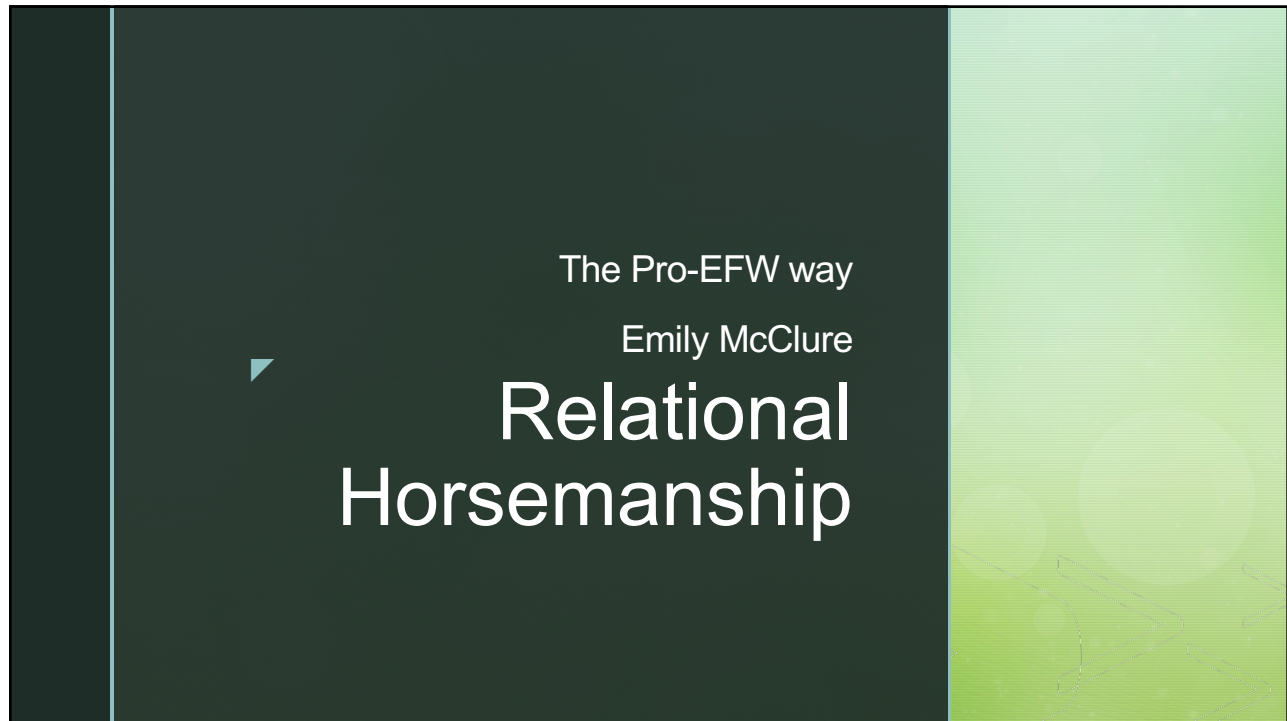
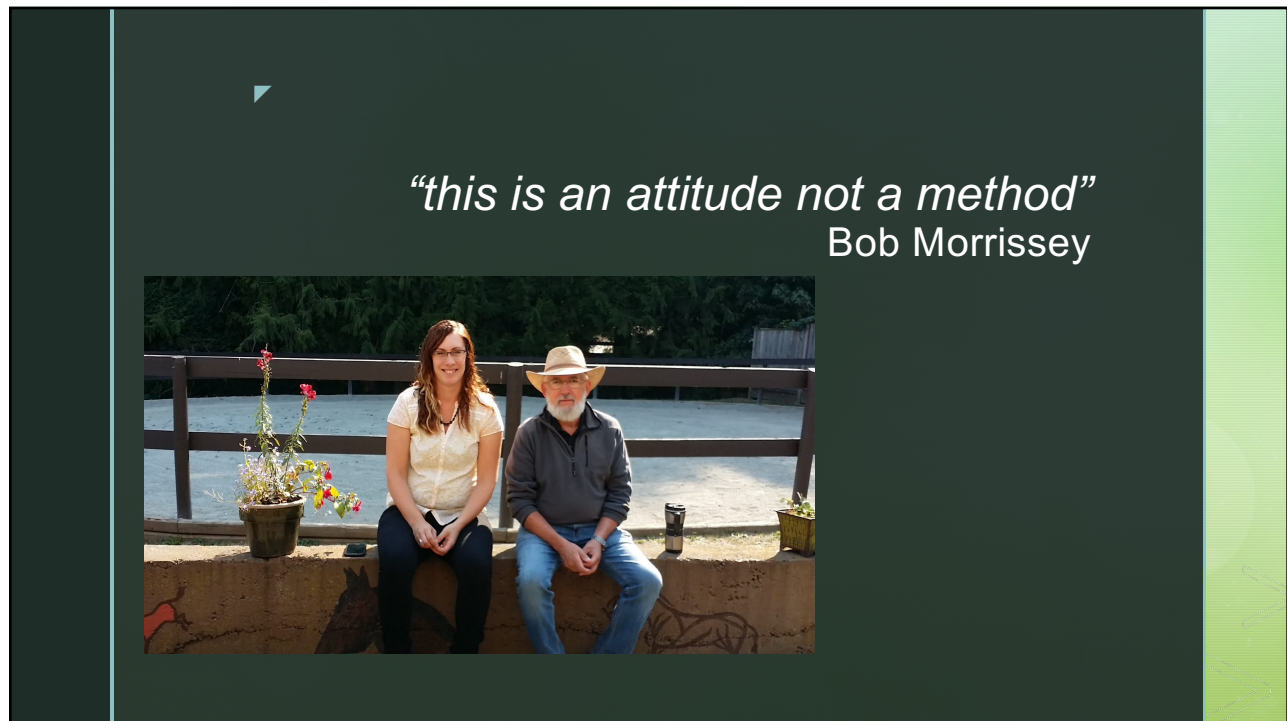




1



2

Horsemanship for
EFW involves
utilizing
horsemanship skills
to provide learning
opportunities for a
participant.



