

# ***Journaling for Self-Empowerment with the Help of Horses***

## ***For People with Brain Injury & Family and Friends***



**Sunday, March 3, 2013 / 9 am - 4 pm**

**Raven Ranch, South Harrison Road between  
Irvington and Golf Links, Tucson**

**Contact: Barbara Rector at [bkrector1@earthlink.net](mailto:bkrector1@earthlink.net) /  
520-247-3383**

**OR Barbara Stahura at [barbara@barbarastahura.com](mailto:barbara@barbarastahura.com) /  
812-629-6029**

**Expressing your deepest feelings is especially important when you or a loved one live with a brain injury. Horses are some of the most compassionate listeners you will find, and by also “listening” to yourself as you write in a journal, you create a powerful, restorative experience. Spend a day with the specially trained horses of Adventures in Awareness and use the simple techniques of Journaling for Self-Empowerment to explore possibilities, discover new ways of looking at life, and come away renewed.**

**Join us for a fun, inspiring day for people with brain injury, their family members, and friends!**

**No experience with horses or journaling needed.**

### **What to Bring**

**A sack lunch, sunhat, sunscreen, notebook or journal, and pen. Dress in layers and wear closed-toed shoes.**

### **Registration and Payment**

**\$75 for individuals or \$125 for two who register together. Includes snacks and drinks.**

**See the next page for registration form.**

**No refunds after Feb. 28, 2013.**

### **Facilitators**

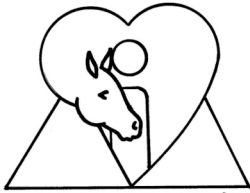
**Barbara K. Rector** has four decades sharing horses with people for their mutual benefit – mentally, physically, emotionally, and spiritually. She travels the world training the trainers in her Adventures in Awareness process - wellness work with the help of horses. Locally, Barbara has held key leadership roles at Therapeutic Riding of Tucson (TROT) which she co-founded in 1974 and Sierra Tucson Hospital, where she developed the Equine Facilitated Psychotherapy (EFP) program in 1990. Currently Barbara Chairs Best Practices for the EponaQuest Foundation.

<http://www.adventuresinawareness.net>

**Barbara Stahura**, Certified Journal Facilitator, guides people with brain injury, family caregivers, and others in harnessing the power of therapeutic journaling. Co-author of the acclaimed *After Brain Injury: Telling Your Story*, the first journaling book for people with brain injury, she also presents journaling events for state Brain Injury Associations, trauma survivors, the National Guard, and others. On the faculty of the Therapeutic Writing Institute, she lives in Indiana with her husband, a survivor of brain injury. <http://www.barbarastahura.com>

**Meira Yaer**, RN, MA, MFT, created “Opening The Way Inc.” in 1995 as a non-profit, established to support the healing and empowerment of individuals with brain injury and their families. “The Process of Empowerment” came out of that work. Since that time, she has continued to create empowerment-based programs in her community such as advocacy panels, support groups, botanical gardening projects, and animal-assisted therapy programs. She is currently the Family Program Coordinator at Sierra Tucson, a rehabilitation hospital in Tucson, Ariz.

<http://www.ourcatalina.com/openingtheway/index.html>



ADVENTURES IN AWARENESS  
Barbara K. Rector, Director

[www.adventuresinawareness.net](http://www.adventuresinawareness.net) [bkrector1@earthlink.net](mailto:bkrector1@earthlink.net)

### AIA WORKSHOP APPLICATION & REGISTRATION

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Website: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Date of last tetanus shot: \_\_\_\_\_

AIA Intensive: \_\_\_\_\_ Date & Place: \_\_\_\_\_

Personal Purpose for engaging with the AIA horses & staff in this equine facilitated experiential learning process?

\_\_\_\_\_  
\_\_\_\_\_

While horse experience is not essential, briefly describe your horse background.

I identify as: horse professional\_\_\_ animal handler\_\_\_ health professional\_\_\_ program administrator\_\_\_ educator\_\_\_ student\_\_\_  
management training\_\_\_ interested in stress skills\_\_\_ other: specify\_\_\_\_\_

Any Special Needs and/or Mobility Issues: \_\_\_\_\_

I am aware that this is an "experiential workshop" – learning through doing. I know I will be discovering more about myself as I learn to work with horses as colleagues in equine guided education. I am aware that equine facilitated experiential learning process work evokes feelings and emotions and is a personal growth experience. When I return home, my support system is: 12 Step Program\_\_\_ Feelings Support Group\_\_\_ Individual/group therapy\_\_\_ Church group\_\_\_ Spiritual practices group\_\_\_ Family/Friend\_\_\_ Coaching\_\_\_ Other\_\_\_

**I am willing to make the AIA Safety/Responsibility Agreement. My name is.....and I agree to be responsible for myself today; my perceptions, my thoughts, my feelings and my behaviors, thus contributing to the safety of the group.**

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

**Check made out to' AIA.'** Send participant fee of \$75 or \$125 for two who register together to Adventures In Awareness, 9852 E. Skyview Dr., Tucson, AZ 85748 USA, OR payments by credit card at [www.paypal.com](http://www.paypal.com) by using email: [paypal@bkrector1@earthlink.net](mailto:paypal@bkrector1@earthlink.net) **No refunds after Feb. 28, 2013.**