



BOOST YOUR CONFIDENCE WITH *hypnosis*

Recent research has reported that hypnotherapy can improve a rider's confidence. **Sarah Jenkins** puts the theory to the test

Sherree Russell Ginger is a clinical hypnotherapist and riding instructor. In 2012, she carried out research that suggested rider confidence could be improved by up to 51 per cent following just one session of hypnosis.

Horse knows many readers have attacks of nerves, and we are not immune to

them ourselves, so we went to Sherree's Sussex base to experience hypnosis and see what advice we could glean.

Sherree helps people tackle issues in all aspects of their lives, but half of those who come to her are riders suffering confidence issues. All ages and levels are affected – from beginners to Olympians – so you're in good company.

"The majority of riders who come to me are women, and often horses are the one thing that gives them relaxation and joy," says Sherree. "When they struggle in this area, it can be emotional.

"Riding confidence issues impact other areas of life, too. You take it as evidence you can't cope in a given situation, so your self-efficacy in general is damaged."