3

It can be a vehicle for learning
life lessons, creating change in
the body, and healing trauma.
It is not solely for skill
development.



4

What do horses want from groundwork?

- Fairness
- Clarity
- Consistency
- Comfort
- Connection
- Enjoyment

5

An EFW horse
must be able to
safely express
its opinions and
be heard



6

Connection
enhances
safety



7

Sessions are not a place to show off your own skills – don't give clients the feeling that they can never achieve what you can do!

Often approximate, simple demonstrations are much more helpful than detailed ones.

Give a “taste” of the exercise.

8

EFW horsemanship is not fancy



9

Core Concepts of EFW Horsemanship:

- Body awareness
- Emotional congruence
- Present moment focus
- Attitude over method
- Relationship before agenda
- Developing feel
- Window Of Tolerance
- Energetic Boundaries
- Utilizing Energy
- Valuing flexibility over following a rigid system

10

Remember to
look at
horsemanship in
EFW through
the lens of
healthy human
relationships.



11



An important point to
consider is that
participants are
generally looking for help
with self or relationships
to other people NOT
skills with horses.

12

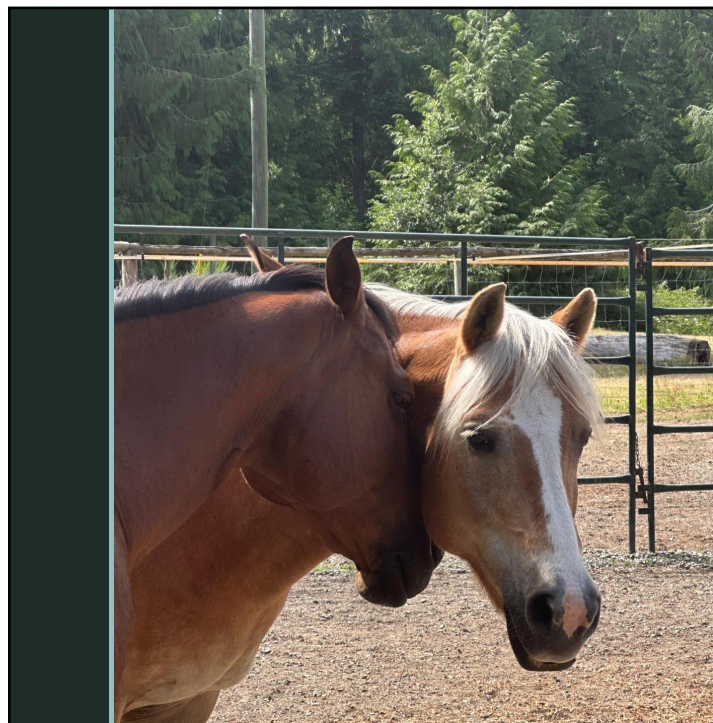


Some of the horsemanship skills that are common to horse people do not translate well to learning about human relationships.

Some of these may be entirely acceptable to the horse and some NOT!

Evaluate your approach. It takes time to have your groundwork align with EFW.

13



Luckily, many aspects of horses and horse/human relationships are great models.

14



15

The ability to hold both an awareness of horsemanship as a process *as well as* the process of the client and what they need to get from the session.

This may not be horsemanship as you would do it on your own.

16



Being connected and conscious does not mean everything is always easy and soft.

It is important to remember that they are horses...and horses are clear, and both energetic and physical.

Work outside of sessions to ensure your horse is safe and to understand where they are at.

17

Using methods that truly make sense to the horse and that are not aggressive are important to deal with unwanted behavior.

If you are frustrated or rough, damage can be done.

Horses know if you are not willing to "go there" with them.



18

Don't change your horses too much! They have a core personality and tendencies that go with that.

Horsemanship that is too regimented and focused on results can prevent a horse from being himself.

His ability to be his true self will help him in this work.



19

It is your responsibility to keep your client safe



20



Strong groundwork skills are necessary

21



You can work with an EP doing the equine handling

22

Or alone if
you have the
equine skills



23

Tom & Bill Dorrance, credited for being the original natural horsemen.

1. *The horse is never wrong.*
2. *The horse has need for self preservation in mind, body, and spirit*
3. *It takes as long as it takes. Take the time.*
4. *Do less to get more.*
5. *Feel what the horse is feeling and operate from there.*
6. *The slower you do it, the quicker you'll have it.*
7. *Be as gentle as possible - as firm as necessary.*
8. *Let your idea become the horse's idea. ng as it takes. Take the time.*
4. *Do less to get more.*
5. *Feel what the horse is feeling and operate from there.*
6. *The slower you do it, the quicker you'll have it.*
7. *Be as gentle as possible - as firm as necessary.*
8. *Let your idea become the horse's idea.*

24



25