

# AGENDA

## Saturday May 2

8:00 – 9:00 am

### **Registration and Check-in**

8:30 – 9:00 am

**Yoga and Morning Stretch** with *Lindsey Jameson, Yoga Alliance Registered Yoga Teacher*

9:00 – 10:00 am - A

**Veteran Panel (Lounge)** Programs for our Veterans are as diverse as the veteran population and it's needs in our various communities. There are many directions a center can go when considering starting a Veterans program. In this panel, four PATH Intl. professionals will describe how their particular Veterans' program works, it's successes and challenges, and will then open up for questions and answers.

*Joyce Scott, Executive Director of Whitewater Therapeutic and Recreational Riding Center, Salmon Idaho, Heather Miner, Program Director, Ride for Joy, Caldwell, Idaho, Trudy Peterson, Director, Veteran Program for Higher Ground, Bellevue, Idaho, Annie Mabry, former Program Director of Freedom Reins, Anchorage, Alaska*

9:00 – 10:00 am – B

**Ground Driving (Arena)** Along with her assistants; volunteer Devan MacCable and participant Parker Paul, Sami will demonstrate the benefits of therapeutic ground driving as an alternative or addition to traditional mounted classes. Description of basic tack items needed for double line (Reins) handling, how to tack up the horse correctly, and demonstration of the basics with the horse, handler and participant will be covered. There will also be demonstration of specific ground driving activities, as well as discussion about what Sami has focused on to bring about success and accomplishment, including having fun doing it!

*Sami Nelson is a PATH Intl. Certified Riding Instructor and has been teaching at Rising Stars in Twin Falls, Idaho since 2013. Sami is a member of both the USDF Dressage Association and the American Driving Society. She has been a competitor and trainer of students in numerous shows on the West Coast in Eventing and Combined Driving. She is currently the owner and instructor of Silver Arrow Stables Eventing and Dressage. In the past she was a 4-H leader and instructor in California, and she also instructed the State Fair Drill team and Parade Champions.*

10:00 – 10:15 am

### **Break**

10:15 – 12:15 – A

**Community Resiliency Model (CRM), A Trauma Resource**

**Institute Training. (Lounge)** What Is CRM? The CRM training is a wellness and prevention program that provides a biological approach to normal human reactions to stress and trauma. CRM uses a set of six wellness skills to reset the natural balance of the nervous system. The goals of CRM trainings:

- to learn the biology of trauma and resiliency.
- to learn six wellness skills of CRM
- to learn simple concepts of the resiliency zone and how to use the skills for self-care, family, broader social networks and agencies.

The Trauma Resource Institute is a nonprofit dedicated to bringing healing model interventions based on cutting edge neuroscience to the world community. CRM has been taught internationally in Asia, Europe, the Middle East, and Africa. The model has been featured on “Life on The Line” with Lisa Ling. CRM is utilized in natural disasters, veterans’ programs, therapeutic boarding schools, school health curriculum, wilderness therapy programs, and many other programs throughout the world.

*Tom Boley, MHSA, graduated with a master’s degree in Human Services Administration. After a start with Outward Bound, Tom began adapting outdoor empowerment experiences as a tool for children and young people in private schools, state children and youth services programs, and private wilderness therapy programs. He is a CRM certified Trainer with the Trauma Resource Institute. Tom’s passion is climbing, skiing and being outdoors, and finds meaning in improving others’ lives through connection, community, and self-discovery!*

10:15 – 12:15 – B

**Exploring the Challenges of Working In-Hand obstacles (Arena).**

There's more to leading a horse through an obstacle course than just having him plod through it. Every person and horse can succeed at in-hand work. This fun, interactive, hands-on class provides a unique opportunity to experience things the way horses do, thus allowing you to better understand and communicate with them. Learn more about timing, feel and body language. Explore new ways to interact with the horse by experiencing obstacles from a horse’s point of view. Some of the biggest issues people encounter are loss of confidence, or health, physical, or fear issues. In-hand obstacle work is a fantastic way to help with all these concerns. During the class, participants will learn

how to make various obstacles from simple items and how to develop obstacles that can be used to challenge clients of all skill levels. They will also learn how to incorporate in-hand work in a variety of situations and encourage clients to explore new ways of maneuvering through an obstacle. By better understanding things from a horse's point of view, instructors and clients will be able to build a better, trusting, relationship with the horse.

