



POWER HORSEMANSHIP

Horse Power Equine Specialist



Gayle Brittain
Equine Programs

Rodeo Hall of Fame Inductee turned EAGALA Certified Equine Specialist

Pro-Rodeo Rookie of the Year, World All-Around Champion WPRA, and Rodeo Hall of Fame Inductee.

Gayle is the only Rodeo Hall of Fame Champion that is a certified equine specialist in the nation!

gayle@hpequinetherapy.org



The Therapeutic Model

What does a therapy session look like?

Our model consists of a therapy team consisting of a licensed mental health professional, an equine specialist, and a horse. Gayle Brittain and a licensed mental health professional works with individuals or groups to address treatment goals. The licensed mental health professional designs the treatment plan, incorporating both group and individual interventions. During therapy, the individual or group may set up activities that call for the individual or group to use specific skills with the aid of a horse. These activities ask the client or group to illustrate specific skills such as teamwork, creative problem solving, leadership, and verbal or nonverbal communication.



Horse Power

Equine Therapy & Learning

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Horse Power

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To be the best, you must learn from the best!

Horse Power Instruction using the 10 Secrets to Excel to Champion

- Horsemanship
- Riding Lessons
- Equine Therapy
- Barrel Racing
- Calf Roping
- Cutting/Sorting





Excel to Champion

Gayle Brittain uses her champion mindset and wealth of skill and experience to help individuals or teams excel in their competition by honing their skills and strengthening their mind, managing their emotions, and focusing on their goals in the arena and in life.

Horses are a Bridge to Life

Learn 10 secrets to becoming a champion!

Life Skills

Proper balance on a horse equals proper balance in life and life skills - *Gayle Brittain*

Example: Teaching someone to properly saddle a horse is also a life principle to understand the importance of learning how proper knowledge and preparation lead to success.

Uniqueness

Gayle Brittain provides a deeper level of understanding the horse and how it connects with humans. She will teach each individual the magical properties of the horse and how to read their emotion and how to have a deeper connection so that you and your horse become one which is paramount to winning.

Hands-on

Gayle's techniques provide hands on learning by demonstration. She will analyze your strengths and your gaps and those of your horse in order to discover what needs to be focussed on in order to bring you to the next level.

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Equine Assisted Psychotherapy (EAP)

EAP incorporates unmounted and mounted activities using therapy horses to help participants explore what therapy horses can help teach them about their own lives.

Relationship and activities with the horse(s) helps to process thoughts, beliefs, and behaviors and facilitates emotional strength and healing. Gayle incorporates equine assisted learning in her Champion program in order to assist the individual or group in learning how to overcome obstacles, regulate emotions and develop a deeper connection with the horse.

10 Secrets to Excel to Champion Clinics

Gayle provides intensive clinics for groups or teams that want to work together and/or individually to apply the 10 secrets to excel. **Call today to schedule your group clinic.**

Therapeutic Riding & Horsemanship

For clients with trauma histories, equine therapy may be especially beneficial due to the relationship between oxytocin and PTSD symptoms. Oxytocin has demonstrated that it helps to modulate brain networks associated with increasing a person's sense of trust and optimism while decreasing adverse stress or fear responses. Research repeatedly suggests that oxytocin may play a crucial role for decreasing PTSD symptoms such as anxiety, hyperarousal, pain, sleep difficulties, interpersonal difficulties, and feelings of isolation (Olff et al., 2010; UvnasMoberg, 2003).

We all have "baggage" that we carry around that holds us back. Through these activities, an individual will be able to remove these obstacles and grow as a person and succeed in life.



It takes skill to win, but that is not all. Gayle Brittain is an expert at bridging the gap between skills and having the mentality of a champion.

