

EAGALA's 13th Annual Conference
Enriching Every Life Through Horses
March 21-24, 2012 • Las Vegas, Nevada

An educational and networking event for those interested or working in the fields of Equine Assisted
Psychotherapy and Equine Assisted Learning!

This conference is for:

Counselors, psychologists, social workers, marriage & family therapists, psychiatrists, addiction
counselors, horse professionals and enthusiasts, correctional workers, coaches, educational consultants,
employee assistance programs, residential program directors and staff, students, educators, and anyone
interested in enriching and changing lives through horses!

Presenters:

We are proud to present top-notch speakers for all the workshops being presented. Most speakers are
EAGALA Certified or EAGALA Advanced Certified and actively practicing Equine Assisted
Psychotherapy and Learning. You will have the opportunity to gain practical, useful, inspiring and
thought-provoking information from leaders in this field.

*Psychologists: Due to requirements of the American Psychological Association, only some of the workshops below
are approved as continuing education. Ones that are approved have APA by the title.*

AGENDA

Wednesday, March 21, 2012

Conference Center

9:00 am – 5:00 pm: PRE-CONFERENCE – Succeeding in Your EAGALA Model Business
(Additional fee)

If you are starting up a new EAGALA Model business, or have started one that you wish to take to the
next level, this pre-conference will provide you with the tools for success! Join us for a fast-paced,
information filled day! The day is split into two parts where you can choose to attend either part or both.

PART I – Foundation Building – 9:00 am – 12:45 pm (presented by Pat Wagner) (A working lunch is
included in Part I)

- ✓ What does it mean to be an entrepreneur?
- ✓ Business structure – information that will help you think through what the better business
structure is for your organization – a for-profit or not-for-profit?
- ✓ Strategic Planning – you'll create a 3-year plan to take your business where you want it to go

PART II – Get Out of the Barn: Time to Market and Sell Your Business – 1:00 – 5:00 pm

- ✓ Fundraising/Grants – gain the tools you need to translate the power of EAGALA EAP/EAL into a compelling problem/need statement that will capture the hearts and attention of potential funders (presented by Tammy Baumgartel)
- ✓ Marketing – increase visibility, build relationships and partnerships, and turn free events into PAID events (presented by Heather Wilkerson and Rose Murdock)
- ✓ Pricing – learn how to price your services so you are a viable business (presented by Pat Wagner and Lynn Moore)
- ✓ Negotiate, Package and Close the Deal – got people interested, yet it’s not turning into paying clients? Learn how to successfully negotiate and actually close the deal through offering creative and effective packaging options and raising your profit margin (presented by Carissa McNamara)

6:30 pm – 8:30 pm: CONFERENCE REGISTRATION

6:30 pm – 10:00 pm: NETWORKING SOCIAL • Hors d’oeuvres served (Conf. Center)

A perfect opportunity to network with others involved in and excited about this field! Tables will be set up for exhibit booths for organizations/individuals to share marketing and informational materials. Introductions, welcoming, and other business will be addressed.

Exhibit booths will be open during all free times in the Schedule through Friday night – excluding time at Arena

Thursday, March 22, 2012

Equestrian Arena (morning) & Conference Center (lunch/afternoon)

This day will start off in the Equestrian Arena where workshops will be presented with horses, and then move to the Conference Center for lunch and afternoon breakout sessions. The arena is indoors and heated, although it can still be a bit chilly, so dress in layers.

Equestrian Arena: 7:30 am – 12:00 pm

7:30 am – 8:25 am: SPECIAL WORKSHOP for first-time attendees to an EAGALA event!

