



## Equine Assisted Services Professionals Workshops and Networking Day

**June 20, 2026**

**Morning Session and Lunch: 9:00-1:15**

**Afternoon Session: 1:15-4:00**

**Morning Session Descriptions:** These sessions are reserved for EAS Professionals

- **9:00-10:30: The Horse Doesn't Know Who the Client is:** Considerations in Equine-Assisted Psychotherapy

In this session, attendees will be provided with an overview of Equine Assisted Psychotherapy (EAP), as well as practical considerations and potential applications in the barn setting. Topics will include defining roles, HIPPA/confidentiality, and the importance of regulation for the facilitating team. There will also be an experiential component to this session!

Presenters:

Nicole Albee, LCSW from Miss Understood Wellness, a practice offering EAS and telehealth services to adults. Her practice is located in Augusta, Maine.

Carson Harvey: ESMHL and staff at Whispering Woods Stables in Augusta, Maine.

- **10:45-12:15: Acupressure and Masterson Method Techniques for Horses Engaged in EAS!**

Attendees will see demonstrations of useful acupressure and Masterson Method techniques to aid in relaxing and stretching horses prior to or after a lesson. Techniques shared will include using breathing and acupressure, following which several Masterson Method techniques will be demonstrated, including scapula release, lateral cervical flexion, TMJ release, and hind leg and groin releases. Attendees will have the opportunity to practice the techniques working with RTT horses.

Presenters:

Stacie Hamilton-Waldron, a Masterson Method Certified Practitioner (MMCP), has been a volunteer at RTT for 15 years as a side-walker and horse leader. She has been offering Reiki and Masterson Method to RTT horses for 8 years.

Margi Huber, a volunteer trained in Reiki, Masterson Method and Acupressure has been a volunteer at RTT for 17 years, serving as a side-walker, horse leader and member of the volunteer schooling team. She loves the bond that body work provides to horse and human partnerships!

- **12:15-1:15: Join us for lunch and discussion!**

### Afternoon Session Descriptions

The afternoon sessions are geared towards RTT volunteers. EAS Professionals are invited to audit this part of the day!

- **1:15-2:45: How to be the Leader for your Horse in New/Unfamiliar Situations**

Participants in this session will learn strategies to be a calm and confident horse handler in new or challenging situations. We'll problem solve leading horses through obstacles that may seem "scary," working to decrease anxiety and increase confidence! Attendees will be working with RTT horses.

Presenter:

Sara Gagliarducci is an Occupational Therapist and CTRI at RTT. A life-long horsewoman, Sara teaches ground lessons as well as mounted lessons at RTT. She believes that groundwork training is essential for every horse, regardless of their specialty and does groundwork with her horse, Cash, as well as RTT horses.

- **3:00-4:30: Context and Techniques for working with Individuals who have Sensory Processing Disorders**

In this workshop, we will be reviewing common characteristics of individuals who have autism, ADHD, sensory issues, and processing issues. The focus will be on how teams working with these participant can set them up for success. The session will include a presentation, discussion and questions, and an experiential portion!

Presenters:

Tracy is a CTRI at RTT, as well as having been a special needs educator. She has extensive experience in working with individuals who have a variety of diagnoses.

Kate is a CTRI and ESHML as well as Program Director at RTT.

14 Lilac Drive ~ Windham, ME 04062  
207-892-2813 X22 ~ Fax: 207-892-6523 ~ [www.ridingtothetop.org](http://www.ridingtothetop.org)  
Workshop Contact: Kate Jeton, [programdirector@ridingtothetop](mailto:programdirector@ridingtothetop)

**EAS Professionals Workshop and Networking Day**  
**June 20, 2026**  
**Riding To The Top**  
**Registration Form: Please return by June 10, 2026**

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
Town/City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Please register me for the following:**

- |  |         |
|--|---------|
| <input type="checkbox"/> Morning Session and Lunch           | \$50.00 |
| <input type="checkbox"/> Morning Session and audit afternoon | \$75.00 |
| <input type="checkbox"/> Afternoon Session only Audit        | \$25.00 |

**Total Enclosed** \$ \_\_\_\_\_

- I have enclosed a check (payable to Riding to The Top)
- I prefer to pay by Credit Card (MC, Visa, Discover or AmEx accepted)

**Note: Please DO NOT email CC info (you may call us and we will take info over the phone)**

CC #: \_\_\_\_\_ Exp. \_\_\_\_\_ CVV Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Cancellation Policy: Cancellations by June 15<sup>th</sup>, 2026 will receive a full refund.*

*Riding To The Top may cancel the Workshop and/or Certification in the event of insufficient registration numbers. If RTT has to cancel you will receive a full refund.*

Dietary restrictions: \_\_\_\_\_

**To register please fill out the Registration Form and submit with payment to:**  
**Riding To The Top; 14 Lilac Drive; Windham, Maine 04062**  
**207-892-2813 Ext. 22 ~ Fax: 207-892-6523**  
**Staff Contact: Kate Jeton, Program Director (programdirector@ridingtothetop.org)**