



LSTEN Conference
c/o SIRE
24161 Spring Dr.
Hockley, TX 77447



Lone Star Therapeutic Equestrian Network Conference



July 30-August 2, 2009

*Hosted by SIRE, Houston's
Therapeutic Equestrian Centers*



*Spring, Ft. Bend County & Hockley
Texas*

*www.sire-htec.org
281-356-7588*

Featured Presenters

Karen Abbott is the SIRE Hockley Head Instructor, a Licensed Athletic Trainer and Special Olympics Coach. She is the 2007 NARHA Instructor of the Year.

Dr. Ken Alford, PhD is currently Associate Professor and Coordinator of Graduate Studies for Health and Human Performance at Texas A&M University-Commerce. His current research includes the neuromotor effects of hippotherapy.

Patricia Baley, DVM, PhD, received her veterinary degree from Texas A&M, but exclusively practices Traditional Chinese Veterinary Medicine, including acupuncture, Traditional Chinese herbalism, Food Therapy and Tui-Na for horses, dogs, cats and exotics.

Barbara Cesari is an Occupational Therapist specializing in pediatrics with over 20 years experience.

Heather Dionne, OTR is an Occupational Therapist with over 15 years experience in hippotherapy and a lifetime equestrian.

Jacquelyn A. Doval, M.S., D.C., C.A.A., graduated from Texas Chiropractic College in 1991. She was the first chiropractor to become certified in Animal Chiropractic by the Veterinary Chiropractic Association.

Willie Ellis, LMT, ESMT, graduated in 1990 as a PT Assistant and became licensed in Massage Therapy and also Equine Sports Massage Therapy. He has been working full time with horses since 1999, and specializes in myofascial release.

Karen Gardner, OTR is the SIRE Hockley Site Director, Occupational Therapist and NARHA Master Instructor. She is the Past President of the American Hippotherapy Association and Coordinating Faculty for AHA.

Dr. Brian Garner, PhD is currently an Associate Professor in Mechanical Engineering at Baylor University where he continues his biomechanics research into the forces and motions of human bones, joints, and muscles. His current projects include studying the motions of human walkers compared to the motions of riders on horses.

Kent Harbaugh from Triple H Equitherapy Center

Scott Harper is the Executive Director of the Conroe Family YMCA. Prior to relocating to Conroe, Scott served in a number of different positions with the Tampa Metropolitan YMCA for 5 years where his passion for adaptive programming started.

Nancy O'Meara Krenek, PT, HPCS is a PT in Georgetown, TX and the founder of R.O.C.K., Ride On Center for Kids. She is a NARHA certified instructor and is also a hippotherapy clinical specialist.

Dr. Beth Lanning, PhD is an Associate Professor of Health Education and the Director of the Community Health Undergraduate program at Baylor University. Her teaching and research focus is on needs assessment, intervention strategies, childhood and adolescent health issues and animal assisted therapy- specifically equine assisted therapy.

Leslie McCullough, LCSW, LSOTP is a psychotherapist who has spent 21 years conducting equine facilitated psychotherapy with youth. Leslie has been a part of EFMHA since 1995, as an early board member and as chair of the Education Committee. She is currently researching the effect of EFP on maltreated youth having symptoms of PTSD.

Gail Pace is a NARHA Master Instructor and Level II Driving Instructor. She served as the Head Instructor at Equest for 10 years. She has coached riders at local, state and international competitions for Special Olympics and ParaEquestrians. Gail was honored in 2006 as NARHA Instructor of the Year.

Pat Roddy is the Managing Director of SIRE, Houston's Therapeutic Equestrian Centers. She has volunteered in many roles at SIRE since 1994, including volunteer coordinator, program director, director of finance and technology, board member and others. Pat is also a NARHA Site Visitor.

Lee Ruonavaara, PT is a SIRE Staff Therapist and NARHA Riding Instructor.

Cathleen Thatcher is a NARHA Riding Instructor and owner of Swan View Therapeutic Riding Center in Azle, TX where they specialize in Equestrian Drill using laterally gaited Peruvian horses.

Jessica Thomas, Program Director of Conroe YMCA Leap of Faith Equine Assisted Therapy Program, is an Advanced NARHA Certified Instructor. She has extensive experience from other therapeutic riding centers in Texas including Richmond State School, Rocky Top Therapy Center and Hope Therapy.

