

The Healing Experiences Summit EVENT SCHEDULE

9:00–10:00AM Office Welcome & Keynote <i>Preshuslee Thompson</i> Horses Helping Humans Heal: An introduction to EAP and integration of Cultural Humility in practice	12:45–1:45PM Outside/Other Nature as Our Co-Counselor: Engaging With Clients in the Outdoors. <i>Kade Forth</i> A mock ecotherapy group session highlighting how nature-based sessions can enhance therapeutic outcomes beyond traditional talk therapy.
10:00–10:15AM Office Break	
10:15–11:15AM Office Nourishing Our Communities: Addressing Food Insecurity and Wellness in BIPOC Communities <i>Adrienne Wilson</i> Explore food insecurity as a wellness issue. Hands-on session with meal planning tools and strategies for supporting BIPOC community health on a budget.	2:00–3:00PM Office The Heart of Healing: Staff Wellness as a Catalyst for Systemic Change <i>Kate Lohmeyer</i> This interactive session explores how staff wellness is a critical, and often overlooked, component of trauma-informed, healing-centered education.
10:15–11:15AM Equine/Arena Home in the HERD: Take what you need, give what you can <i>Dr. Aviva Vincent & Deb Schneider Murphy</i> Explore radical healing practices inspired by BIPOC and queer leaders. Includes body scan, movement, and community connection in a safe, playful space.	2:00–3:00PM Equine/Arena Stress Level of Horses doing EAP <i>Dr. Steffanie Burk & Hannah Mohler</i> EAGALA Demo by PBJ Connections Findings from a study on equine stress during EAGALA sessions using cortisol and behavior metrics, showing no stress increase and reduced human distress.
10:15–11:15AM Outside/Other Trauma Informed Mindfulness Techniques <i>Elizabeth Wood</i> Experience trauma-sensitive yoga, breathwork, and meditation (iRest®). Learn tools to offer safe, inclusive mindfulness practices.	2:00–3:00PM Outside/Other Renew Your Breath: Ways to Reclaim, Restart & Resist <i>Dr. Nama Khalil</i> Pause and breathe together in community. A reflective space for reconnection and resistance in the face of ongoing social and global distress.
11:45AM–12:45PM Office Lunch & Networking	3:00–3:15PM Office Break
12:45–2:00PM Office Embodied Connection: Feeling More Alive in Yourself & With Others <i>Nicholas Bolton</i> Explore how the body stores emotion and shapes connection. Includes gentle movement and sensory practices to support presence and aliveness.	3:15–4:15PM Office Healing Connections: A New Approach to Healing Trauma <i>Holly Jedlicka & Erica Gaddie</i> A new framework for addressing trauma through experiential and relational healing practices. Learn how we incorporate equine-assisted psychotherapy and other experiential techniques.
12:45–1:45PM Equine/Arena Working With Horses as a Practice in Mindfulness: Expanding Thresholds of Comfort <i>Allana Salmon</i> Learn how equine interactions can expand comfort zones and deepen present-moment awareness.	4:15–4:45PM Office Energy Reset Through Sound Healing <i>Janita Michelle</i> Experience a sound bath infused with Reiki to reset and realign your nervous system, body, and spirit.
	4:45–5:00PM Office Closing <i>Holly Jedlicka</i>

The Healing Experiences Summit

SPEAKERS + WORKSHOPS

Keynote: Horses Helping Humans Heal: An introduction to EAP and integration of Cultural Humility in practice

Session Description

This presentation will introduce Equine Assisted Psychotherapy as an experiential therapy with focus on the EAGALA and HERD methods. When providing an overview of these methods we will highlight key components and explain how cultural humility can be intentionally integrated in each framework.

Participants will leave with a clear understanding of EAP and Cultural Humility and have skills to practice the two frameworks together.

Presenter: Preshuslee Thompson, LMSW

Preshuslee is the owner of Preseli Equity Group Consulting. A licensed occupational and clinical social worker who specializes in equine assisted psychotherapy, trauma processing and social justice education. Preshuslee is the 2024 NASW-OH Statewide Emerging Leader of the Year!



Nourishing Our Communities: Addressing Food Insecurity and Wellness in BIPOC Communities

Session Description:

Food insecurity is more than a lack of access- it's a barrier to overall wellness, particularly in BIPOC communities where systemic inequities deepen its impact. During this interactive session, we will explore how food access influences holistic wellness both on the individual and community levels. Through guided discussion, hands-on meal planning, and real-world scenario work, participants will gain practical strategies for addressing food insecurity and promoting nutrition on a budget. Whether you work in health, education, social services, or grassroots organizing, this session will provide actionable insights and tools to advance well-being and nourish change in your communities.

