



No-Fear Training: A cornerstone of Seaton Hackney's philosophy using herd dynamics to promote horse cooperation rather than fear-based responses.

Our journey to teach both students and horses using a no-fear-based training approach has generated very positive results over the years. More recently, after years of research and observation, the realization by our head-trainer, Liz Doerksen, that one's natural aids can be used to simulate the various roles of the alpha mares and stallions-and their next in line within the herd- is opening a new realm of possibilities. This kinder, gentler, and more patient approach, rather than the traditional fear-based system most of us grew up with, is showing promising results with our horses and becoming increasingly popular with our students.

Now, this does not mean that fear-based training is necessarily abusive as in most cases, it is not. However, over time, we are realizing that a no-fear-based training approach making use of the horse's herd dynamics, i.e. protection and guidance, aka "herding and departure", is generating greater and longer-lasting results in starting young horses and when reschooling school horses.

At Seaton Hackney, while our instructors have their own specialties: Hunter-Jumpers, Dressage, Balance-Seat equitation, Beginner Riders, Adult Riders, Young Riders, Western Riders, Special Needs Riders, etc..., we reinforce the afore-mentioned concepts through an ongoing Instructor Training Program headed by Liz. This program helps ensure the standardization and implementation of the underlying method and guiding principles our instructors use, and they, in turn, can educate our riders in a similar way.

We encourage you to investigate this new approach and try one of the many clinics and small group lessons offered by Liz and some of her fellow instructors. This is open to most riders as riding ability and age of participants are not as relevant as it would be with Troop.

Call us and register for one of our no-fear based lessons or clinics.