.

### **K1, Neuro-Emotional Substrates and Emotion Regulation in EAS - Part 1 DE**

Emotion regulation skills are a goal in and of themselves as we all move toward greater mental, physical and emotional health. Learn the neuro-emotional states that we are constantly oscillating between internally as we interact with the world around us. Learn and practice how to identify and then cue ourselves, our clients and our equine partners into the most effective neuro-emotional state to achieve our goals in EAS.

*Joel Wyrzten, LPC has been providing psychotherapy services in the Austin area for over fifteen years. He is certified in EMDR therapy for the treatment of trauma. He is intensively trained in dialectical behavior therapy and has worked in inpatient and intensive outpatient settings. He integrates IFS, EMDR and DBT skills to provide holistic care to his clients. He has recently been certified as a PATH Intl. ESMHL and has been providing psychotherapy incorporating equines at Healing With Horses Ranch for the last 2 years.*

*Patty D'Andrea is the program director and founder of Healing with Horses Ranch based in the greater Austin area. Patty is a PATH Intl. Advanced Instructor and has 30 years of experience in therapeutic horsemanship.*

### **K2, Volunteer Utilization in the Arena CE**

Volunteers enable us to do what we do and help as many clients as possible. We want them to feel useful, needed and appreciated during our lessons! There are endless possibilities of ways to work with volunteers, join us to learn a few more. This is an opportunity to get your creativity rolling on how to best incorporate your program's volunteers in fun and useful ways!

*Kirsten Cozart is a PATH Intl. CTRI® and ESMHL. She has worked in the EAS industry for the last two years as the education coordinator and instructor at Equest in Dallas. She comes from a background in able-bodied teaching and competition. She believes that riding should be both effective and fun! This mentality follows her into the arena while teaching and involving her volunteers. If someone has been a volunteer in Kirsten's class, they will tell you that she is always coming up with creative ways to use extra hands and make everyone feel involved in the lesson!*

*Kim Burris is a PATH Intl. Advanced Instructor, CTRI, ESMHL and a certified language therapist. Kim is the EAL coordinator and instructor at Equest in Dallas. Kim, a lifelong equestrian, started her career as an engineer and later became a certified language therapist. She brings the skills and knowledge gained from all these experiences to her work at Equest and finds joy when combining her love for horses with her love for helping people.*

### **K3, Questions You Would Like To Ask A Person With Different Abilities, But May Be Afraid To Ask CE**

Have you ever wondered what challenges your participants face outside the arena? Do you wish you understood their thought patterns, what bothers them and what brings them joy? Maybe you need some tips on how to train staff and volunteers in relating to participants who may be difficult to communicate with. Melissa Flowers has been a participant since she was a child and has grown into an EAS professional. She invites you to come and bring your toughest questions about living with disabilities. She will share what she wishes people around her knew and how to help families ensure their children are ready for the challenges of adulthood.

*Melissa Flowers began riding at the age of ten at a small therapeutic riding center outside of Houston that later became the largest therapeutic riding provider for the Houston area. After high school, she started volunteering and helping teach classes. Melissa then worked for ten years at another therapeutic riding center in Magnolia, TX., in the roles of riding instructor and teaching in their pre-vocational program based on the grounds of the riding center. Currently she is using her talents and knowledge to work at a pediatric therapy company. She had the pleasure of partnering with a beautiful quarter horse mare named Duchess for seven years. She can't imagine her life without horses!*

10:15 – 10:30 a.m.

**BREAK**

## **Session L**

10:30 – 11:30 a.m.

### **L1, Neuro-Emotional Substrates and Emotion Regulation in EAS - Part 2 DE**

Continuation of K1.

### **L2, Equine Assisted Literacy Program CE**

A love of reading instilled early in life helps enhance knowledge and increase creativity throughout a lifetime. The Reading Quest with Equest literacy program, targeted at a first-grade level, uses a combination of classroom work and hands-on experiences with horses to promote a love of reading. Testing has shown measurable increases in both vocabulary skills and reading speed and accuracy.

**Kim Burris** see bio in session K2.

### **L3, Finding Your Why In Equine-Assisted Services CE**

This session offers a deep dive into the heart of your commitment to equine-assisted services (EAS), aligning with PATH Intl.'s dedication to improving the lives of individuals with special needs. This presentation explores your personal motivations, passions and the profound sense of purpose found in the care, training and facilitation of EAS. Through reflective exercises and practical strategies, you'll embark on a journey to articulate and deepen your own "why" in this impactful field. Aimed at reinvigorating your passion and enhancing your commitment, this session will refine your approach to EAS by aligning your daily activities with your core values and motivations, ultimately fostering a more profound impact on the individuals and communities you serve.

**Hollie Stuart, SPHR, SHRM-SCP, MA**, has a BA in economics from Oklahoma State University and a Master of Liberal Studies from the University of Oklahoma. She is a renowned human resources expert, #1 bestselling author, and engaging keynote speaker with a passion for equine-assisted services. Her memoir, "I Can See for Miles," acclaimed with fourteen national and international awards, including the 2023 International Book Awards, reflects her journey of overcoming trauma and harnessing personal power, themes resonant with the transformative impact of EAS. Hollie brings a wealth of knowledge on fostering effective employee relations, leadership and workplace culture - skills directly applicable to managing and promoting equine-assisted programs. Her adventurous spirit, illustrated by her goal to run marathons across all seven continents, underscores her belief in challenging oneself and the power of nature in healing and personal growth. An advocate for mental and physical well-being, she incorporates yoga, meditation, and strength training into her lifestyle, advocating for a holistic approach to health that complements the holistic benefits of EAS.

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