*Susan Dudasik is currently a, PATH Intl. Certified Riding Instructor, a Mustang Heritage TIP Trainer and a P.E.A.C.E. On Trails (Promoting Education and Collaboration Every day on Trails) ambassador. She has been involved with horses and mules for over 45 years working with a variety of different breeds in several disciplines. Having competed in numerous trail class events she hosts clinics and teaches adult horsemanship and in-hand trail classes at her center, Misfit Farm in Salmon, ID. Following the basics of natural horsemanship, dressage and Centered Riding, she works mainly with senior riders, helping them to continue enjoying a fulfilling equine interaction. Her teaching focuses on the equine/human relationships through communication, partnership and leadership. She has recently launched the Misfit Farm's Trail Equine Level of Excellence Program.*

12:15 – 1:45 pm

**Lunch and Idaho State Meeting**

1:45 – 3:45 pm – A

**Understanding Children with Autism and Sensory Integrative Dysfunction. (Lounge)** This presentation will focus on a basic understanding of processing styles of children with autism and children with sensory integrative dysfunction, basic strategies of interaction, and strategies for increased success in learning activities. Emphasis will be placed on emotional regulation, strategies of motor planning and movement activities that increase activity engagement, and adaptation for increased success. Time will allow for covering relevant information learning, hands on practice/application, and case studies/questions at the end.

*Ivan M Hardcastle OTR/L has been a pediatric occupational therapist in Twin Falls at Primary Therapy Source since 2007. He has been able to specialize in working with children on the Autism spectrum and with sensory processing deficits. He is the father of five, he coaches youth soccer, and he directs youth musical theater. To him, life is about being able to live to the best of your abilities. This drives his passion in working with children as a therapist, coach, and*

*director. He has been able to work with children on horses each summer since 2009.*

1:45 – 3:45 pm – B

**Equine-Facilitated Learning (EFL) and Unmounted Horsemanship. (Arena)** EFL is an unmounted or mounted experiential learning approach with a primary focus on the development of life skills rather than on horsemanship. Unmounted horsemanship focuses on horsemanship skills; life skills are secondary and not a focus of the activity. Using hands-on learning opportunities with horses, we will look at understanding the primary focus and difference between EFL and Unmounted Horsemanship.

*Mimi Crocker was introduced to the world of equine therapy while volunteering at Little Bit Therapeutic Riding Center, WA in 1989. That experience left a lasting impression and led Mimi to pursue multiple certifications including EAGALA Equine Specialist (1999), PATH Int'l CTRI (2011), and ESMHL (2016). With a background showing hunter/jumper and equitation, Mimi remains a lifelong student of the benefits of the Equine-Human relationship. Inspired by the now Swiftsure Ranch program, Mimi returned to the Wood River Valley from Seattle, and has volunteered her time as a therapeutic riding instructor since 2010. Through Higher Ground, Swiftsure, and River sage Stables, she has co-facilitated several veterans' programs using equine facilitated learning activities. In addition to her full-time job as Director of Finance & Administration at the Sun Valley Ski Education Foundation, Mimi teaches riding and horsemanship lessons, clinics, and summer camps for children from her private facility, The BARN, in Bellevue, ID.*

3:45 – 4:00 pm

**Break**

4:00 – 5:30 pm – A

**Question, Persuade, Refer (QPR) (Lounge)** is an educational program designed to teach lay and professional “gatekeepers” the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide (e.g. parents, friends, neighbors, teachers, coaches, caseworkers, police officers). The process follows three steps: (1) Question the individual’s desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person appropriate resources.