Presenter: Adrienne Wilson, MPH, CHES, NTP

Wellness Coordinator at The Ohio State University. A Certified Nutritional Therapy Practitioner since 2023, providing clients with personalized nutrition and lifestyle wellness plans.



The Healing Experiences Summit SPEAKERS + WORKSHOPS

Home in the HERD: Take what you need, give what you can

Session Description:

Healing is a very personal experience. This session offers opportunities to embody radical practices of BIPOC, queer, radical leaders including the Nap Ministries, Radical Self Love, and Pleasure Activism. This session will offer participants several opportunities to determine what they need to experience healing, which may look and feel different than others. The facilitator will lead a mind and body scan, followed by participants sharing what they need in the moment to give themselves love, and give/receive radical self-love from others. Participants will have opportunities to play/find movement if it brings them joy, or find a physical space that feels safe experience slowing down. To close, participants will share one commitment to their self and/or their community for what they will take with them to continue their learning and engagement. The session will also provide opportunities for practitioners to connect with each other to form meaningful connection in an intentional effort to diminish feelings of isolation. As each of the radical practices is grounded in a written work, practitioners can take the pieces that resonate with their personal and professional interests and queries, and continue their learning beyond the Summit.

Presenter: Deb Schneider Murphy

Advanced EFP through the HERD Institute

Deb has been in this work for 30+ years. Deb's practice draws from contemporary Gestalt Psychotherapy, Developmental Somatics, CranioSacral Therapy, Somatic Experiencing (trauma resolution), and Equine Facilitated Psychotherapy. Each client's unique needs and interests guide the work together. Deb works with a wide range of issues including: anxiety, depression, developmental trauma, PTSD, chronic health conditions, neuro-atypical function, and relational problems.

<https://www.linkedin.com/in/deb-schneider-murphy-02ab3111/>



Presenter: Dr. Aviva Vincent

Advanced EFP through the HERD Institute, PATH Intl CTRL, ESMHL, and Equine Services for Heroes

Veterinary Social Worker and Assistant Professor at Cleveland State University. As a social justice advocate, Aviva centers DEI in teaching, research and practice, inclusive of Access and Belonging. Aviva is a researcher studying the physiological impact of the human-animal bond. Aviva also identifies as: educator, advocate, practice owner, and mother. Aviva is trained in Results Based Accountability for organizational strategic planning and evaluation, and holds facilitator training through the Harwood Institute, Sustained Dialogue, and the Institute for Social Change. <https://academic.csuohio.edu/vincent-aviva/>



The Healing Experiences Summit SPEAKERS + WORKSHOPS

Trauma Informed Mindfulness Techniques

Experience and learn mindfulness practices to skillfully navigate challenges. This session will be led by trauma-informed yoga teacher Elizabeth Wood. It will include a guided experience of gentle yogic movement and breathing as well as iRest® meditation, an evidence-based, mind-body practice. We'll discuss mindfulness and trauma-informed teaching techniques, which are a key part of offering mindfulness practices in ways that are accessible for people who've experienced trauma. What's included: Experience a trauma-informed mindfulness practice, Learn how to create a safe-r space for people to explore mindfulness, Understand how to use the power of language to invite participation, Self-care considerations for those who serve others. This session is open to anyone who is curious about mindfulness. Bring a yoga mat or a beach towel for this outdoor experience. Chairs will also be available. Yoga teachers may receive a certificate for CEUs through Yoga Alliance.

Presenter: Elizabeth Wood

Trauma-Informed Yoga Teacher, E-RYT 500, RCYT, YACEP

Elizabeth Wood helps adults and teens learn ways to connect with ease and create sustainable changes for well-being. Since 2019, she has offered a trauma-informed yoga program at a local juvenile detention center. A former journalist, Elizabeth is an experienced 500-hour yoga teacher, Ayurvedic health counselor, Reiki master teacher and a certified iRest® teacher. She is a co-author of the international best-selling book, *The Call Within: Finding Purpose and Sparking Transformation*. Elizabeth received the 2025 Pillar of the Community Award in Canal Winchester. Connect with her on Instagram and Facebook @elizabethwoodyoga and through her website, www.elizabethwoodyoga.com.



