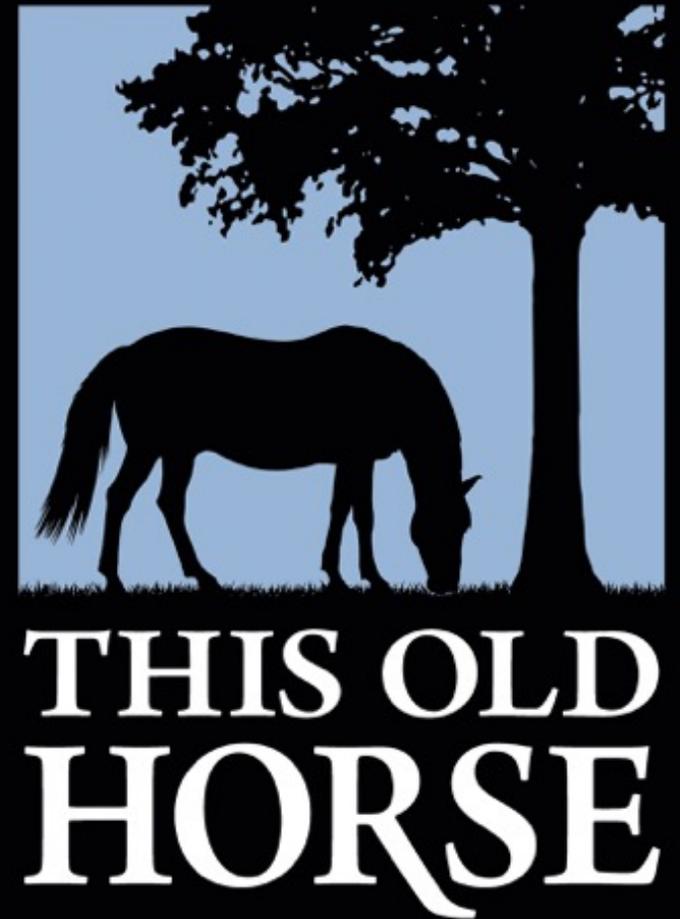
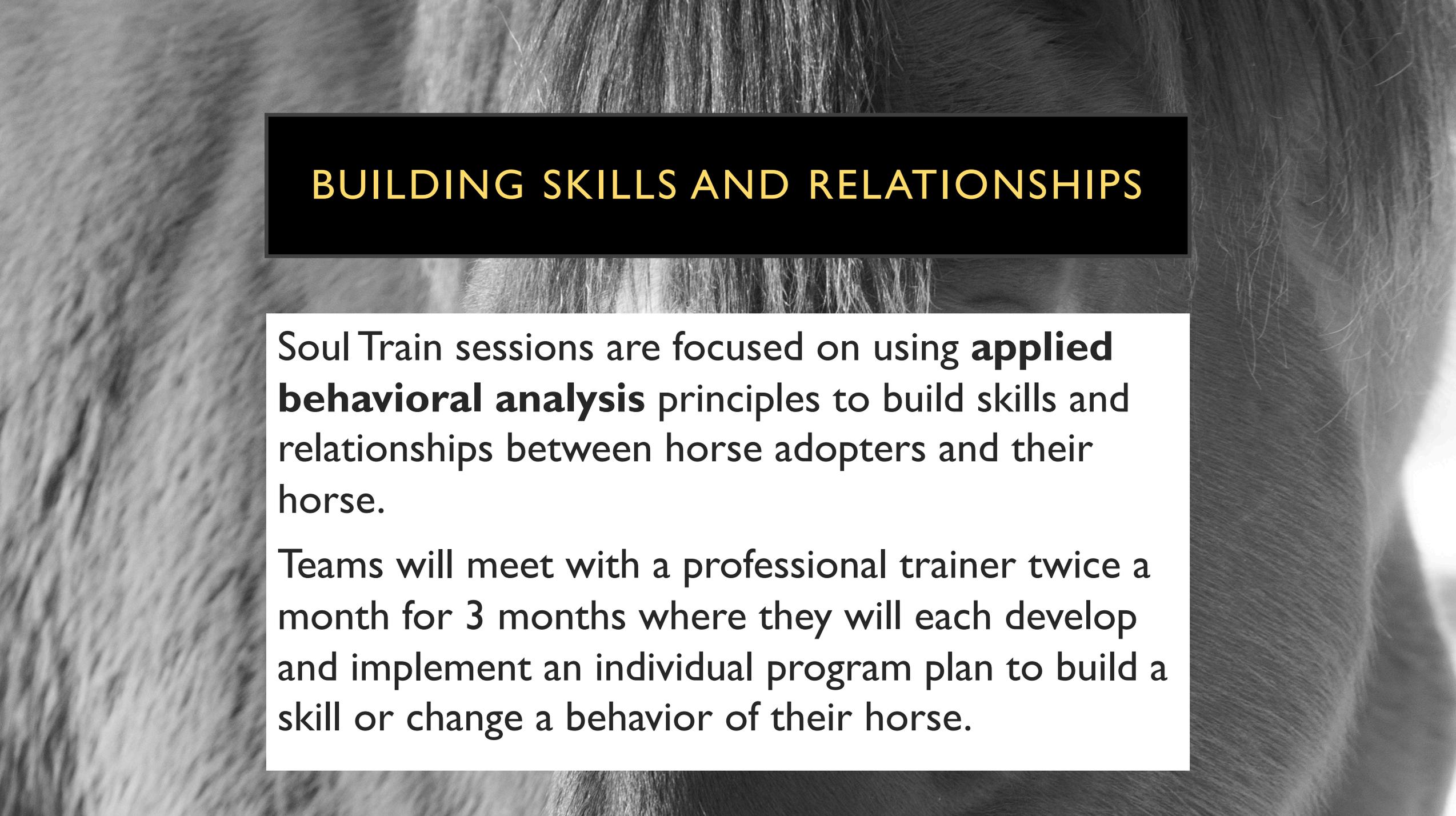


Welcome  
to  
Soul Train  
at  
This Old  
Horse!



A close-up, black and white photograph of a horse's face, focusing on the eye and the texture of its coat. The horse's eye is partially visible on the right side of the frame. The background is a soft, out-of-focus texture of the horse's fur.

