



## Barbara K. Rector, MA, CEFIP-ED

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Frequently identified as OMI, grandmother of wellness work with horses, Barbara is credited with the development of psychotherapy practice with the help of horses (Equine Facilitated Psychotherapy EFP) in clinical setting of residential psychiatric hospital in early 1990. She has also contributed to the wide spread teaching practice of experiential education with the help of horses (Equine Facilitated Learning EFL). Her Adventures In Awareness™ (AIA) equine facilitated experiential learning process work trainings, seminars and Internship Program are attended by a diverse international community of clinical practitioners, educational facilitators and horse professionals.

Barbara's current work as Director of Equine at Hacienda at the River in Tucson, AZ ([watermarkcommunities.com](http://watermarkcommunities.com)) includes the spiritual realm for the campus residents of assisted living, memory care, short term rehabilitation, skilled nursing and Hospice. IN THE PRESENCE OF HORSES™ is a research based curriculum designed especially for this completion phase of an individual's life span. It includes practice teaching by the Hacienda residents who act as coaches to the special services students from the Jewish Community Center.

AIA's partnership collaboration with the University of Arizona's Aging Research, Integrated Nursing Program, and Helen McKnight Brain Institute is sponsored by Watermark Properties. Research continues on the physiological exchange of information between horses and humans. Phase Four with core investigating team of Alden, Baldwin and Rector begins measure process in May 2018 at the Hacienda's Pony Paddock funded by a grant from the Ruth McCormick Charitable Remainder Trust.

Barbara's book, *Adventures In Awareness: Learning with the Help of Horses (05)* is available through Amazon as paperback or eBook.