Embodied Connection: Feeling More Alive in Yourself & With Others

Session Description:

In a world that pulls us in a thousand directions, how often do we actually feel the moment? How often do we feel ourselves, fully present and fully alive? Our bodies hold stories of tension, emotion, and past experience. These stories can keep us stuck in old patterns without us even realizing it. But by tuning into sensation, rhythm, and the world around us, we can begin to break free, soften, and reconnect with ourselves, with others, and with the deeper current of life. This interactive workshop explores how the body stores experience and shapes connection. It offers simple practices to support presence and self-awareness through movement, sensory exploration, and felt experience. Participants will explore how to balance inner (interoceptive) and outer (exteroceptive) awareness, cultivating more steadiness, openness, and flow in daily life. Expect a mix of gentle movement, experiential practices, and reflection. No prior experience is needed, just a curiosity to explore. Come as you are. Leave feeling more here, more whole, more alive.

Presenter: Nicholas Bolton, LPCC, SEP

website: www.NicholasBoltonCounseling.com or email
info@NicholasBoltonCounseling.com



The Healing Experiences Summit SPEAKERS + WORKSHOPS

Working with Horses as a Practice in Mindfulness: Expanding Thresholds of Comfort

Session Description:

Allana will describe and demonstrate how mindfulness can influence how we show up for others and ourselves. In a world where most things are out of control, she believes that by focusing on how we receive and respond to the things happening around us can be very powerful in shaping our experience and the way we show up for others in our relationships. Allana is going to be teaching and demonstrating how using mindfulness and grounding techniques can expand our threshold for discomfort and foster an environment of nonjudgmental support that allows for genuine connection and trust between horse and human.

Presenter: Allana Salmon



Allana Salmon (she/her) is a horse trainer that specialises in building healthy connection and communication through the lens of mindfulness. She helps humans and horses be more presently engaged in their partnerships through teaching skills of emotional regulation, distress tolerance, and interpersonal effectiveness. She seeks to empower both ends of the relationship to be more grounded within themselves in order to be more intentional and effective in what they are bringing to the ongoing conversation of their human/equine partnership.

Nature as Our Co-Counselor: Engaging with Clients in the Outdoors

Session Description:

This program leads participants through a mock ecotherapy group session, designed to demonstrate how to utilize nature/the outdoors in group and individual sessions in addition to why this type of therapy can be especially beneficial as an alternative to traditional talk therapy.

Presenter: Kade Forth

Kade (they/them) is an LISW-S with a passion for utilizing experiential therapy modalities (Ecotherapy, Expressive Arts.) They are currently the owner of Catalpa Counseling, which provides individual and group therapy to adolescents and adults using Ecotherapy and Expressive Arts Therapy interventions. Kade also provides community mental health trainings and workshops.



The Healing Experiences Summit SPEAKERS + WORKSHOPS

The Heart of Healing: Staff Wellness as a Catalyst for Systemic Change

Session Description:

When adults are well, students thrive. This interactive session explores how staff wellness is a critical — and often overlooked — component of trauma-informed, healing-centered education. Participants will engage in brain-body wellness practices, reflect on personal and systemic barriers to well-being, and walk away with realistic strategies to cultivate wellness ecosystems within their organizations.

Presenter: Kate Lohmeyer

An educator wellness advocate working to cultivate well-being in education one brave, connected space at a time.



Dr. Nama Khalil- Renew Your Breath: Ways to Reclaim, Restart & Resist

Session Description:

I invite us to pause. In this moment of pause, what do you notice? Where is your mind taking you? What is your body trying to tell you? For more than a year (and, for much longer) we have been witnessing a genocide, have experienced various levels of hate, violence, and discrimination, and yet we are asked to keep going, to carry on as if all is well. During our session, Renew Your Breath: Ways to Reclaim, Restart & Resist, we will pause to breathe, pause to reconnect with ourselves, pause to connect with each other.

Presenter: Dr. Nama Khalil

Dr. Nama Khalil is the Co-Founder of Amanah Outsiders 2023-Present Nonprofit organization that provides nature based programming for Muslim youth and children of color. She is also a Consultant in racial justice facilitation, somatic trauma, and curriculum design. Dr. Khalil utilizes breath-work and creative expression to facilitate justice centered topics, as well as hold space for women of color to release, relearn, and rewrite their story. She has extensive experience in facilitating work around social justice, diversity and inclusion, and teaches a course at the Columbus College of Art and Design.



