

## The Daring Way™ and Rising Strong™ Programs Spring 2020

### Daring Way™ Eight Week Group

**Cost:** \$600 (\$550 per person if you register as a group of three or more)

**Dates:** Fridays from March 6 through May 1 (no meeting on March 27)

**Time and Place:** 8:00am-10:00am at The Boise Counseling Center at 2500 W Kootenai, Boise

### Rising Strong™ Eight Week Group\*

**Cost:** \$600 (\$550 per person if you register as a group of three or more)

**Dates:** Fridays from March 6 through May 1 (no meeting on March 27)

**Time and Place:** 10:30am-12:30pm at The Boise Counseling Center at 2500 W Kootenai, Boise

\*This Rising Strong™ Group is offered for those who have completed a Daring Way™ Group experience with Julie or another Certified Daring Way™ Facilitator.

◆ **How to register:** Please complete this form and send to Julie Myers, LCPC, NCC, CDWF at juliemyerslcpc@gmail.com, fax 208-908-0580, or 2500 W Kootenai St., Boise, ID 83705. Julie will contact you to discuss participating in a Daring Way™ program.

◆ **Cost** for Daring Way™ Spring Eight Week Group is \$600. **Cost** for Rising Strong™ Spring Eight Week Group is \$600. All materials are included. Your seat in the next available group will be reserved after you have talked with Julie about your participation and when payment is received. This service is not eligible for health insurance reimbursement. **Early bird discount** of \$50 off when individual registration and full payment is received **before Friday February 21, 2020.**

◆ **A special group rate** of \$550 is available if you are registering as a group of three people or more. Each person will need to complete this form and send to Julie separately and designate on the form others in the group. No early bird discount for group registration.

◆ **Schedule:** Currently, there are openings for a Spring Eight Week Daring Way™ Group meeting on Fridays from 8:00am – 10:00am and Spring Eight Week Rising Strong™ Group meeting on Fridays from 10:30am – 12:30pm. Meetings are Eight Fridays beginning Fridays from March 6 through May 1 (no meeting on March 27). Please contact Julie for more information.

## **ABOUT THE DARING WAY™**

The Daring Way™ is a highly experiential methodology based on the research of Dr. Brené Brown. The method was designed for work with individuals, couples, families, work teams, and organizational leaders. It can be facilitated in clinical, educational, and professional settings. During the process facilitators explore topics such as vulnerability, courage, shame, and worthiness. Participants are invited to examine the thoughts, emotions, and behaviors that are holding them back and identify the new choices and practices that will move them toward more authentic and wholehearted living. The primary focus is on developing shame resilience skills and developing daily practices that transform the way we live, love, parent, and lead. Further information is available at [www.thedaringway.com](http://www.thedaringway.com).

## **ABOUT RISING STRONG™**

The physics of vulnerability is simple: If we are brave enough, often enough, we will fall. Rising Strong is a book about what it takes to get back up and how owning our stories of struggle gives us the power to write a daring new ending. Struggle can be our greatest call to courage and the clearest path to a wholehearted life. Here's how Brené describes the progression of her work:

The Gifts of Imperfection – Be you.

Daring Greatly – Be all in.

Rising Strong – Fall. Get up. Try again.

## **ABOUT JULIE MYERS**

Julie is a Licensed Clinical Professional Counselor in Idaho, a National Certified Counselor, a Certified Daring Way™ Facilitator, an EMDR Certified Therapist, and a registered counselor supervisor. She is a Certified Daring Way™ Facilitator and loves helping others understand and work through shame resilience, vulnerability, and living brave. She facilitates Daring Way™ and Rising Strong™ groups. Her areas of clinical specialty are partners of addicts, post-treatment addiction issues, LGBTQ couples, individuals, and allies, trauma recovery, and adult giftedness and parenting gifted children. Additionally, she especially enjoys helping other professionals as an active clinical supervisor and consultant. Julie is well known for her down to earth, authentic, and interactive style.