Introduction to the EAGALA Model: Understanding EAGALA Through Reality TV by Mark Lytle (Head, Heart, Hands, and Horses, NC) and Brenda Hunter, MA, LCPC (WI) **APA**

Mark and Brenda had the opportunity to conduct EAGALA Model sessions with two challenging teens from Australia for the reality TV show, ‘World’s Strictest Parents.’ Come learn about what helped these youth make significant and powerful changes during these sessions and then watch these EAGALA Model principles in action through hands-on demonstrations. This will provide a helpful introduction to prepare first-time attendees for the rest of the conference learning. “Old-timer” EAGALA folks are welcome to attend as well!

8:30 am – 9:30 am: Bridging the Gap Between “Activities” and Life Metaphors by Patti Mandrell, M.Ed., LPC and Randy Mandrell (Refuge Services, TX) **APA**

This hands-on presentation is designed to dispel the myths about “activities” in EAGALA model practice. Through interactions with horses, the participants will experience the power of metaphors in the arena. The audience will observe how an activity can be used as a catalyst to understanding the perspective and experience of the participants. Being able to observe without an agenda is the challenge. The presenters will challenge all to see how one “activity” can have such a diverse meaning to all who participate.

9:45 am – 10:45 am: There is No I in Team: But There are Issues, Incidents and Impasses by Rhiannon Beauregard, LMFT (NY) and Bill Langford (Cherokee Ridge Horse Farm, LA)

It is common for EAGALA teams to experience issues, incidents and impasses but these situations need to be handled so they strengthen, not weaken, the team. This arena presentation will introduce an activity that team members can utilize to confront issues within the team as they arise. It will also demonstrate how issues within a team can be passed down through the horses and clients as a parallel process, demonstrating how conflicts within the team can both affect EAGALA sessions and reflect issues in our regular lives.

11:00 am – 12:00 pm: EAL: Where do we start? Organizational Diagnosis by Annie Ricalde, Psychologist and Fernando Cordero (TAAC, Mexico)

This workshop will look at the difference between EAP and EAL (Psychotherapy and Learning focuses) and how EAGALA can be applied effectively with organizational development work. The presenters will demonstrate an EAL session providing a metaphor for what all organizations need to do: bring clients and keep them as long term customers. This activity gives a very accurate picture of where the organization is at, where their main focus is, and defines what the team members need to work on in order to maximize their skills in the customer incoming and retention process. Real life examples will be provided of how this arena experience has helped evaluate, diagnose and reflect the actual state of an organization, their different departments and their team members at work.

Conference Center: 12:15 pm – 5:00 pm

12:15 pm – 1:45 pm: LUNCH, announcements and interactive networking at Conference Center (included with conference fee)

Afternoon breakout sessions in the Conference Center

There are four breakout sessions to choose from during each time slot

1. 2:00 – 3:20 pm Thursday

1A. EAP for EAP: Equine Administrative Practices for Equine Assisted Psychotherapy by Lisa K. Wheeler, MS, M.Ed (EAGALA Insurance Task Force Chair, NC)

When you think about the practice of EAP and EAL, how often do you think about the “behind the scenes” picture? The “behind the scenes” picture of any successful practice or business (medical, mental health or other) is administrative principles that must be known and adhered to. Some of these are internal. Many are external that you, as the practitioner, administrator, and/or owner must know and keep “in the know.” These include but are not limited to: compliance (not just HIPAA), documentation and

medical records, billing (including insurance), state and federal regulations, scheduling basics, employment law and policies and procedures. This session will serve as an introduction, overview, and/or review about critical administrative issues that must be addressed completely and accurately for ideal practice/business operations. Participants will be provided with educational materials including resources for information and assistance.

1B. Introduction to Experiential Therapy by Rhiannon Beauregard (NY)

EAGALA Model practice is an experiential model of therapy and learning, but how many EAGALA practitioners could define the word “experiential?” Participants will learn about the origins of experiential therapy, how it is applied in office therapy, and how it applies in the arena. Experiential therapy was revolutionary and controversial at the time of introduction to the therapy world. Knowing its rich history and clarifying what “experiential therapy” means and how it’s implemented will provide practitioners with information and confidence in informing others, incorporating it and inspiring their EAGALA practices.

