



The Red Tent Journey

A Woman's Guide to Exploring Patterns of Intimate Relationships

Your Full Name (with maiden).....

Your Childhood Nickname.....

The 5 Strongest Female Influences in Your Life.....

Your Address.....

City..... State..... Zip.....

Your Phone #..... Your Email.....

Big Events bringing You to Tent Life.....

Preferred Group Meet Dates (please check one):

Monday evenings, 8-9:30pm

Saturday afternoons, 3:30-5pm

* Once I have a group of 8-10 women, that group will be closed and invitations will be sent out to those who will participate in that group. I will attempt to match women with good fits!

Red Tent Group Fee: \$250 for Red Tent Beginners Journey or \$25/group meeting (Attendance for 10 sessions; snacks/wines provided!)

Requirements for Participation

- Purchase of *Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships* by Harriet Lerner (Kindle or Paperback)
- Commitment to Attend 10 Weekly Sessions (setting it up w/ friends and family)
- Completion of weekly homework assignments
- Participation in private social media page (ex Facebook page) to access / provide support for fellow group members.
- Agreement to follow group guidelines for sharing, privacy and non-judgemental participation as well as signed liability waivers for psycho-educational services



Payment Method

- Check (Payable to: Holistic Expectations) Mail back with personal journey paperwork sent w/ your initial invitation to group!
 - Paypal (online registration) Pay after receiving your initial invitation to group!
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How to Register:

You may register for this course by snail mail or email using the online form on my website. **BUT - this does not confirm you participation.** Once a group has been formed, you will receive a personal invitation in the mail as well as electronically. In that invitation will be your personal journey paperwork to return. If you don't receive your confirmation at least one week prior to the class, please phone us for confirmation.

Registration of Larger Groups:

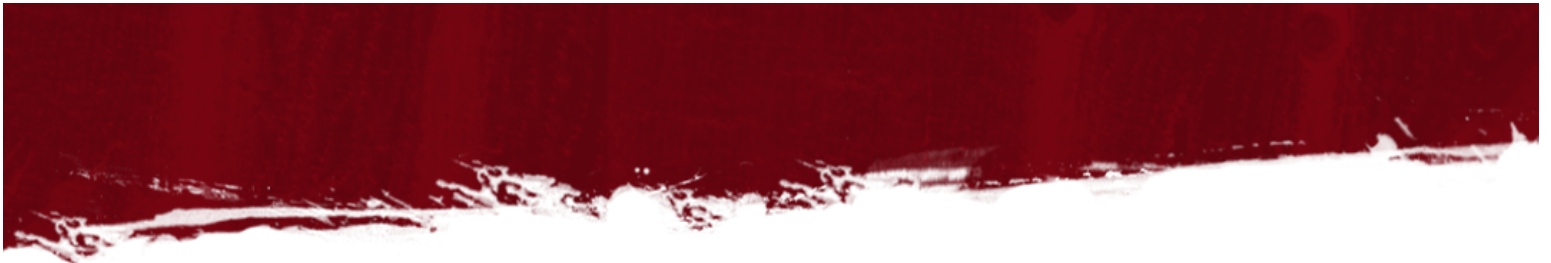
I am also interested in encouraging work with women who already gather together with you in your current life (book club groups, postpartum groups, play date groups, girls night out groups, good friend groups, etc) Disclaimer: This is hard work and very intimate. Information shared in a group setting where women already know each other can go phenomenally well or not well. I will use my discretion based on your group feedback on why you want to participate to help you make that determination. ☺

Cancellation Policy:

Example: If you must miss some part of your 10 meetings, there will be no reimbursement. However, you are welcome to be in touch on the material covered and the homework assigned for the following week. You are also encouraged to use your group for this purpose of filling you in. For cancellations of your entire Red Tent Journey, you will receive credit good for one full year that you can use to attend a later course.

Questions:

Please contact me by email at amoore@holisticexpectations.com (Class questions only please. Unfortunately, I am unable to respond to personal questions via email. Also, please be sure to include your email address in your message.)



Your Personal Statement:

Why are you interested in the Red Tent Group Journey?

Question/Answer:

1) What are your current roles in your life? (mother, grandmother, employee, wife, daughter, friend, etc)

2) What was your family of origin like? How were emotions handled?

3) What is the state of your primary relationship (spouse, partner)? Is it new/old?

4) What would you say are your continuing struggles right now? Check all that apply

- Control
- Self Esteem
- Anger Management
- Intimacy
- Emotion Regulation
- Body Image / Acceptance
- Self Advocacy
- Co-dependence

Additional struggles not mentioned?

5) Are you currently seeing a therapist? Yes No Have you ever? Yes No

Thank you for taking the time to fill out this initial information! It helps me to know where you are in your life journey and what you are wrestling with. From here I can match you to a good fit of group for the work ahead. This is the first step towards your Red Tent Journey!

Sincerely,

Amanda Moore

Holistic Expectations

Whole Mothers, Whole Births, Healthy Families