

## **EAGALA Mentors**

### *Professional Disclosures*

#### **Mentors for Mental Health side of team**

##### **Carolle A. Bell, PhD, LCSW, EAGALA Advanced**

I earned my Bachelor's Degree in Psychology from Baylor University, MSSW from the University of Texas and a PhD from Utah State University. I have over 30 years of clinical experience providing a broad range of services to adolescents, adults and families. After completion of my PhD I entered private practice. As part of my private practice, I was involved in the development and implementation of community based treatment programs for adjudicated youth. I currently am the Director of Equine Services at Falcon Ridge Ranch, a residential treatment program for adolescent girls. I have been providing EAP since 2001 providing services to individuals, families, groups and corporate training.

##### **Kim Hughes, LCSW, EAGALA Advanced**

I earned my Master's Degree in Social Work at Boston College in the spring of 1992. I have been working with children and families in a variety of mental health settings since 1986. The majority of my postgraduate work has been in Northern California working with emotionally disturbed children through the Sierra Family Services. I have served as the program director of a residential treatment facility, Sierra Boys Ranch for seven years and now coordinate an outpatient mental health clinic and wrap around program for Sierra Child and Family Services. I began my training with EAGALA in the fall of 2001, provided group EAP sessions to the clients and staff for many years at Sierra Boys Ranch. For the past three years I have been leading EAGALA sponsored workshops "Creativity in the Arena and the Team Approach" with colleagues, Mickey DiGiacomo, and Jill Gustafson, to enhance the EAP treatment teams.

##### **Patti Mandrell, M. Ed., LPC, EAGALA Advanced**

I am a Co-Founder of REFUGE Services, a Christian non-profit organization that provides outpatient EAP services to Lubbock, TX and surrounding communities. I serve as director of therapy services supervising other therapists, horse professionals, volunteers, and intern students. Prior, I had served as a program director for a residential treatment center for girls with eating disorders in south Texas. I was the first professional counselor to be nationally certified in Equine-Assisted Psychotherapy (EAP) in the state of Texas, my husband, Randy, and I were among the first group to reach the highest status/training with EAP in the country. I have been incorporating EAP for 7 years and a therapist for over 8 years. I am a certified instructor and approved supervisor for the International Equine Assisted Growth and Learning Association. I received my master's counseling degree at Texas Tech University. I have been spotlighted and interviewed in numerous local, state, and national publications and television broadcastings promoting the use of EAP when working with families and children. I also teach a course on EAP at Texas Tech University and am the author of an EAP textbook.

##### **Lynn Thomas, LCSW, EAGALA Co-founder**

I earned my Master's in Social Work at the University of Utah in 1995. I obtained licensure as an LCSW in Utah in 1999. I have been in the field of mental health for 16 years. After obtaining my Bachelor's in Psychology from Brigham Young University, I worked as milieu staff

in various settings, including wilderness therapy, youth corrections, a psychiatric hospital, and a residential treatment center on a ranch setting. After obtaining my Master's, I continued my focus on adolescents and families – working again in wilderness therapy and residential treatment. I had the opportunity to help start Aspen Ranch in Loa, Utah (youth residential treatment program) where I incorporated EAP, and became its Executive Director, and then the Executive Director for Aspen Achievement Academy wilderness program. I then developed a private practice that focused on EAP. I co-founded EAGALA in 1999 and presently serve as Executive Director.

**Katie VanNoord, LCSW, EAGALA Advanced**

I am a Licensed Clinical Social Worker, residing in Placerville, California. I am a psychotherapist at Sierra Child and Family Services providing individual and group therapy for boys and their families in the residential treatment program as well as for clients in the outpatient clinic. Additionally, I currently maintain a private practice serving primarily women with histories of trauma and abuse. I received my LIII certification in March of 2005, and am a member of the EAGALA ethics committee. For the last two years I have been the conference chairperson for the yearly EAGALA conference.