## BUILDING SKILLS AND RELATIONSHIPS

Soul Train sessions are focused on using **applied behavioral analysis** principles to build skills and relationships between horse adopters and their horse.

Teams will meet with a professional trainer twice a month for 3 months where they will each develop and implement an individual program plan to build a skill or change a behavior of their horse.

A close-up, black and white photograph of a horse's face, focusing on the eye and the top of the head. The horse's hair is dark and textured. A black rectangular box is overlaid on the upper part of the image, containing the text 'LEARN AND PRACTICE' in yellow. Below this, a white rectangular box contains two paragraphs of black text.

## LEARN AND PRACTICE

The sessions will demonstrate principles and techniques and offer individualized guidance and direction for the teams.

Team members will work with the trainer, practicing and doing return demonstrations of the skills.

A close-up, grayscale photograph of a horse's face, focusing on the eye and the top of the head. The horse's hair is dark and textured. A black rectangular box is overlaid on the upper part of the image, containing the title in yellow text. Below it, a white rectangular box contains the main text in black, with some words in red.

## COMMITMENT TO PRACTICE

The teams will commit to conducting and documenting **three training sessions per week** and demonstrating their progress at the group meetings. Teams are encouraged to take and upload photos and video.

A close-up, black and white photograph of a horse's face, focusing on the eye and the top of the head. The horse's hair is dark and textured. A black rectangular box is overlaid on the upper part of the image, containing the title in yellow text. Below it, a white rectangular box contains the main text in black.

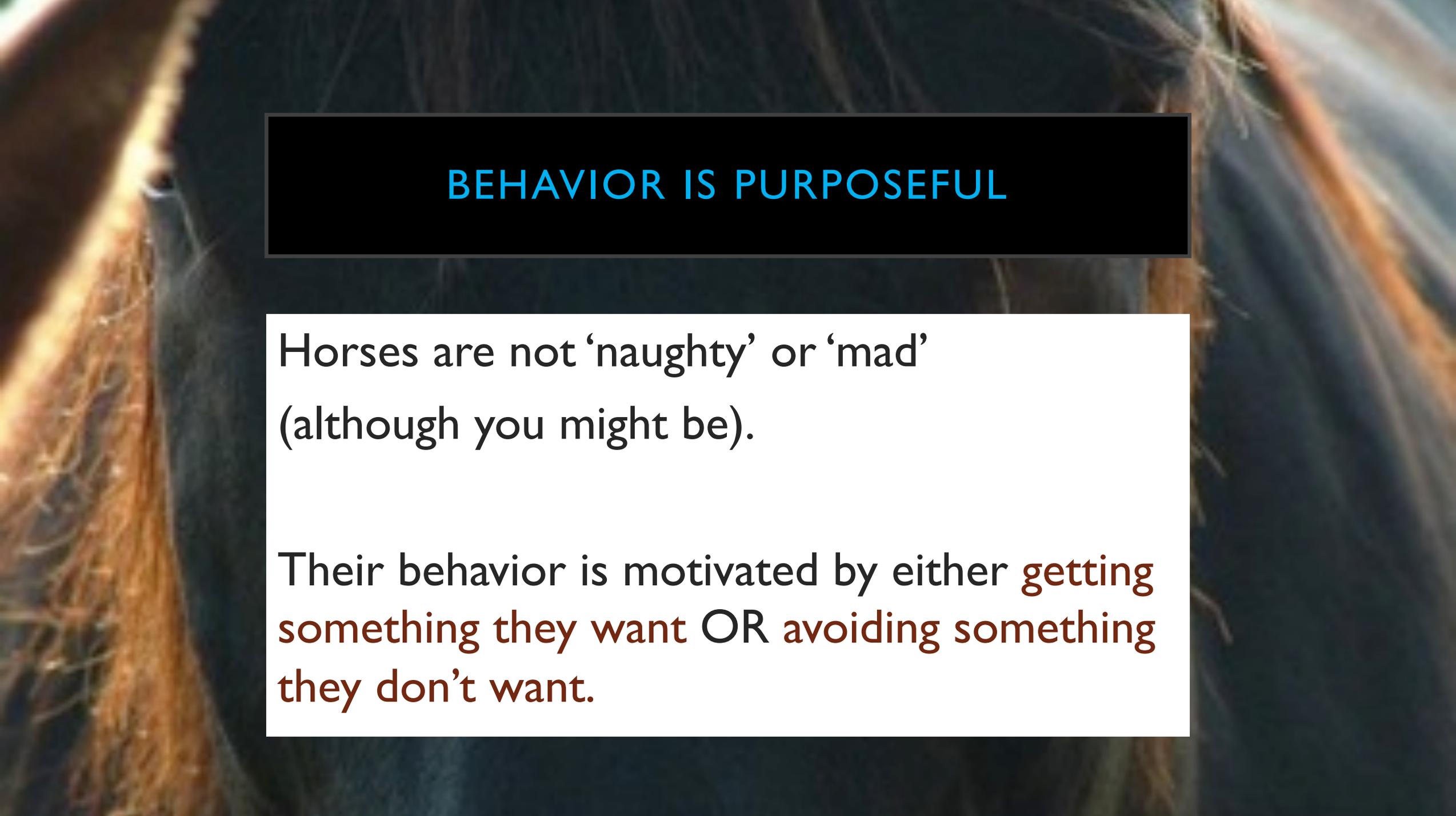
## A PATH FORWARD

The objective is to offer adopters a path to help understand how their horse develops new skills and behaviors as a way to establish a fun, safe and rewarding experience with their new horse.

A close-up, black and white photograph of a horse's face, focusing on the eye and muzzle area. A solid black rectangular box is overlaid on the upper part of the image, containing the text 'SHARED SUCCESS' in yellow, all-caps, sans-serif font.

