

Gaining Rapport with Horses

Horse Psychology

To understand them- look at what drives them

Security

Instinctual underlay - powerful

They are wild beneath the surface just like us - That is a subconscious connection. With horses this instinctual wildness is closer to the surface than in us.

Points- prey animal, security is paramount, working with horses is about increasing their sense of security.

Herd mentality- horses are always in relation to those around them (people & equine)

Hypersensitivity to body language. One horse sees a threat - all react. A faster reaction time in a horse means a greater chance of survival.

Sensitivity to surroundings is so acute it reaches into the realm of energetics. Sponges and mirrors - they soak up energy and reflect it back.

Leadership:

Horses always need someone to be in charge - a lookout. One reason for pecking order - necessary for survival at a gut level.

Basics:

Slow movement - move as if underwater

Fear/Respect- dont fear them / respect their strength

Think Safety- knowing individual quirks, scanning your environment

Consistency

Calming techniques - Induction

Body Language - be calm, assured, confident with good intent

Slow your breathing/ Raise awareness

Lower center of gravity

Open your heart - use memory

Talk to them continuously

When tested:

Use Corrections:

verbal

body language

no lasting anger

Use rewards:

verbal especially, use voice tone and rhythm