The Healing Experiences Summit

SPEAKERS + WORKSHOPS

Stress Level of Horses doing EAP

Session Description:

This presentation describes the results from a student research project conducted at Otterbein University. The sample for this study was a group of 9 college students and 18 horses. Each participant was paired with two horses. The same Equine-Assisted Growth and Learning Association (EAGALA) mental health professional and equine specialist facilitated an individual PIE session for every participant. For inclusion, college students had to score at a mild-moderate anxiety level on the subjective units of distress scale (SUDS). Horse pairs also experienced control sessions in the same location without human intervention. Equine stress and relaxation behaviors during sessions were recorded. Equine and human salivary cortisol and human SUDS score were measured before and after each session. Equine behavior and salivary cortisol did not differ between control and treatment sessions. There was no effect on human pre- and post-session salivary cortisol concentration, but participants did report significantly lower SUDS following sessions.



Presenter: Dr. Steffanie Burk, PhD, MEd, PATH International CTRI

Dr. Steffanie Burk is an Associate Professor in Otterbein University's Equine Science Department. She became a PATH International Registered Therapeutic Riding Instructor in 2007 and is now a CTRI. She has a Ph.D. in Animal Science from the University of Kentucky and M.Ed. from Slippery Rock University.



Presenter: Hannah Mohler

Hannah Mohler graduated in 2024 from Otterbein University's Department of Equine Science. As a student, she completed an extensive research project on equine and human stress levels during equine-assisted therapy sessions. Hannah is currently a Research Analyst at NielsonIQ and excels at project management, leadership skills, and marketing.



Presenter: Dr. Bennett Grooms

Dr. Bennett Grooms is an Assistant Professor in Otterbein University's Zoo and Conservation Department. He is broadly trained in animal behavior and conservation social science and focuses his research on understanding how human and animal behavior collectively impact conservation. He has a Ph.D. in Fish and Wildlife Conservation from Virginia Tech, and M.S. from Arkansas Tech University.

The Healing Experiences Summit SPEAKERS + WORKSHOPS

Healing Connections: A New Approach to Healing Trauma

Session Description:

We are passionate about sharing the information and format that we have developed for our 4-day trauma intensive. We will discuss the development and implementation of this program, including how we incorporate equine-assisted psychotherapy, meditation, and other experiential work.

Presenter: Holly Jedlicka

Holly Jedlicka, MSW, LISW-S specializes in child, adolescent and family therapy as well as working with LGBTQ clients, all through a trauma-informed lens. Holly believes in a somatic approach to helping people connect their thoughts and their feelings, as well as utilizing cognitive-behavioral therapy. Holly holds a bachelors degree in psychology from Otterbein University and a Masters in Social Work from The Ohio State University. She holds an Advanced EAGALA certification and is an Eagala Mentor. Holly is passionate about helping people and connecting them to the natural environment, primarily through connections with horses.



Presenter: Erica Gaddie

Erica graduated in 2015 with a BS in Agriculture from Ohio State University and became PBJ Connections Assistant Director that same year. She is certified in the Eagala Model of Equine Assisted Psychotherapy and Personal Development as an Equine Specialist and is currently working towards her Advanced Certification. She has many years of experience working with horses and a passion for making mental health services accessible to all by lowering barriers.



Energy Reset Through Sound Healing

Session Description:

Experience a sound bath infused with Reiki to reset and realign your nervous system, body, and spirit.

Presenter: Janita Michelle

The Libra Alchemy, Energy Cultivator and reiki practitioner



The Healing Experiences Summit VENDORS

Navoni Herbals - Natural, handcrafted wellness products designed to support the mind, body, and spirit.

Central Ohio Counseling, Inc. - We are a mental health office offering counseling, medication management for all ages geriatric, youth etc.

Robin Cummings - Massage therapy.

Kathy Eisnaugle - Reflexology demos.

Tranquility Salt Cave - Offering meditation sessions, sound baths, breathwork workshops and more.

Rasa Yoga - Yoga & meditation classes with an ayurvedic approach in Ganhanna, OH.

Inner Wisdom Healing Center - a community of practitioners who offer personalized healing and holistic health in Worthington, OH.

Preseli Equity Group Consulting - Cultural humility and trauma informed care in the workplace.

PBJ Connections - Providing professional behavioral health therapy to children, adults and families through horses, counseling and nature.

Otterbein University - A regionally-accredited liberal arts university.

Elizabeth Wood Yoga - Gentle movement, breathing practices and meditation to deeply connect with your true nature and peaceful essence.

The Libra Alchemy - A holistic energy brand offering sound healing, cleansing tools, crystal creations, and guided rituals to align your mind, body, and spirit.

Catalpa Counseling - individual and group therapy to adolescents and adults using Ecotherapy and Expressive Arts Therapy interventions.

Nicholas Bolton Counseling - Mindfulness-based Somatic Psychotherapy.