## SHARED SUCCESS

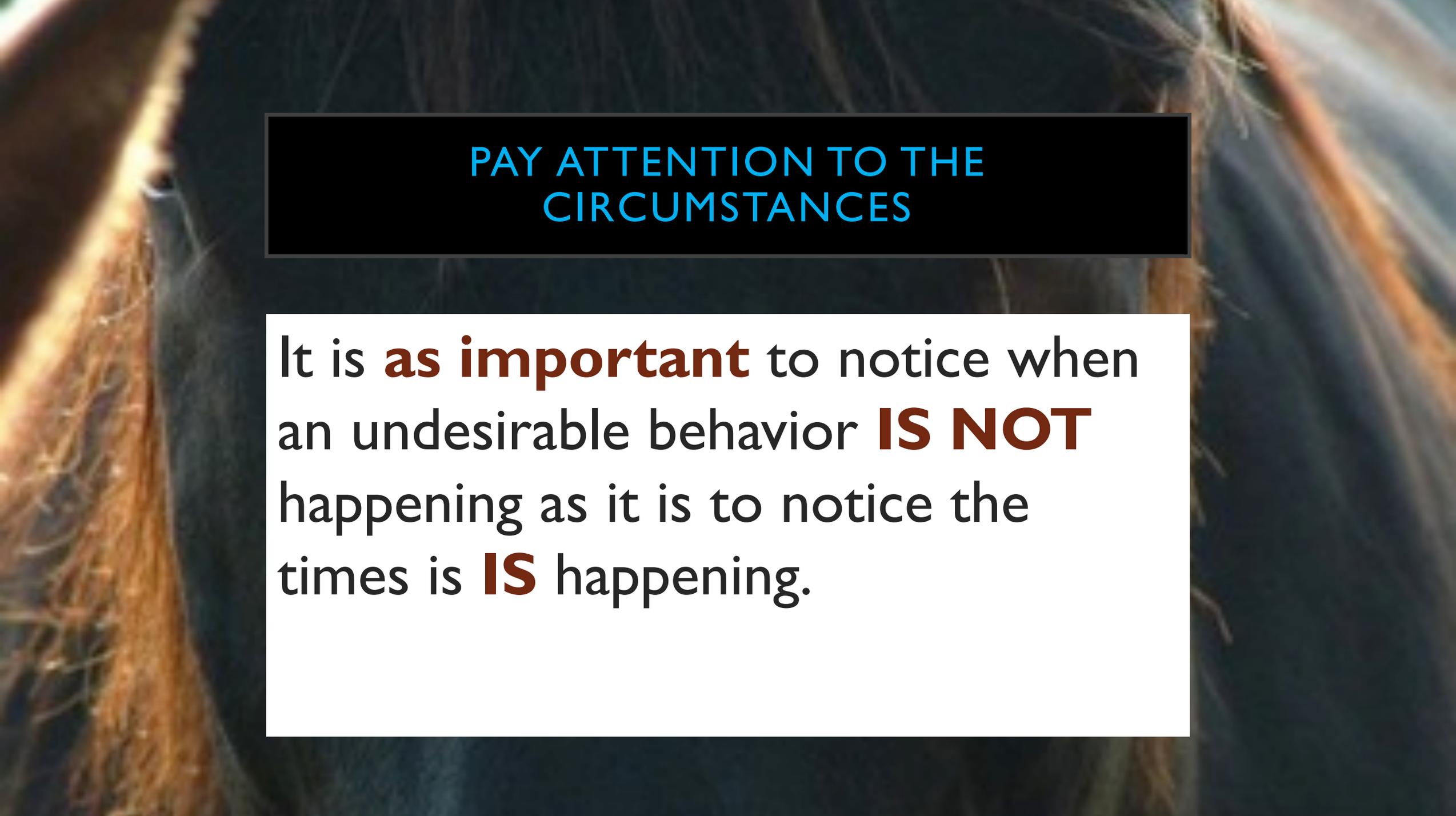
It also creates a welcoming community to share success and experiences with their fellow horse owners.

A close-up photograph of a horse's eye, showing the dark iris and the surrounding skin and hair. The eye is the central focus, with the skin appearing dark and the hair being a mix of brown and black. The lighting is soft, highlighting the texture of the skin and the shape of the eye.

## BEHAVIOR IS PURPOSEFUL

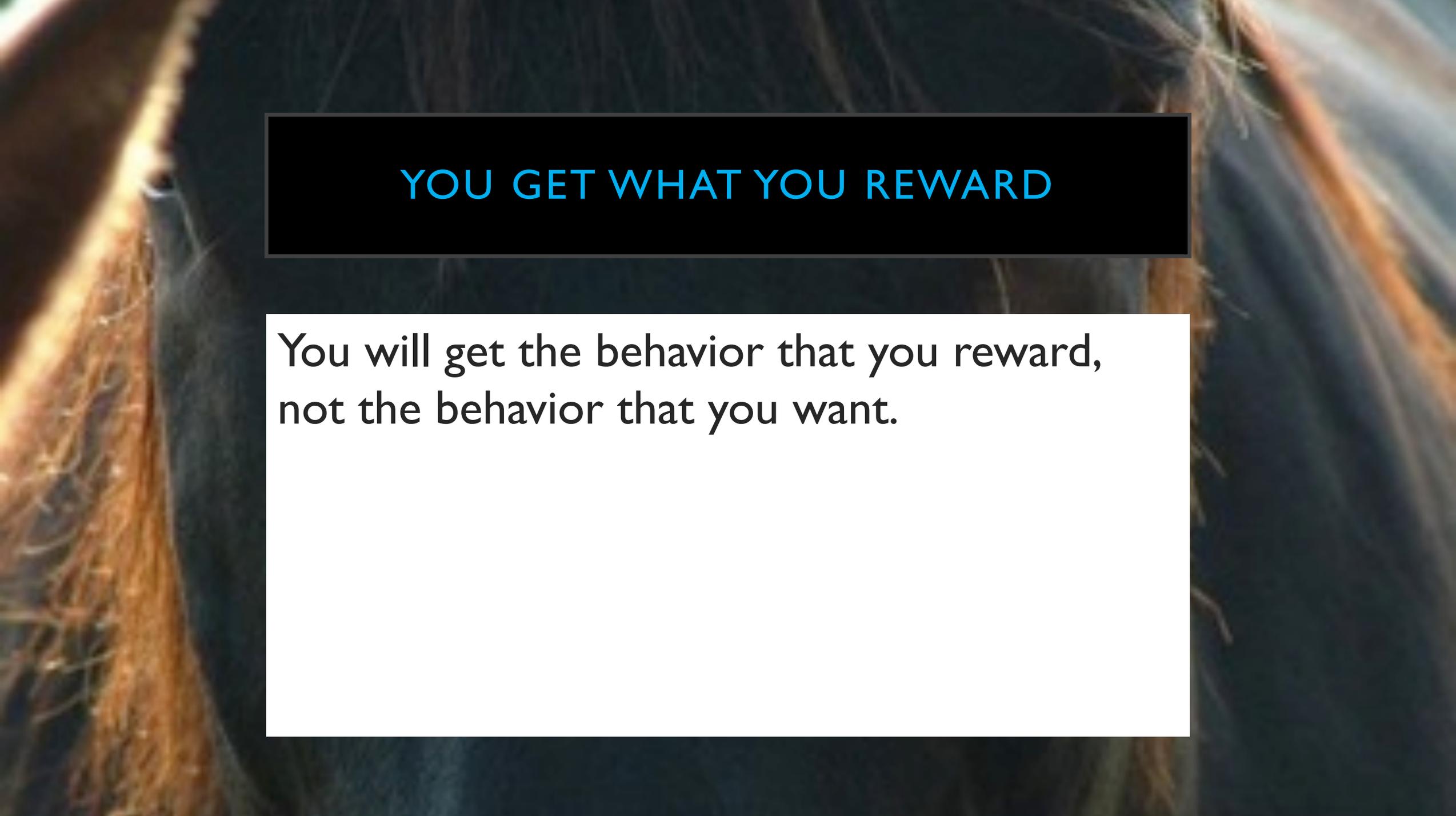
Horses are not 'naughty' or 'mad'  
(although you might be).