1C. Attaching with Horses: Working with Children with Attachment Disorders and Adoption Issues by Lorneta Ferguson, LCSW, Carolle Bell, Ph.D. & Mike Randall, ES (Falcon Ridge Ranch, UT)
APA

The presenters developed a program at Falcon Ridge Ranch working with youth diagnosed with attachment issues and reactive attachment disorder. Parents and students report improvement in willingness to attach, emotional stability and improved behavior. The presenters are also measuring the impact through data being gathered by the Y-OQ measure and the Inventory of Parent and Peer Attachment. This workshop will provide information on the diagnoses, identify areas of concern when working with this population, and learn the interventions incorporated to aid in the healing of attachment issues.

1D. Bullying, A Herd Perspective by Patricia Schlough, LCPC, Christle Henzel, LCPC and Michele Schraf (P.E.A.C.E., PA)

This presentation will focus on the issues around bullying and how EAGALA model EAL can be used for education and intervention. Participants will learn about the steps needed to implement an EAL program for school personnel. The presenters will share activities used to teach educators and professionals about bullying and the importance of educators’ responses and interventions in confronting it.

2. 3:40 – 5:00 pm Thursday

2A. Collaborating with Universities: The EAGALA University Committee Answers your Questions by Arieahn Matamonasa-Bennett (Chair, IL), Michele Pickel (MN), Karen Frederick (TX), Molly Gallacher (VA), Steve Eller (TX), Debra Farber (NJ), and Quinn Lawton (NE)

The EAGALA University Committee has been operating for two years and the collaborations are now starting with exciting benefits for both members and universities! University Committee members will be present to encourage members and practitioners in the university collaboration process. This session will engage participants in the following topics: collaborations currently underway; brainstorm further collaborative options which may be opportunities for your program; the benefits for both the practitioner and the university in initiating collaborations; how to get the process started, about potential challenges

you may face, and how to succeed; available class materials; and how to evaluate the collaboration and establish long-term relationships.

2B. Haven't Been There, Haven't Done That, But It Still Hurts by Linda Christine Richards, LCSW (Ft. Leonard Wood, MO)

Secondary trauma, also referred to as vicarious trauma or compassion fatigue, can affect individuals helping a traumatized person. This is not only the case for the mental health specialist, but can also impact the equine specialist in an EAGALA team, as they are both exposed to listening to heart wrenching life stories and memories of trauma. As professionals helping people through their stressors, it is important to be able to recognize the signs and symptoms of secondary trauma and to utilize self care techniques so the team can continue using horses to help people for years to come.

2C. Grounded EAP Strategies for Improving Self-Efficacy in Clients by Mary Looman, Ph.D., Madeline Rugh, Ph.D., and LaDeana Cummins (Groundwork First, LLC, OK) **APA**

According to social science research, self-esteem is important to human survival. Self-esteem develops as we find our worth in the world and our ability to live in the moment assured that we have the competence to manage life as it comes. Self-efficacy is the outward sign of self-esteem. In this workshop, participants will gain knowledge and understanding of the six behaviors of self-efficacy which are the foundation of well-functioning as identified by 50 years of social science research, along with six EAP strategies that allow clients to practice self-efficacy behaviors within EAGALA activities. The presenters will share ways to conduct pre and post assessments that measure the clients' increased self-efficacy and well-functioning. Participants will have an opportunity to observe video demonstrations of the Grounded Strategies and practice debriefing in small groups focusing on the six self-efficacy behaviors.

