

Creating a Better Connection

Emotional Freedom Technique for horses



Margaret Godson,
in a competition
with her horse
Venture

Story: B. Ryan | Photo: Myrddin Equestrian

Emotional Freedom Technique (EFT) can be a valuable tool for riders and is applied by tapping on the energy points of the body, similar to acupuncture. When a horse (or person) experiences a stressful event, energy is stored in the body creating a blockage. By tapping on the energy points, blockages can be released and eventually cleared.

EFT for Riders: Students are taught the tapping procedure and, after a few sessions riders can use EFT on their own. Riders are taught how to use EFT for themselves to help them reduce competition anxiety, to stop self-sabotaging thoughts, and to create a better connection with their horses.

EFT for Horses: Margaret Godson, at Myrddin Equestrian uses a combination of surrogate tapping and actual tapping on the physical meridian points on the horse's body. Horses respond to the EFT treatment by lowering their heads, releasing stress, licking and chewing. They also often show a more positive attitude towards training and human interaction.

EFT is gentle, effective and long lasting and has no adverse side effects. Neither drugs nor equipment are used. EFT is not meant to replace your coach or veterinarian's instructions or medical advice and it is not a substitute for traditional medicines or psychological care. Instead, EFT is intended to support overall horse and human well-being and health.

Does it work?

Garry Roque, 35-year veteran horse trainer and former Canadian Olympic Team and Eventing competitor has this to say:

"Last summer I had a well-bred show pony...the horse had suffered a fright in his training, and was brought to me to try to repair; he was continually having setbacks due to his attitude. I asked Margaret (Godson) at Myrddin if she could help. With only two sessions, the horse completely turned around, and went from a scared grumpy pony to one that would be ridden by a 12-year old girl. I think that Ms. Godson has a real gift. I recommend Margaret to anyone who is having issues with their horses."