

# Using the power of hypnotherapy can help you ride with more confidence

Losing confidence is a common experience for many riders.

**Annabel Groom** finds out how self-hypnosis techniques can help

There are so many great reasons to ride but equally there are many reasons why we can lose our confidence – but using self-hypnosis techniques can help you overcome your fears in a positive way, says Amanda Kirtland-Page.

The hypnotherapist, NLP practitioner, competitor and riding instructor from North Devon says that hypnotherapy really works well for riders because it tackles so many of problems that we face, be it a fall, watching someone else get into trouble, being pushed beyond our limits, or just simply being overhyped.

“Often riders hypnotise themselves into feeling anxious or fearful by replaying images and thoughts in their mind of what could go wrong,” explains Amanda who combines hypnotherapy together with her experience with horses and riding to help change these ideas and anxieties both at a conscious and a subconscious level. “It allows riders to feel calmer and more positive when they are riding.”

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Amanda Kirtland-Page

She works with riders both on the ground and on their horses to help them feel more confident and in control of what's happening whether they are competing or just hacking out at home.

“Nearly everyone can gain benefit from hypnotherapy whether it's used on a one to one basis or using self-hypnosis CDs,” she adds, but notes that it is not recommended for anyone who suffers from any type of psychotic personality disorder or those under the influence of alcohol or drugs.

She finds that some people can be quite sceptical about hypnosis – their main concern being that they go into a trance and someone else has ‘control’ over their minds.

“This is definitely not the case at all. We naturally drift in and out of trance states all the time, such as day dreaming and reading – and we are able to become fully alert if we need to. No one can have ‘control’ over our minds in that way.”

Amanda started training as a hypnotherapist after an unfortunate



Rider and hypnotherapist Amanda Kirtland-Page enjoying time out riding her own Pedro

riding accident in her early 20s.

“I was unable to ride for a number of years and when I could ride again, I really struggled with my confidence, so I spent a considerable time trying to find a self-hypnosis product that met my needs.”

She adds: “Hypnotherapy is particularly powerful and it enabled me to get up on a horse and compete again. Since then I started working with more and more riders – it's a perfect combination for me, horses and therapy.”

Amanda has combined all her experience with horses and competing over the years with her hypnotherapy and NLP work to produce CDs for many of her riding clients. “The feedback I had was very favourable, so I decided to start the Confident Rider Programme,” she explains.

“I understand the ‘feel’ of being on a horse and the whole range of difficulties that can arise, not only when riding and jumping generally, but also when competing. The self-hypnosis CDs can also enhance the

riding skills you already possess.”

At home Amanda has a young horse called Pedro who she came second with at the Badminton Dressage Championships at Prelim level and has now affiliated him. She also has her showjumper, Hettie.

Amanda will be running talks on riding with confidence this year. The first one will be held on February 8 at Coddon Hill Equestrian Centre, Bishops Tawton, North Devon. For details visit [www.confidenthorsedriver.co.uk](http://www.confidenthorsedriver.co.uk) or call 07900492529.

## Hartpury International to host biggest stallion event

**Polly Ellison's**

International Round-up



The UK's biggest stallion event is taking place at Hartpury International Arena in Gloucestershire on January 29. Over 60 graded stallions are scheduled to present at the one-day spectacular, which has motivated international riders and horses from all over Europe to attend. British Olympic rider Emma Hindle will be there with several stallions including Chequille Z (Caretano Z x Lavall II), Fifty Cent (by Floresco x Rubinstein), Longton (Locksley I x Rohdiamant) and Wie Weltmeyer (Weltmeyer x Dynamo). International riders Maria Eilberg with British bred Woodlander Rockstar and Gloucestershire based Spencer Wilton with Zambucca will also be making an appearance, along with a host of fantastic up and coming young dressage and show jumping stallions. The stallions, all of whom are licensed, represent some of the best bloodlines including Florestan, Donnerhall, Rubinstein, Sandro Hit, Weltmeyer and Lauries Crusader. Good Eventing stallions will also line-up with the showjumping and dressage stallions.

### Gal works his magic with Voice

In Dressage, in Holland, the new year started on a high note with Holland's top rider Edward Gal and the Dutch warmblood licensed stallion Voice (by De Niro x Rohdiamant x Doruto) winning the Prix St Georges at the highly competitive CDI Zwolle. Voice, a superb black stallion, resembles Totilas in many ways: he is compact, muscled, black and chunky with outstanding movement. He had been stabled with fellow team member; Imke Schellekens-Bartels, but was moved last summer to Gal's yard, and Gal seems to be working his magic on this black stallion now. It was good to see Britain in the runner-up position with Gloucestershire based Charlotte Dujardin and Valegro producing an outstanding performance which out-classed all but Gal. The 25-year-old Dujardin is head rider at Carl Hester's Gloucestershire yard and she has been working for Carl since February 2007. Aboard Carl and Rowena Luard's eight-year-old Dutch warmblood Valegro (by Negro x Gershwin) Charlotte truly shone with a flawless, high quality Prix St Georges test. When Carl was asked why possibly the best horse in the yard was being ridden by his student and employee, he replied: “Had Doctor B (Bechtolsheimer) not given me the opportunity to compete myself, I would never have been where I am now. So now it's my turn to give something back to Charlotte. She has worked so hard and I want to give her the opportunity to compete.”

### Hester flies flag for Britain

Carl Hester continued to fly the flag for Britain in an extremely competitive Grand Prix at CDI Zwolle. He rode Charlotte Dujardin's 10-year-old Fernandez (by Florestan) to finish third. The chestnut gelding was obedient and did a sound test but lost impulsion in the first and final piaffe. Hester scored 67.8% and tied with Aat van Essen. Dutch WEG team gold medallist Hans Peter Minderhoud and his upcoming Grand Prix horse Tango (by Jazz x Contango) won the class with the Dutch warmblood stallion scoring 71.78%. Dutch rider; Marlies van Baalen and KWPN bred Phoebe (by Regazzino x Ulft) came second. After good performances in Pompadour, Salzburg and London, British Amy Stovold and her Swedish bred Macbrian (by Briar) travelled to Zwolle to finish a promising fifth.

## Ride with Confidence!

Hypnosis & NLP can help dramatically increase your confidence when riding and competing. Talk by Amanda Kirtland-Page DipHP/NLP.

7.30 to 9.30 £7.00

Coddon Hill Equestrian Centre, Bishops Tawton.

To book call Jayne: 07882 997980

[www.confidenthorsedriver.co.uk](http://www.confidenthorsedriver.co.uk)



## Donkey charity seeks runners for marathon

A riding therapy charity in Filham Park is appealing for sportsmen and women to take on the challenge of running the 2011 Edinburgh Marathon and help raise funds for its work with children with special needs.

The Elisabeth Svendsen Trust for Children and Donkeys (EST) provides donkey-riding therapy for

**The EST is hoping to find keen runners for the popular event**

children with special needs and disabilities and is hoping to find keen runners for the popular event which takes place on Sunday May 22.

Those interested must apply to EST by the end of March and be willing to raise the minimum sponsorship of £500. For more details call Tina Viksna on 01395 573077.