2D. FASD and the EAGALA Model by Lynn Moore, Heather Jeffrey and Jeff Moore (Acres for Life, MN)

Join us for a look at this 10-week program created in conjunction with MOFAS (Minnesota Organization on Fetal Alcohol Syndrome) and 4Keeps (a Minnesota organization that provides adoption and foster family support) – providing EAGALA model services to both pre-adolescents and adolescents diagnosed with FASD (Fetal Alcohol Syndrome Disorder) and their caregivers. This workshop will take participants through what worked and what didn't through creation, marketing, implementation and eventual offering of this program so that you'll leave inspired to carry the EAGALA model to this population in your area. Also covered will be population selection criteria, assessment tools used, interviewing, set-up, actual activities used and evaluations.

Friday, March 23, 2012

Equestrian Arena (morning) & Conference Center (lunch & afternoon)

This day will start off at the Equestrian Arena where workshops will be presented with horses, and then move to the Conference Center for lunch, afternoon breakout sessions and evening dinner gala.

Equestrian Arena: 8:30 am – 12:00 pm

8:30 am – 9:30 am: Spiritual Growth Sessions in the Arena: Guidelines and Implications for Practice by Arieahn Matamonasa-Bennett, Ph.D. (Equilibrium, IL) and Joe Lancia, D.O. (Windhorse Farm, LLC, NY) **APA**

This arena presentation explores the ways in which EAGALA practitioners can incorporate various elements of clients' spirituality, cultural or mythological connections and traditions to enhance the potential for personal growth in this work. Concepts explored in the arena are the use of guided imagery, created sacred space, using silence, music and clear session structure (beginning, middle (climax) and end) as a means for facilitating more powerful sessions.

9:45 am – 10:45 am: Horse Powered Reading by Dr. Michele Pickel (Concordia University, MN) and Terry Bateman (Hillside HOPE Thru Hooves, MN)

The ultimate goal of reading is to get meaning from print, or in other words, to comprehend the text. This presentation will demonstrate the unique program developed by the presenters in incorporating EAGALA model EAL to help students build reading skills, including pre-reading, during reading, and after reading tools. Through this workshop, mental health professionals will discover that often reading problems are a symptom of other issues that need to be uncovered and addressed, equine specialists will explore how the horse can become a metaphor for challenging texts that students must develop a connection with in order to comprehend it, and teachers will experience how EAL can reveal insights into reading difficulties and uncover potential approaches for dealing with them.

11:00 am – 12:00 pm: A Program of Recovery – Steps 1, 2 and 3 by Mary Ann Brewer and Debra Farber, LPC (In the Company of Horses, Inc., NJ) **APA**

There are times when one session is all you get with clients. This presentation will demonstrate a session designed as a one-time therapy session experience for clients with addictions issues to explore the concepts in steps 1, 2 and 3 of the AA 12-step program. The workshop will illustrate the importance of utilizing directive metaphors and session closure as part of the stand alone experience.

Conference Center: 12:15 pm – 9:00 pm

12:15 pm – 1:45 pm: LUNCH, announcements and interactive networking at Conference Center (included with conference fee)

Afternoon breakout sessions in the Conference Center

There are four breakout sessions to choose from during each time slot

3. 2:00 – 3:20 pm Friday

3A. Getting the Greatest Bang from Your Marketing Materials by Lanier Cordell (Marketing, Advertising and Public Relations Professional, LA)

Ads, Rack Cards, Business Cards, Brochures, Flyers. These are just a few of the affordable marketing opportunities available to help you build your EAGALA business. As with any marketing efforts,

effectiveness matters. No matter how little something costs, if it doesn't make you money, it's too expensive. This workshop is designed to help you develop materials that will bring you maximum results. We will show you how to choose images that reinforce your message, create strong headlines that grab your audience and keeps it reading, and how to ask for the response you want. Since the main focus of EAGALA is to help one another, we would like to show some of the successful pieces created by EAGALA members. If you have developed something that is really working for you, please send it to LT@eagala.org so that we can incorporate it into the presentation.