Lisa Wysocky is a registered NARHA instructor and the author of several horse books and DVD's. In 2007, she was chosen by ARIA as one of the Top 50 Riding Instructors in the Nation. Lisa is a popular motivational speaker, trains horses for therapeutic programs, and consults with NARHA centers.

Fundraising Panel: Lili Kellogg-Executive Director, ManeGait; Harla Kaplan-Director of Development, SIRE; Richard Doshier-Executive Director, Triple H; Shirley Wills-PhD Education Administration, NARHA Instructor, Heart of Texas; Karron Wilson-Executive Director, R.O.C.K., Ride On Center for Kids.

Volunteer Training and Beyond Presenters: Linda Engle-Director of Volunteer Services, Rocky Top; Julia Bourcier-Program Director, Windridge; Debbie Dewkett-Volunteer Coordinator, Windridge; Peggy Wagner-Director of Volunteer Services, SIRE; Penny Kvello & Kassie Collins-Volunteer Coordinators, SIRE Hockley

ATTENTION: Please bring items for the **silent auction!** All proceeds go to LSTEN for next year's conference. Contact Susan@sire-htec.org, 281-356-7588 x 205 with your item description and value.

Presentation Schedule

Thursday, July 30

9:00 am-6:00 pm
NARHA Mentor Training Pre-Conference Workshop..... Fee \$250
.....Ramada Inn, Rosewood Room

The purpose of the NARHA Mentor Training Workshop is to increase the professionalism and knowledge within the EAAT industry. Be a mentor! This program has been created in response to the need for a more formalized educational process to enhance the skills of those mentoring NARHA Instructors in Training. The objectives are to increase the number of qualified mentors available to instructors in training, to enhance and build observation, evaluation and feedback skills through group activities, and to give the mentor tools for better communication and relationships with those they are mentoring.

Those registering are required to complete the NARHA CAT Course and Registered Instructor Self-Study online PRIOR to attending this workshop. Participation in these courses is included in your mentor workshop registration fee. Registration must be received a minimum of 30 days before the workshop date, or by June 30th.

This workshop includes 12 hours of classroom educational content and 6 – 8 hours of online educational content, which apply towards annual continuing education hours for compliance as a NARHA Certified Instructor.

Friday, July 31

8:00 am-12:00 pm
NARHA Mentor Training Pre-Conference Workshop, continued
.....Ramada Inn, Rosewood Room

1:00 pm-5:00 pm
NARHA Center Accreditation Course (CAT)..... FREE!
.....Ramada Inn, Rosewood Room

Being a NARHA Accredited Center announces to your community that your center is dedicated to safety and quality equine assisted activities and therapies for people with special needs. Send a representative from your NARHA center to fulfill your center's accreditation or renewal requirements or simply to update your knowledge of NARHA program standards. FREE!

2:30 pm-4:30 pm
Horsemanship Clinics.....Sienna Stables/SIRE Ft. Bend Site

- 1. Beyond the Tag-What does your feed tag really tell you**—Scott Campbell, Equine Specialist , Land O' Lakes Purina Feed.....**Free**
- 2. Michael Richardson—Working with the Adult Rider**—A life-long horse-man, Michael will discuss his return as a professional horse trainer after a debilitating accident.**Free**
- 3. Kelly Young—Improving Your Horses' Movement** – Hands-on training tips from lunging through basic Dressage, to improve your horses' balance and agility for more fluid, rhythmic movement. After training in Germany under Thomas Moore, Kelly competes trains and judges hunter/jumpers. She is an accredited judge and trainer in the Houston area.
Maximum 3 hands-on participants,\$75 (Free to audit)

4:00 pm-8:00 pm
Conference Registration.....Hotel Lobby

5:30 pm-10:00 pm
CPR/First Aid Re-certification.....\$25.....Ramada Inn
 Fulfill your Instructor Certification requirements by renewing your Adult CPR/First Aid at the Conference. Offered by Rebecca Gribben, NREMT-B.