**Mentors for Equine Specialist side of team**

**Deb DeHoff, EAGALA Advanced**

As a professional Equine Specialist, my experiences encompasses: equine sports therapy, boarding, training young horses, barrel horses, and retraining negative behaviors, instructing able bodied/special needs persons in basic riding, and competition in world level barrel racing, novice level team penning. With the development of Serenity Farm, a non-profit corporation, the workshop entitled 12 steps and EAP, I believe and encourage continuing education for all those individuals around me. Having obtained EAGALA Advanced and the many hours of hands-on EAP client work, I have experienced horses and people in various life-altering situations. I have worked with at-risk youth and families for over 15 years, investigated for child support and abuse cases, mentored children with juvenile probation requirements, supervised a mentoring program for inner city at-risk youth and mediation, anger management, and conflict management training to public schools. As a Mentor for EAGALA members, I can offer a tremendous amount of positive energy, skill level and encouragement to help those wanting to succeed in a professional co-facilitating team.

**Mickey DiGiacomo, EAGALA Advanced**

I had spent my lifetime in the equine industry from 4-H to breaking and showing horses to fifteen years spent as a jockey, riding in ten different states. I retired from riding and moved to the racetracks of the west coast (to be warm!) for three years as an exercise rider. I eventually left the track and created a riding program for a residential treatment facility for emotionally disturbed boys – Sierra Boys Ranch. I also worked as a residential counselor and house director for the program. I attended my first EAGALA Level I training in September 2000, after which I became Equine Services Director for Sierra Family Services and helped transform the equine component into a true EAGALA Model program. I received EAGALA's Outstanding Equine Specialist award in 2002. Literally hundreds of hours of EAGALA sessions later, and after

contracting as an EAGALA Level I trainer since 2004, I now work full-time as Program Director for EAGALA.

**Mark Lytle, EAGALA Advanced**

I earned my AAS in Equine Science at Martin Community College in 1991. I began a career training Arabian horses on the national circuit. I have been working as a horse professional for 20 years. I began working with at-risk youth in a residential setting as an educational counselor for sexually reactive and abusive youth. I oversaw the education and day treatment programs that included experiential ropes course therapy and developed the EAP program using the EAGALA model for Hand Up Homes for Youth, Inc. I am on the Board of Directors for the local saddle club association, a 4-H Horse and Pony Club leader and member of the NC Horse Council. In 2005, I opened my own EAP outpatient company; along with my wife Becky called Head, Heart, Hands, and Horses. I am also an EAGALA Un-trainer and a mentor for EAGALA mentoring program.

**Randy Mandrell, EAGALA Advanced**

I am the Co-founder of REFUGE Services, a Christian non-profit organization that provides outpatient EAP services to Lubbock, TX and surrounding communities. I am the Director of equine services, managing Refuge's 40 acre equestrian facility with over 20 horses. Prior to this, I was the equine director for a residential treatment center for girls with eating disorders in south Texas. I have been practicing EAP for 7 years working with primarily adolescents, families, and couples. Having 28 years of experience with horses, 13 years of experience as a professional trainer and farrier, I was recognized by the International EAP organization EAGALA as "Outstanding Horse Professional" in 2001 for the superior work with clients and collaboration with other therapists in his community. I am also a national certified instructor and approved supervisor for the International Equine Assisted Growth and Learning Association.

**Annie Tidmarsh, EAGALA Advanced**

**Mentors for either side of team (ES or MH)**

**Cynthia M. Dery, MA, EAGALA Advanced**

My equine education and practical experience began approximately 15 years ago. At that time I became an owner, caretaker and life long learner of all things equine. Certified in 2001, the majority of my experience being with youth in both residential and outpatient settings. In 2001 I assisted in the design and implementation of an equine assisted therapy program for adjudicated and at risk youth and their families in a residential facility becoming the Equine Services Manager in 2003. In 2004 I incorporated my own business that provides equine assisted therapy for adolescents, adults, and families. I am a service provider for an adolescent female group home and a large out patient social service agency where clients are referred for weekly equine assisted group sessions as well as individual and family sessions. I received a Master of Arts degree in Counseling in 2005. Threading my way through two children, husband, and family responsibilities I accrued education and experience in the AODA field primarily with an adolescent population. In 2005, I began working as a therapist in a small non-profit counseling

agency providing treatment for male sex offenders, victims of sexual assault, and domestic violence. This clinical experience also encompasses working with abuse trauma, substance abuse issues, behavioral and emotional disorders. I serve on-call for a crisis response team for victims of sexual assault, recently beginning to work with female sex offenders and am in the process of developing a group therapy curriculum for this population.