3B. This Is Your Brain on EAGALA by Jill Haunold, Ed.D (College of Idaho, ID) **APA**

EAGALA model practitioners are not Brain Scientists, or are we? Based on the latest brain research, Dr. Jill Haunold demonstrates in this fun, interactive presentation how the brain research on memory, learning, attachment and psychotherapy is exactly what we use as EAGALA practitioners and why it makes what we do so effective in working with people. Participants will view videos and do brief activities providing examples of how what we do in EAGALA can excite and change our brains. By the end of this session, participants will be able to cite some of the brain research that supports the EAGALA model, provide examples of how EAGALA is based on the way the brain works, and explain how one EAGALA activity works with our brains. Whether you are an ES or MH, understanding the neuroscience of the EAGALA model may be helpful in grant writing, future research, and explaining to cooperating agencies, clients and funding sources how scientific research informs and explains why we can make dramatic and sustainable change in people's brains and lives through the EAGALA model.

3C. "Ins and Outs" of Boundary Setting: EAP Essentials by Don "Z" Zimmerman, Ph.D. and Linda Zimmerman (Selah House Inpatient Eating Disorder Treatment Facility, Anderson, IN) **APA**

The ability to recognize the need to set boundaries and the ability to set and maintain those boundaries is a common therapeutic goal for clients, regardless of age and presenting concerns. This includes the ability to recognize and set boundaries in relationships, situations, and with self. The presenters will draw upon their EAGALA experience with inner city youth, eating disorders, families, and individuals with a wide variety of therapeutic issues. Participants will leave this presentation with a better understanding of the types of boundaries and knowledge of what makes healthy boundaries. Participants will also leave with at least five EAGALA activities that can be utilized and modified in assisting with boundary setting in sessions.

3D. Power Tools for Living: A Proven EAL Program Promoting Emotional Intelligence by Robert Magnelli, Ph.D. and Nancy Magnelli (Horsepower, CA) **APA**

This workshop will provide an introduction to a highly successful (statistically significant, popular and profitable) EAGALA EAL program that teaches emotional health constructs that promote emotional/social intelligence in as a little as five two hour sessions. This program has been presented to over 1300 children and adolescents over 8 years. Workshop participants will gain an understanding of the constructs (Power Tools) and their importance to emotional health, as well as steps to implement this in your area.

4. 3:40 – 5:00 pm Friday

4A. Working with Military Populations by StarrLee Heady, MA, LMHC (PX Equine Enterprises, Inc.)
Our professionals in the mental health and horse industry are motivated to serve those who have served us in the Military. This workshop will look at some of the specific cultures within the culture that is our military and look at how EAGALA practitioners can become prepared to offer services that meet the needs of these populations. Topics will include preparation, professional scope of practice, interacting with the military and “selling” EAGALA model programming to those within the military community, along with case stories. *(Note: The EAGALA Military Task Force will be holding a discussion meeting after this presentation in the same room – 5:00 pm)*

4B. Bringing Mindfulness Into the EAGALA Arena by Amanda Graham, MS, LPC, NCC
(Midwestern Colorado Mental Health Center, CO) **APA**

Mindfulness has long been described as a quality of open, nonjudgmental awareness and attention that we bring to the present moment. How do we cultivate it in our lives and how do we bring that awareness into the arena as EAGALA professionals? This didactic and experiential workshop will introduce the basics of mindfulness practice and teach specific skills to observe and describe what is going on in the arena, utilizing the SPUD’S model. Through this practice, participants will learn how to use clean/neutral language to help clients develop meaningful metaphors and how to increase their own self-awareness in the process.

4C. Designing, Implementing and Evaluating an Adolescent Residential Based Equine Assisted Treatment Program by Mike Gooch, LICSW, Laura Feldmann, LICSW, Bettye Knight, and Darrin Nielsen, LSW (Home on the Range, ND) **APA**

This workshop will provide a model for developing, implementing and evaluating an intensive equine assisted treatment program for adolescents in a residential setting, including the difficulties encountered and the solutions utilized to overcome them. Outcome data will be reported from both a pilot intervention group (N=11) sample and a comparison control group sample (N=16) of co-ed residents between the ages of 13 and 17 that met the criteria for disruptive behavior disorder. Information will include sample description, program components, program setting, evaluation tools, data analysis as well as strengths and limitations of the study.