Hotel Information	
Conference Hotel: Ramada Inn Houston-North 16510 I-45 North Houston, TX 77090 281-821-2570	Other: Americas Best Value Inn & Suites 16410 I-45 Houston, TX 77090 281-821-1000
Special LSTEN Conference rates: 2 Doubles-\$69, Single-\$49, Full Suite-\$149, Jr. Suite-\$119	

Saturday, August 1 –Ramada Inn

8:00 am-9:15 am
Room I: Fundraising in This Climate, Panel Discussion—Richard Doshier, Harla Kaplan, Lili Kellogg, Shirley Wills, Karron Wilson
Room II: Research into Hippotherapy Biomechanics, Movements, and Results—Dr. 's Ken Alford, PhD; Beth Lanning, PhD; Brian Garner, PhD

9:30 am-10:15 am
Room I: The Challenges & Rewards of Multiple Sites—Pat Roddy
Room II: A Measurable View of Posture, one therapeutic riding center looks at a year of posture in their clients—Nancy O'Meara Krenek, PT, HPCS

10:30 am-11:15 am
Room I: YMCA's own Leap of Faith "RAMPS" up new Adaptive Programs—Jessica Thomas, Scott Harper
Room II: The Client Equation, Panel Discussion

11:30 am-12:15 pm
Room I: Ten Take-Home Activities for Total Teambuilding—Lisa Wysocky
Room II: Sensorimotor Activities at the Barn—Heather Dionne, OTR; Barbara Cesari, OTR

12:30 pm-1:30 pm: LUNCH
1:30 pm-2:30 pm: LSTEN Meeting, NARHA Field Test Stds.

2:45 pm-3:30 pm
Room I: Small Steps to Giant Leaps - Progressing Riders in the Lesson and Beyond—Gail Pace
Room II: The Way of Equus, part 1—Kent Harbaugh

3:45 pm-5:30 pm
Room I: Volunteer Training & Beyond—Windridge's Debbie Dewkett, Julia Bourcier; Rocky Top's Linda Engle, SIRE's Kassie Collins, Penny Kvello, Peggy Wagner
Room II: Putting the FUN in FUNCTIONAL Activities—Karen Abbott, LAT; Karen Gardner, OTR

6:30 pm- 8:00 pm: Texas BBQ Dinner at SIRE Spring

Sunday, August 2 – SIRE Spring Site

7:30 am-8:00 am: Cowboy Church

8:00 am- 8:30 am: Continental Breakfast

8:45 am-10:00 am
Arena I: Back on Track-Protecting Your Back during Mounting and Dismounting—Lee Ruonavaara, PT; Karen Abbott, LAT; Karen Gardner, OTR
Arena II: Energy & Equine Facilitated Psychotherapy ~ or, Horse Therapy Is Not for Sissies!—Leslie McCullough, LCSW, LSOTP

10:15 am-11:30 am
Arena I: Equine Movement & Rehab, Panel Discussion—Patricia Baley, DVM; Jacqueline A. Doval; Willie Ellis
Arena II: The Way of Equus, part 2—Kent Harbaugh

11:45 am- 12:30 pm
Arena I: The Art of Drill Team Riding—Cathleen Thatcher

12:30 pm—1:00 pm: Conference Close—LSTEN Board

2009 LSTEN Conference Registration Form

NAME

ADDRESS

CITY, STATE, ZIP

PHONE

FAX

EMAIL

CENTER AFFILIATION

To receive registration confirmation, please provide an email address or fax number.

Make checks payable to **SIRE**.
 Mail form with payment to:
SIRE—LSTEN Conference
24161 Spring Dr.
Hockley, TX 77447

Register by JULY 14, 2009
for best price!

For more information or questions, contact
Susan Sanders
susan@sire-htec.org
281-356-7588 x205

✓	Please register me for:	Fee
	NARHA Mentor Training Pre-Conference Workshop (registration must be received by June 30 for this workshop) - July 30, 9-6 & July 31, 8-12	\$250
	NARHA Center Accreditation Course (CAT) - Friday, July 31, 1-5	FREE
	Horsemanship Clinics at SIRE Ft. Bend —Friday, July 31, 2:30-4:30	FREE
	Kelly Young Riding Clinic at SIRE Ft. Bend —rider (horse provided)	\$75 Free to Audit
	CPR/First Aid Re-certification —Fri., July 31, 5:30-10	\$25
	Conference —postmarked by July 14	\$85
	Conference —postmarked <i>after</i> July 14	\$95
	Special Edition T-shirt w/conference logo (Circle size) S M L XL XXL	\$15
	TOTAL ENCLOSED	

Please check which sessions you would like to attend. They will be filled according to date registration is received.

SATURDAY	Room I	Room II
8:00 am		
9:30 am		
10:30 am		
11:30 am		
2:45 pm		
3:45 pm		
SUNDAY	Arena I	Arena II
8:45		
10:15		