



AIA Principles of Mounted Work

March 6 - 8, 2015 • Borderlands Center for Equine Assisted Activities • Sonoita, AZ



Barbara K. Rector, MA, CEIP-ED



Credited globally with development of practice of psychotherapy with the help of horses (Equine Facilitated Psychotherapy EFP) in clinical setting of residential psychiatric hospital in early 1990, Barbara 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 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 served two terms on the Board of Trustees for NARHA – now Professional Association Therapeutic Horsemanship International (PATHIntl. www.pathintl.org) and nine years on the Medical Committee developing and reviewing Standards, Safety Guidelines and Therapeutic Riding facility protocols.

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

Equine Facilitated Experiential Practitioners

Expand your program options by including mounted work with horses. Through carefully orchestrated riding experiences, many practitioners of Equine Facilitated Experiential Learning are able to access the landscape of an individual's interior more easily. The horse's movement produces motion in muscles, tendons, skeletal structure, neuronal spinal fluid and **activates** core psycho-physiological energy.

In this workshop, participants learn to utilize full support team roles to provide mutually safe and beneficial experiences riding astride the horse. We explore basic principles, practice essential preparation of horse and human, and define and model support roles.

The Adventures In Awareness Developmental Feelings Process is a powerful addition to experiential education with the help of horses and/or clinical psychotherapy treatment with the help of horses.

Details about the workshop

Co-teachers: Ann Alden and Barbara Rector

Schedule:

Friday, March 6th 2 pm - 7 pm, includes a light supper.

Saturday and Sunday, March 7 & 8th 10 am - 4 pm, includes lunches

Tuition: \$650 and includes meals mentioned above and manual

Early bird registration: \$595

Additional discount:

Attend Trish Broersma's Journey Horse Training for Professionals March 3 - 5, 2015 and receive a discount on both workshops.

Curriculum:

Preparation Process, Foundational Elements

Practicum with full teams and their roles

Adventures In Awareness Developmental Feelings Process

Registration:

To register, visit www.BorderlandsCenter.com. The website also includes information about suggested lodging and travel information.

Contact for more information:

Ann Alden Director, Borderlands Center for Equine Assisted Activities at www.BorderlandsCenter.com; office: 520.455.5642 cell: 520.820.5757 email: aca@bmi.net

Ann Alden, MA, CEIP-ED, PATH International Certified Instructor and Equine Specialist in Mental Health and Learning



Ann was born horse crazy, first started taking riding lessons when she was 8 years old, and earned her first horse when she was 13. She owned and operated Esperanza Stables in Tucson, Arizona from 1977 -1986 and served as a Pony Club instructor during that time. She has been providing equine assisted activities since 1986. Ann received a BA degree in psychology from Newcomb College, a BS degree in ecology and evolutionary biology and a Master's degree in special education and rehabilitation counseling from the University of Arizona. She began volunteering at Therapeutic Riding of Tucson (TROT) in 1986 and completed their instructor training program in 1988. In 1992 she first became a NARHA certified instructor. She added the PATH International Equine Specialist in Mental Health and Learning certification when it first became available and is a Certified Equine Interaction Professional as an Educator.

Ann is a faculty member for the PATH International Equine Facilitated Mental Health and Learning workshop and is available to travel to teach this workshop as the equine specialist member of the teaching team.

Adventures in Awareness™

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The purpose of Adventures In Awareness is to expand Awareness and develop Consciousness