4D. Tails from the Trail by Mark Lytle (Head, Heart, Hands and Horses, NC) and Lynn Thomas, LCSW, EAGALA Executive Director (EAGALA, UT)

This workshop will provide a storytelling experience where EAGALA Model principles and theories are brought to life and application through actual case stories. Enjoy Mark’s talents in sharing experiences which you may relate to, or learn from to better your EAGALA model practices, including topics such as moving from an instructional horse professional to EAGALA Model horse professional, becoming aware of ‘S’s, how the horses have become professionals in the EAGALA Model treatment team, and how the clients and horses have taught him how to have more meaningful and impactful sessions. Lynn will be on hand to highlight specific principles of the EAGALA model bringing more depth in our understanding of what defines this model and how it is applied. Question and answer time will also be included.

5:00 – 6:00 pm: EAGALA Military Services – Updates, discussion, Q & A and networking with the EAGALA Military Task Force. (If you have questions for the Q&A, please send ahead of time to military@eagala.org.)

6:30 – 9:00 pm: Dinner Gala (included with conference registration)

Conference Center

Come enjoy dinner and the evening for socializing and EAGALA presentations. Completion of the EAGALA silent auction will be this evening as well. Dress is casual. Family members and friends are welcome to attend as well for dinner fee.

Saturday, March 24, 2012

Conference Center

Morning breakout sessions in the Conference Center

There are four breakout sessions to choose from during each time slot

5. 9:00 – 10:20 am Saturday

5A. Practical Ethics for EAGALA Practitioners by Steven Mansfield Shaber, JD, (Poyner Spruill LLP, NC) and EAGALA Ethics Committee **APA**

Attorney Steve Shaber and members of EAGALA's Ethics Committee will present a three-hour session on practical professional ethics for EAGALA members. The presentation will include (i) a survey of published ethical standards for psychologists, clinical social workers, professional counselors, and researchers, (ii) a discussion of legal issues which rise out of these ethical standards, and (iii) a list of practical tips for meeting the standards. Topics will include minimum professional competence, confidentiality and privacy, informed consent, record keeping, dual relationships, forensic activities, the difference between treatment and research, and basic ethical principles for research.

5B. Two 40-minute research presentations:

1. Defining EAP: Overcoming Gaps in the Literature by Beatriz Craven, M.Ed., doctoral student counseling psychology (Texas A&M University, College Station, TX) **APA**

There are several challenges in initiating research when measuring the effects of EAP, the most critical of which is universal agreement across the literature in regards to what "equine assisted psychotherapy" is to begin with. Because EAP is such a young field with exponential growth and increasing attention in recent years, this may lead to differing views and inconsistencies across the field of equine assisted therapy in general as practitioners continue to work on, understand, and improve upon the method. Similarly, several different organizations or individuals may utilize similar terms in regards to equine therapy which may also result in confusion as to what "EAP" is as well as quality control and variations in practice.

Identifying and defining the practice of EAP is the first key step in establishing proper research, to be

followed by experiment design, appropriate choices in assessment, and creating a research design that limits confounding variables while maintaining the integrity of the EAP process.

2. A Look at EAP Programming Nationwide: Straight from the Horse's Mouth! By Erica Jex Gergely, MA (MI) **APA**

This workshop will share a variety of data gleaned from an exploratory, descriptive study about the major components of EAP programming nationwide including those related to service implementation, use of evidence based practices, use of standardized outcome measures, fidelity to training protocols, and various other factors.