*Melissa Child, MSW Intern, CTRI, grew up in Central Washington, showing horses in 4-H and team penning. In 2008, she left her home and horses to find a new career path and found Little Bit Therapeutic*

*Riding Center. She became a Certified Registered Instructor through NARHA, now PATH Intl., in 2009, a Certified Mentor through PATH Intl. In 2012, she and completed the process to become a CTRI in 2019 through PATH Intl. Melissa has had the opportunity to work at some great therapeutic riding facilities in Washington and Idaho. In 2017 she finished her B.A. in Special Education Studies and started her Master's in Social Work through Northwest Nazarene University. She has worked with veterans, service members, and their families through her internship at the Idaho Army National Guard. She is working with a variety of clients with various abilities in her internship with Healthy Care Solutions and Unbridled Hope. Melissa is also certified to use Accelerated Resolution Therapy. When she is not busy with work, she enjoys spending time with her family, friends, and animal friends. Hobbies include horseback riding, motorcycle riding, 4-wheeling, camping, fishing, and other various outdoor activities.*

4:00 – 5:30 pm – B

**Progressing a Rider without Increasing Speed (Arena)** For many riding instructors, the sign of successful skill progress is when the rider moves up through the gates. However, for various reasons, some riders either cannot or choose not to progress from the walk to the trot to the canter. Finding other ways to stimulate and challenge these riders can be quite difficult. This session will provide and demonstrate different ideas on how to do just that.

*Lindsey Jameson has been involved in the EAAT industry since 2005 when she was fortunate enough to begin working at the Swiftsure Ranch Therapeutic Equestrian Center in Hailey, Idaho. She has a bachelor's degree from Colby College in "Nature and Nurture in the Human Condition" and a graduate certificate from Denver University in Animals and Human Health. She is a PATH Intl. Advanced Instructor, Registered Instructor Evaluator, Site Visitor, ESMHL, and Mentor. She has volunteered with PATH Intl. in many capacities over the years including serving on the Faculty Development Work Group, as the Idaho State Chair, and on various conference committees. Lindsey's passion is enriching others' lives by sharing her love for different activities. She currently spends most of her time raising two young daughters, but she does find some time to teach private riding lessons and camps, yoga, and skiing.*

5:30 – 6:30 pm

Social Hour with drinks and light appetizers

6:30 pm

Dinner on your own or join the group out in town for dinner!

### **Sunday May 3**

9:00 am – Noon

**Introduction to Driving with Review of PATH Intl. Driving Certification Criteria.** The goal of this presentation is to educate attendees about the PATH Intl. Driving Certification requirements and criteria. This demonstration will help prepare future Driving Candidates for the PATH Intl. Driving Certification process. It is only for educational purposes. This presentation does not fulfil PATH requirements for Driving Demo or Driving Workshop. The presentation will include an overview of the benefits of carriage driving, selecting a driving horse, volunteers, ground driving, harnessing, types of carts and carriages, hitching the single horse, as well as a short demonstration of a therapeutic driving lesson.

*Teresa Bron, a native of central Washington, is an American Driving Society (ADS) Licensed Official for Combined Driving and serves as Secretary on the Board of Directors of the ADS. Teresa is a PATH Intl. Advanced Certified Therapeutic Riding Instructor, Level II Certified Carriage Driving Instructor, Equine Specialist in Mental Health and Learning, and a Mentor. She is currently the PATH Intl. Region 9 Representative and has served as Eastern WA State Chair. She has been a speaker at both PATH Intl. Region 9 Conferences and at the PATH Intl Conferences, presenting on Carriage Driving and Long Lining. She is currently a PATH Intl. Apprentice Evaluator for Driving Certification and serves on the PATH Intl. Driving Subcommittee. Teresa, along with her husband, Will, have been training carriage driving horses for almost 20 years in the Yakima Valley, WA. They also breed, raise, train, and compete Registered Friesian Horses (KFPS/FHANA Registered). In addition to their horse business they are also tour organizers and tour guides to the Netherland KFPS Friesian Stallion Show held every January in Leeuwarden, Friesland NL.*

Noon – 1:00 pm

**Lunch**

1:00 – 3:00 pm

**Introduction to Driving with Review of PATH Intl. Driving Certification Criteria Continued**

**Thank you for coming and safe travels home!**