Their behavior is motivated by either **getting something they want** OR **avoiding something they don't want**.



PAY ATTENTION TO THE  
CIRCUMSTANCES

It is **as important** to notice when an undesirable behavior **IS NOT** happening as it is to notice the times it **IS** happening.

A close-up photograph of a horse's head, showing its eye and mane. A black rectangular text box is overlaid on the image, containing the text "YOU GET WHAT YOU REWARD" in blue, all-caps, sans-serif font.

## YOU GET WHAT YOU REWARD

You will get the behavior that you reward,  
not the behavior that you want.

## LEARNING THEORY BASICS

Reinforcement increases the probability of the behavior that it follows.

**Positive reinforcement** rewards a behavior by addition (+).

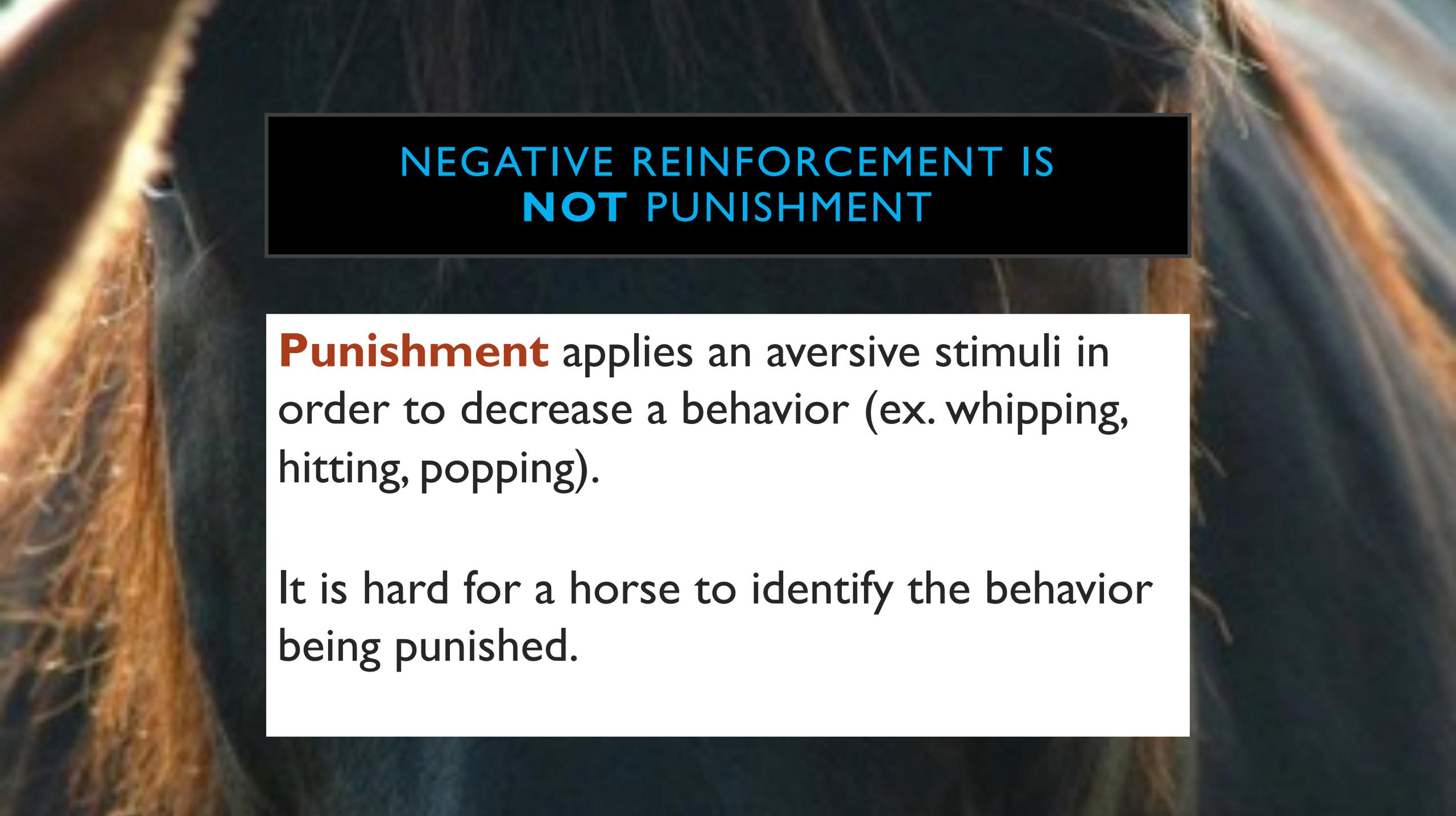
You **add** a reinforcer (example, a treat).