5C. EAP Interventions: Treating Survivors of Sexual Abuse by Susan Byrne, MFT and Toni McCormick, LCSW (In the Presence of Horses, CA) **APA**

Sexual abuse is an all too prevalent problem. According to the Center for Disease Control, there are an estimated 39 million survivors of childhood sexual abuse in America today. Sexual abuse often results in decreased self esteem, depression and various mental health and behavioral disorders. Many practitioners may work with clients who have not disclosed their sexual abuse history. This makes EAGALA model EAP an especially effective treatment modality because it is mostly non-verbal. This workshop will give the EAGALA team suggestions for powerful activities that can be used for assessment and intervention in addressing sexual abuse issues and inspire further creativity in this work.

5D. The Starting Gate: Navigating the Intake Process by Kim Young, LMFT (CA), Lynn Dorgan, LMFT (Reins of H.O.P.E., CA) and Mickey DiGiacomo (EAGALA Program Director)

This workshop will provide participants with a detailed overview of all aspects of the intake process for EAGALA model sessions. Having experienced multiple intake circumstances, the presenters will share their experience in identifying, clarifying and streamlining the process. For examples: How might the process differ when you are doing adjunct therapy for another therapist, or how about a group where some of the clients are new and others are returning? What would be different when the first session is in the office followed by arena sessions? All variables involved for both the MH and the ES will be covered to assist in navigating the intake process in a smooth, all encompassing, professional manner.

6. 10:40 am – 12:00 pm Saturday

6A. Practical Ethics for EAGALA Practitioners by Steve Shaber and EAGALA Ethics Committee **APA** Continuation from 5A. The final 30 minutes of the program will be a Q&A session between the audience and a panel of EAGALA ethics committee members, moderated by Mr. Shaber.

6B. Polishing the Lens: The Impact of Current Research Methodologies on Our Knowledge of EAP by Paul Haefner, Ph.D. (Riding Far, LLC, VA), and Arieahn Matamonasa-Bennett, Ph.D. (Equilibrium, IL) **APA**

What we know or learn about our world is directly shaped and constrained by our choice of methods of observation. While the research on EAP is sparse, it is even more concerning that almost all of the existing studies use similar assessment tools, mostly self-report, which accomplishes a narrow goal and does nothing to advance our understanding of fundamental questions like how or why change occurs and the horse's role in that. In this workshop, we review the assessment methodologies used in current research identifying the constraints it places on what we can learn. The value and constraints of other

existing methodologies and assessment technologies will be explored. Discussion will be focused on exploring the uniqueness of EAGALA model EAP as a therapeutic intervention and foster creativity in the development of new assessment strategies, taking research for this industry to the next level and providing more effective support for “why horses?”

6C. Dialectical Behavior Therapy (DBT) in the Arena by Sarah Jane Torontow, LPC (Torontow Rural Mental Health, MO) and Amanda Lawler (Heartland Behavioral Health Services, MO) **APA**

Individuals who suffer with an emotional regulation disorder are some of the most challenging clients in treatment. These individuals often find themselves stuck in a continuous pattern of self sabotaging behaviors. DBT is an evidence based treatment for individuals experiencing emotional regulation disorder. When DBT is combined with EAP, individuals are provided an opportunity to practice their skills in a non-threatening environment. This presentation will introduce DBT and the four key skill sets, biosocial theory and its role in emotional regulation disorders, mindfulness concepts, share case examples and provide participants with the skills to combine DBT and EAP effectively.

6D. Building Summer EAL Programs/Camps by Michelle Holling-Brooks and Cami Murnane, MSW (Unbridled Change, VA)

Thinking about adding summer programs to help bring in new clients and revenue? Learn about how to develop, market, and utilize the summer months to not only bring in new clients and revenue, but who, what, where and how to build a realistic program to fit your needs. Learn the nuts and bolts for a successful program, such as staff needs, equine needs, learning objectives, and basic outlines. Samples of the types of themed and population based programs are: at-risk youth - communication and social skills; youth with autism/aspergers - social and behavioral skills.

**End of Conference
See you next year!**