

Overcoming the Fear of Riding Clinic

- ◆ Have you experienced a horse-related injury or upsetting experience that is causing fear, apprehension, and/or anxiety when you think of riding again?
- ◆ Are you becoming more fearful as you get older and/or have children?
- ◆ Has your horse been unriden for long periods of time because you worry about how your horse might behave, so you avoid riding? Are you concerned that other people might see you make a riding mistake, causing you to feel embarrassed or worried about what they might think?
- ◆ Is fear preventing you from reaching your riding goals or preventing you from fully enjoying your horse?

My clinics **Overcoming the Fear of Riding 101 and 102** are offered in group or individual format, depending on your comfort level and needs.

101: This is an introduction to anxiety/fear and how to manage those feelings. We will explore where the fear originates, what triggers the feeling, what happens to your body when you experience anxiety (the adrenaline rush), and I will teach you coping skills so you can calm your body and mind. This will also help you remember why you started riding in the first place.

102: This will give you the opportunity to practice the skills from 101, in a safe and controlled environment with your horse or a lesson horse. You will learn additional equestrian-specific skills to help you manage precarious/anxiety-producing situations when they arise.



Testimonials

“Fear of Riding Seminar - After riding for many years, I never thought that falling off of my horse would impact me so deeply. Ida's Fear of Riding Seminar took me there, literally. I had not ridden my horse for 6 months, making excuses even before saddling him up. Now it was time to see why. The seminar pulled up feelings I thought I never had, made me confront them, and finally put the fear to rest. Thank God for Ida! I have found the courage to connect to my horse as well as my inner self. It was wonderful! Thanks Ida!!”

“What I really liked about your sessions to overcome the fear of riding was that you made us open up and I saw that I wasn't alone being scared of something that I actually love to do. You created such a safe environment and it was great to exchange our stories. Up to this day I use the technics you taught us. I focus more on my breathing and take myself away to a different spot. Once I calm down the horse usually does too. I also keep in mind what you told us and think how far I've come as a rider and that makes me very proud. I had a great time in your class and also passed on to others what I've learned. Thank you for helping me.”

“In the Fear of Riding Seminars, I felt safe to share and explore my feelings about riding. Ida helped bring to the surface and examine my fears. Now I know what to do when those old excuses pop up. This experience was very thought-provoking and encouraging. Ida is very professional, kind, and makes you feel comfortable. Thank you Ida!”

IDA SEIFERD, MSW, LCSW

I am a licensed clinical social worker, have a certification in animal assisted therapy from the University of Denver, and am trained and certified in many therapy models to help people overcome trauma, including EMDR and equine assisted EMDR. As a therapist since 2011, I have helped many people overcome fear/ anxiety in order to live fuller, happier lives. Being an avid equestrian my whole life, I understand how emotions can impact the relationship with our horses. Contact: 303-801-8366 Idas@rosamondtherapy.com Website: rosamondtherapy.com