## LEARNING THEORY BASICS

Reinforcement increases the probability of the behavior that it follows.

**Negative reinforcement** rewards a behavior by subtraction (-).

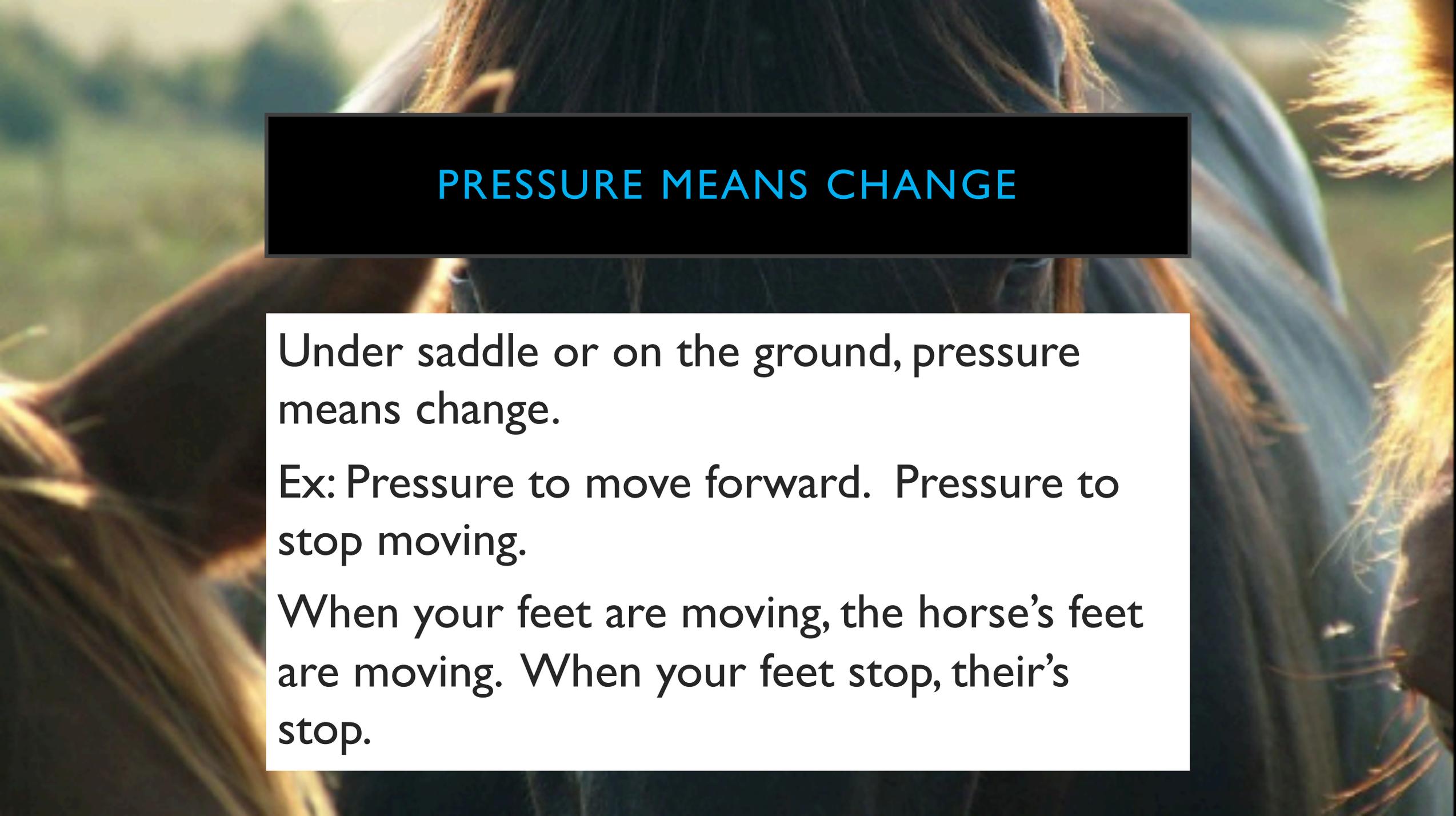
You **remove** an aversive stimulus (pressure).

A close-up photograph of a horse's tail, showing the texture of the hair and the tailhead. A black rectangular text box is overlaid on the upper portion of the image.

## NEGATIVE REINFORCEMENT IS **NOT** PUNISHMENT

**Punishment** applies an aversive stimuli in order to decrease a behavior (ex. whipping, hitting, popping).

It is hard for a horse to identify the behavior being punished.

