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The Five Minute Fix

The **horse-centred approach** to training is based on understanding natural horse behaviours, understanding underlying motivations of behaviour problems and appreciating the individual horse's personality and emotional state. The aim of training is not just to produce desirable behaviours but also emotional balance. Training allows the horse to work at his own pace, creating a calm, confident and happy horse, carefully observing his body language to identify fear and stress. It is a slow approach but has long lasting results.

This is contrast to the **outcome-centred approach**, which focuses purely on producing desirable behaviours, using techniques and gadgets to give the quickest results (the five minute fix). Research has found this approach is linked to increased risk of behaviour problems.

For example, I have spent several months (on and off due to other commitments, weather etc) teaching my anxious youngster to load. He is now calm and confident, loads himself happily and waits patiently when parked up. Every time I step into the field he runs to the gate, so I assume that he enjoys our training. Of course, I have the knowledge and tools to have taught him to load in a single session, but this would have resulted in increased fear, anxiety and stress, as well as breaking down his trust in me and causing problems in other areas of our training.

Ultimately, the **emotional aspect** of horse training is equally important as the **behavioural aspect**.