## **ABOUT BRENÉ BROWN**

The Daring Way™ method is based on the research of Brené Brown, Ph.D. LMSW. Dr. Brené Brown is a research professor at the University of Houston where she holds the Huffington Brené Brown Endowed Chair at the Graduate College of Social Work. She has spent the past fifteen years studying courage, vulnerability, shame, and empathy and is the author of three #1 New York Times Bestsellers: The Gifts of Imperfection, Daring Greatly, and Rising Strong. Her TED talk - The Power of Vulnerability - is one of the top five most viewed TED talks in the world, with over 25 million viewers. Brené is the Founder and CEO for The Daring Way™, COURAGEworks – an online learning platform that offers classes for individuals and families on braver living and loving, and BRAVE LEADERS INC – a platform that brings her latest research on leadership development and culture change to teams, leaders, entrepreneurs, change makers, and culture shifters. Brené lives in Houston, Texas with her husband, Steve, and their children Ellen and Charlie. Further information is available at [www.brenebrown.com](http://www.brenebrown.com).

Participant information

Registration for which group. Daring Way™  Rising Strong™

Are you registering as part of a group? Yes  No

If yes, list other group members \_\_\_\_\_

Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Male  Female  Other

Marital Status: Single  Partnered  Married  Divorced  Widowed  Separated

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Ok to leave message? Yes  No

Mobile Phone \_\_\_\_\_ Ok to leave message? Yes  No

Ok to leave text? Yes  No

Work Phone \_\_\_\_\_ Ok to call at work? Yes  No

Email address \_\_\_\_\_

Would you like to be added to an email list to receive occasional news about Daring Way™ or

Boise Counseling Center services? Yes  No

Preferred method of contact \_\_\_\_\_

Special Instructions / Other phone numbers \_\_\_\_\_

Referred by

Names or website names: \_\_\_\_\_

May we thank them? Yes  No

Emergency Contact Information

Name \_\_\_\_\_ Relationship to you \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mobile Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

**Please check which programs interest you**

- Daring Way™ Groups
- Rising Strong™ Groups
- Daring Way™ or Rising Strong™ Weekend Intensives
- Daring Way™ or Rising Strong™ in the Workplace
- Daring Way™ or Rising Strong™ Individual Counseling

Have you ever been in treatment with a mental health professional (counselor, social worker, marriage and family therapist, psychiatrist, psychologist)? Yes  No

If yes, when? \_\_\_\_\_

Please briefly list reasons. \_\_\_\_\_

\_\_\_\_\_

Are you currently taking any medications for mental health reasons? Yes  No

If yes, please describe: \_\_\_\_\_

\_\_\_\_\_

Do you currently have a counselor you could work with if something came up in group requiring individual attention? Yes  No

If not, would you like referrals to counselors? Yes  No

Are you currently in recovery for any addiction? Yes  No

If yes, for how long have you been in recovery? \_\_\_\_\_

Please describe your treatment history and recovery program or support for maintaining sobriety: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you experienced distressing life events (trauma, loss, et cetera) that have significantly impacted your functioning and quality of life? Yes  No

If yes, please describe how you have addressed these events: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What sparked your interest in attending a Daring Way™ or Rising Strong™ group? \_\_\_\_\_  
\_\_\_\_\_

What previous experiences have you had, if any, with experiential therapy or support groups?  
\_\_\_\_\_

What worked well? \_\_\_\_\_  
\_\_\_\_\_

What was difficult for you, if anything? \_\_\_\_\_  
\_\_\_\_\_

If you have any concerns about participating in a Daring Way™ program, please describe:  
\_\_\_\_\_

Please check which, if any, Brené Brown books you have read:

- I Thought It Was Just Me
- The Gifts of Imperfection
- Daring Greatly
- Rising Strong
- Braving the Wilderness
- Dare to Lead

Reading these books is **not required** for participation.

**Registration Policy:** Your seat in the group is reserved when your payment is received. There are no refunds once the group has started. Registration for a group of three or more is complete when all in the group have submitted payment. A non-refundable fee of \$50 will be retained for any cancellations prior to the start of the first meeting.

My signature here indicates I have read, understand, and agree to the registration policy.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date