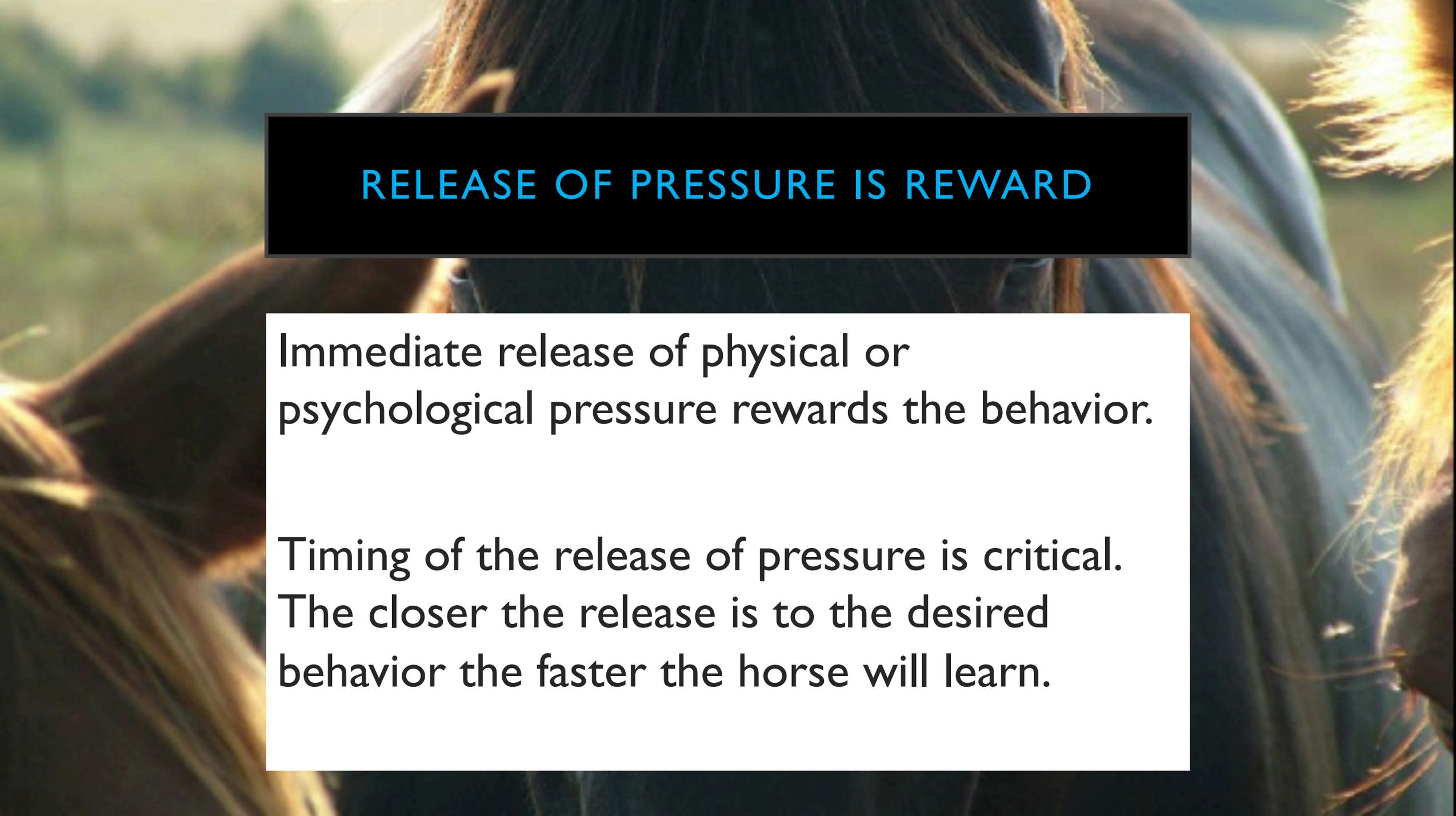


## PRESSURE MEANS CHANGE

Under saddle or on the ground, pressure means change.

Ex: Pressure to move forward. Pressure to stop moving.

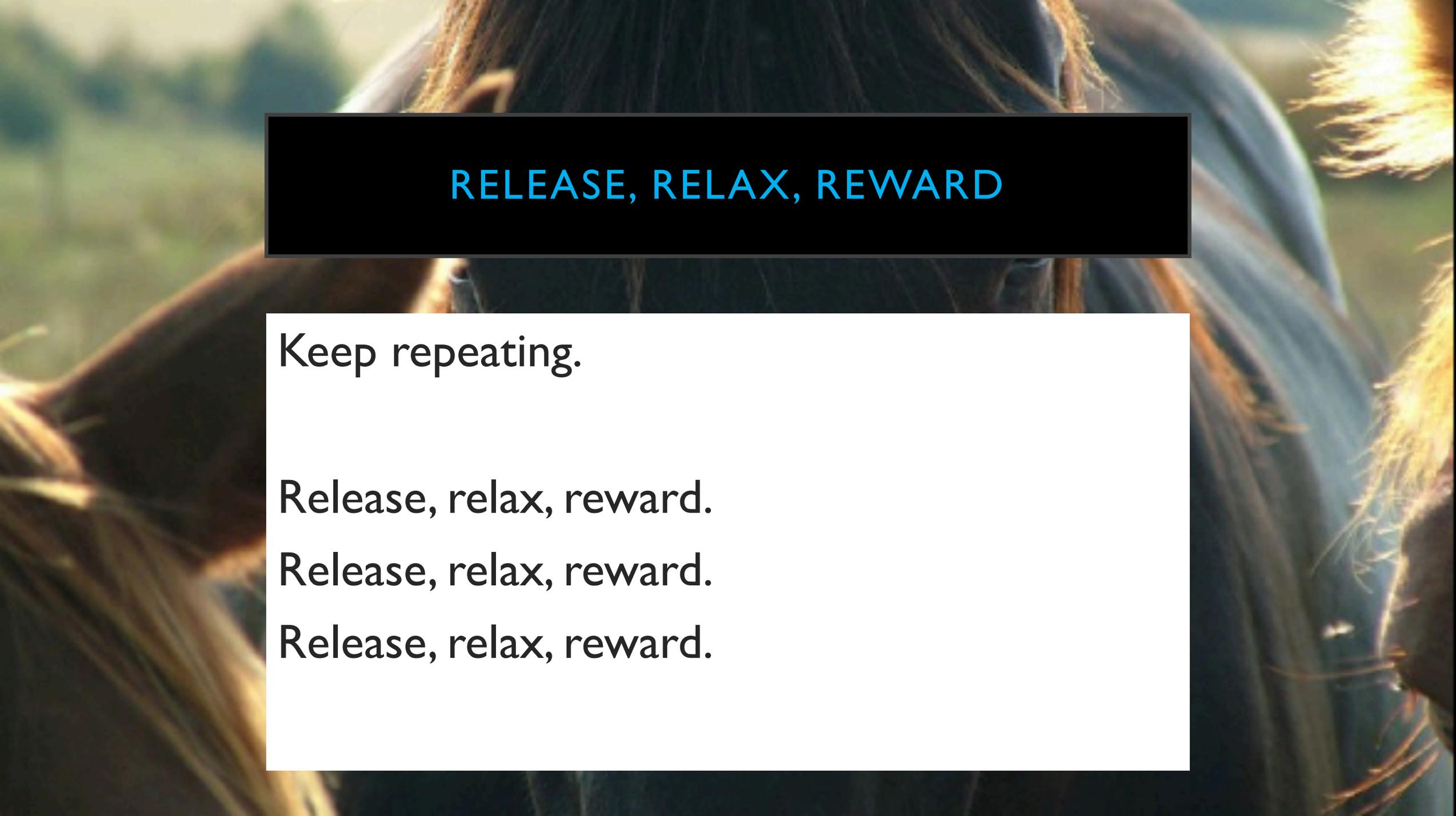
When your feet are moving, the horse's feet are moving. When your feet stop, their's stop.