**Jill Gustafson, LCSW, EAGALA Advanced**

I am the Clinical Director for Sierra Family Services, a residential treatment program for boys in Northern California. I also have a private practice and have been a therapist for over 20 years. My husband and I also raise and show performance horses. I wrote my thesis on “Pet Facilitated Therapy with Emotionally Disturbed Children”, and I continue to share my office with canine co-therapists. I spend a lot of my time in dog agility competitions. I received EAGALA’s Overall Contribution to the EAP Field award in 2002. I am an instructor for EAGALA and I also am an approved provider for EAGALA with the workshop “Creativity in the Arena and the Team Approach.

**StarrLee Heady, LMHC, EAGALA Advanced**

I have a Masters degree in Counseling Psychology and am a Licensed Mental Health Counselor in Florida. I have worked in Community Counseling Agencies, University settings, Substance Abuse, Employee Assistance and Private Practice. I first began facilitating groups in 1985. I grew up in Northern Wyoming and don’t remember a time when horses were not an important part of my life. 4-H, FFA, and local horse shows were just a normal part of life within a family with a legacy of horsemanship. I am now a Certified Horsemanship Association Instructor and lifelong equestrian. My husband and I own PX Equine Enterprises Inc. in Green Cove Springs, Florida where I also have a private practice in Equine Assisted Psychotherapy. I was already working with an Equine Facilitated Mental Health program when I attended my first Level I in February of 2001. I have been practicing the EAGALA model every since.

**Joseph Lancia, D.O., EAGALA Advanced**

I am a clinical psychiatrist who maintains a private practice in upstate New York. I am a Clinical Assistant Professor at the University of Rochester Medical Center in the Department of Psychiatry and a Distinguished Fellow in the American Psychiatric Association. In addition to my private practice, I offer psychotherapy supervision to area therapists along with teaching seminars in psychotherapy and transpersonal psychiatry. I practice EAP at Windhorse Farm, LLC as an extension to my general psychiatric practice. I have been raising and working with Arabian horses for over eight years along with maintaining my horse farm. I also have extensive background in ethics having chaired and been a member of ethics committees for medial, government, community and non for profit agencies.

**Lori Larson, LMFT, EAGALA Advanced**

I earned my Master’s degree in counseling psychology in 1996 from National University. I was licensed as a marriage and family therapist in California in 1999. I have been in the mental health field for 13 years. Upon receiving my bachelor’s degree in psychology from California State University, Sacramento, I worked in a residential treatment center and in two community counseling centers; one for the severely mentally ill, teaching life skills, and the other for substance abuse recovery. I quickly learned that I wanted to do more in the realm of

psychotherapy. After obtaining my Master's degree, I worked in sexual abuse treatment with families, and ran groups for substance abuse. Upon licensure in 1999, my primary focus became children and families. For 8 years, I was the program director for a private non-profit agency who's focus was child abuse prevention and early intervention. I worked with individuals, families, and groups, as well as supervised interns. In this position, I had the opportunity to start up an EAP program. I incorporated it into my private practice and found it to be incredibly beneficial! I now work part time in a residential treatment program, using EAP, and have a small private practice where I use EAP as well. I am also one of the trainer's for the EAGALA organization.

**David Tidmarsh, Cert. Ed., Dip. Couns., EAGALA Advanced**

Growing up in Africa gave me quite a bit of experience in experiential education. I later moved to the UK where I turned to horses to help in the adjustment. This helped me find direction, and I moved to Scotland to work as an instructor and mountain guide. Part of this involved leading three week trail rides with youth. I later became an outdoor education instructor and guide conducting climbing, canoeing, and sailing expeditions. I became a teacher and therapist, and then an assistant principle, working with young people with severe emotional and behavioral problems in residential therapeutic community schools. The great outdoors and working with animals were an important part of these programmes. Since then, I have worked as a therapist in various settings, conducting play therapy, family, couples, and individual therapy. Along with ongoing counseling, I have worked as an educator at the college and university levels in counseling and IT (computers). My wife, Annie, and I started Winds of Change in Scotland to provide EAGALA therapy sessions. I currently assist with running the EAGALA Europe, Middle East, and Africa affiliate, along with conducting trainings for EAGALA.