## RELEASE OF PRESSURE IS REWARD

Immediate release of physical or psychological pressure rewards the behavior.

Timing of the release of pressure is critical. The closer the release is to the desired behavior the faster the horse will learn.



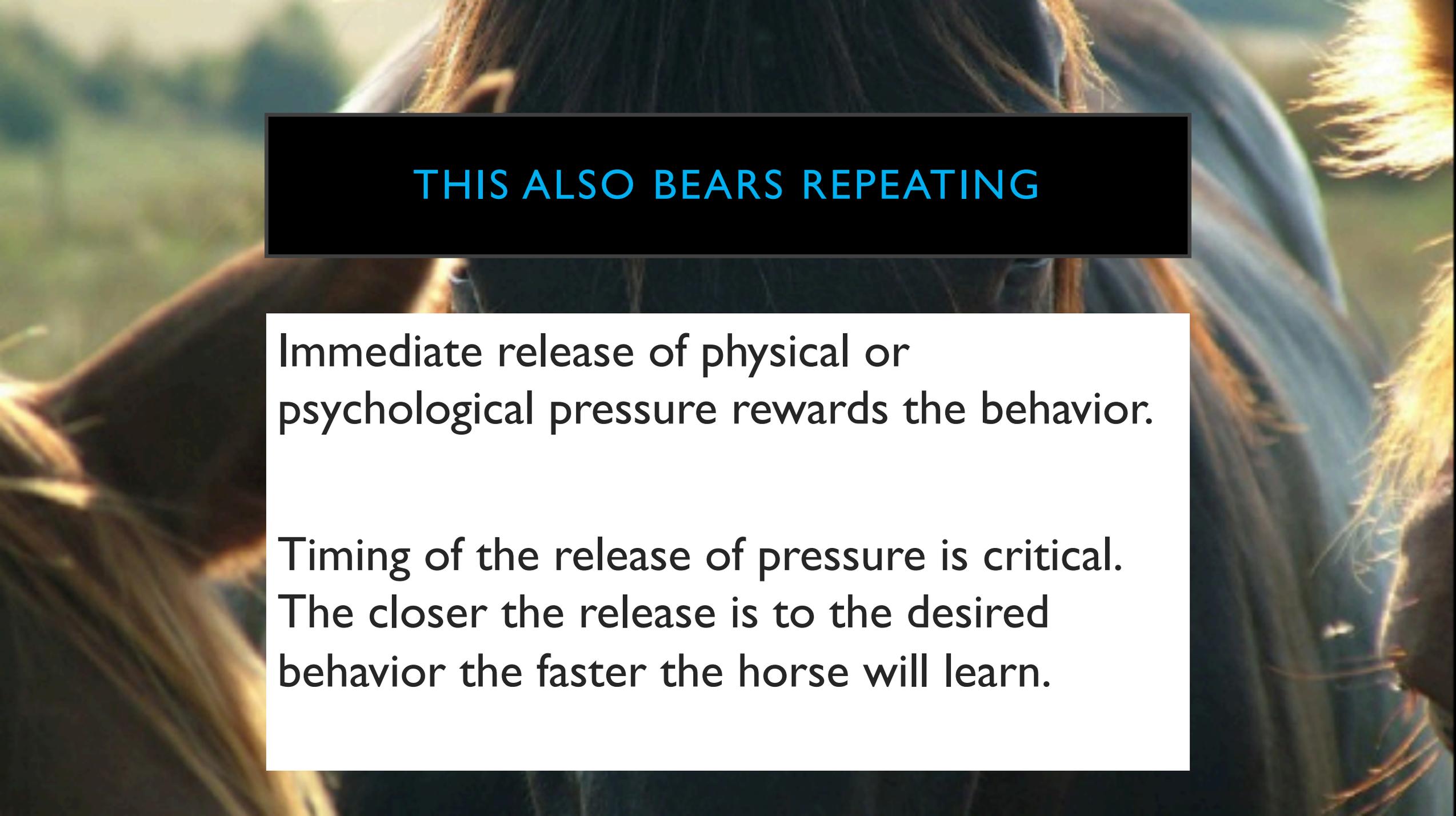
## RELEASE, RELAX, REWARD

Keep repeating.

Release, relax, reward.

Release, relax, reward.

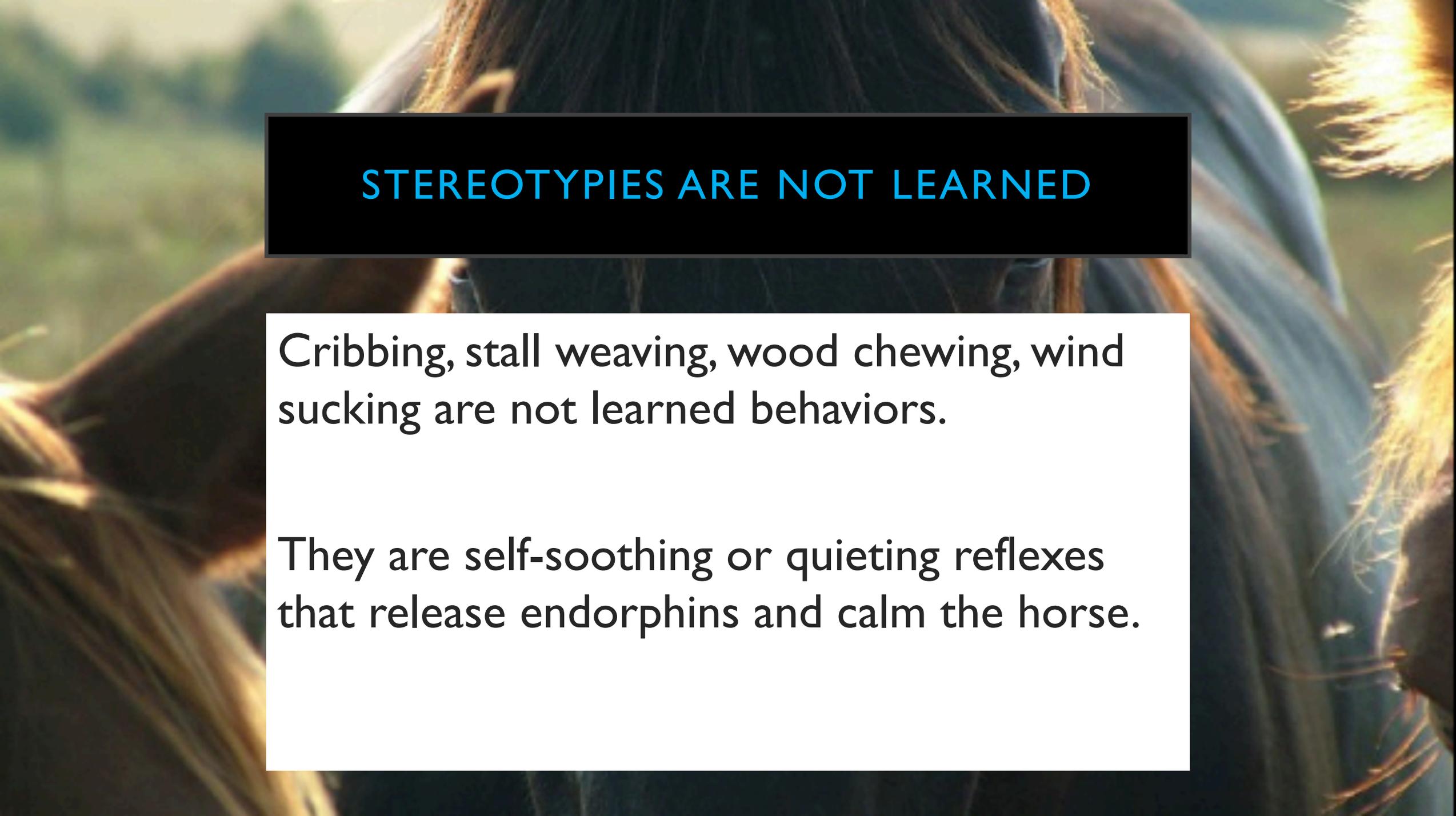
Release, relax, reward.



## THIS ALSO BEARS REPEATING

Immediate release of physical or psychological pressure rewards the behavior.

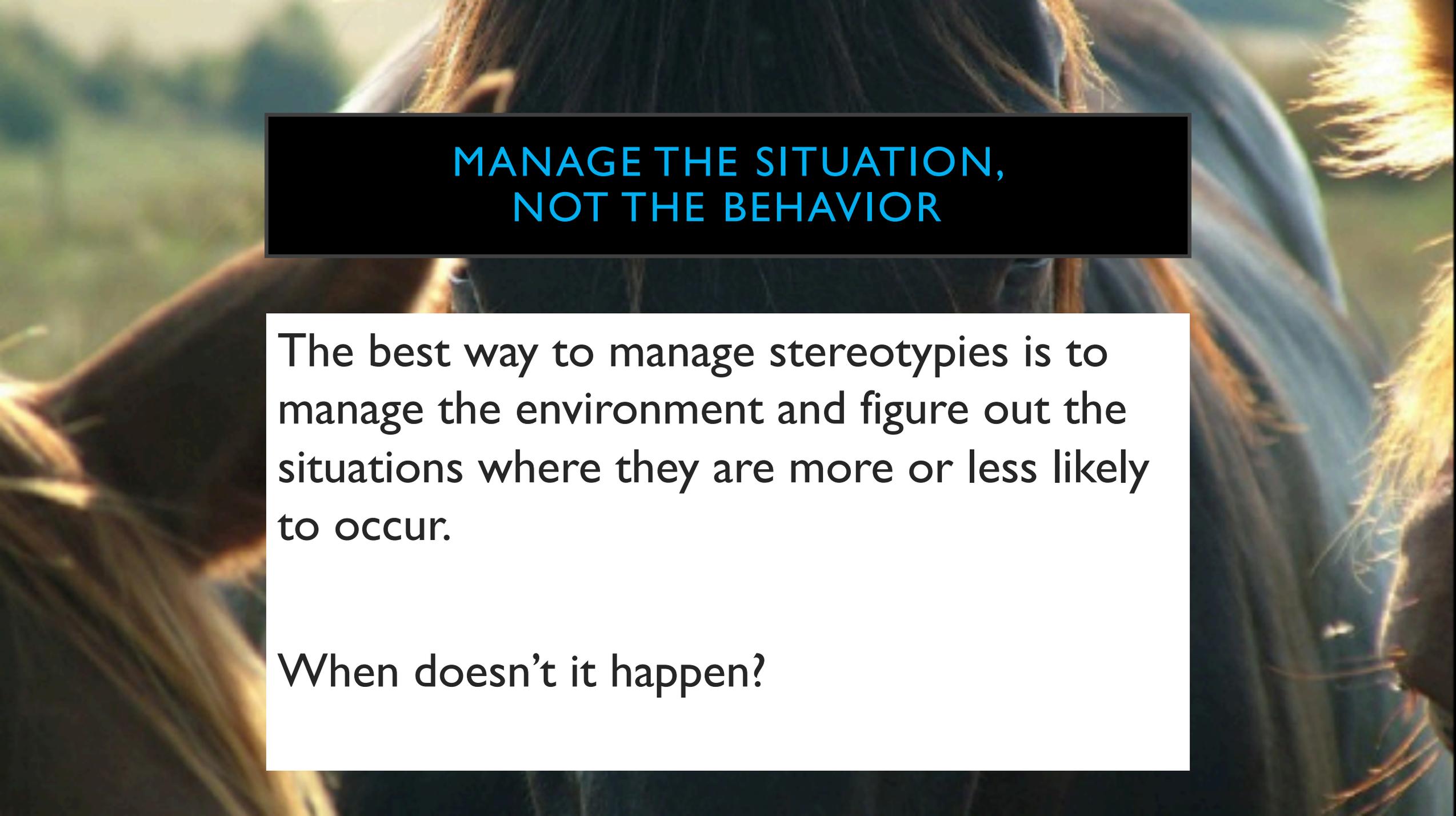
Timing of the release of pressure is critical. The closer the release is to the desired behavior the faster the horse will learn.



## STEREOTYPIES ARE NOT LEARNED

Cribbing, stall weaving, wood chewing, wind sucking are not learned behaviors.

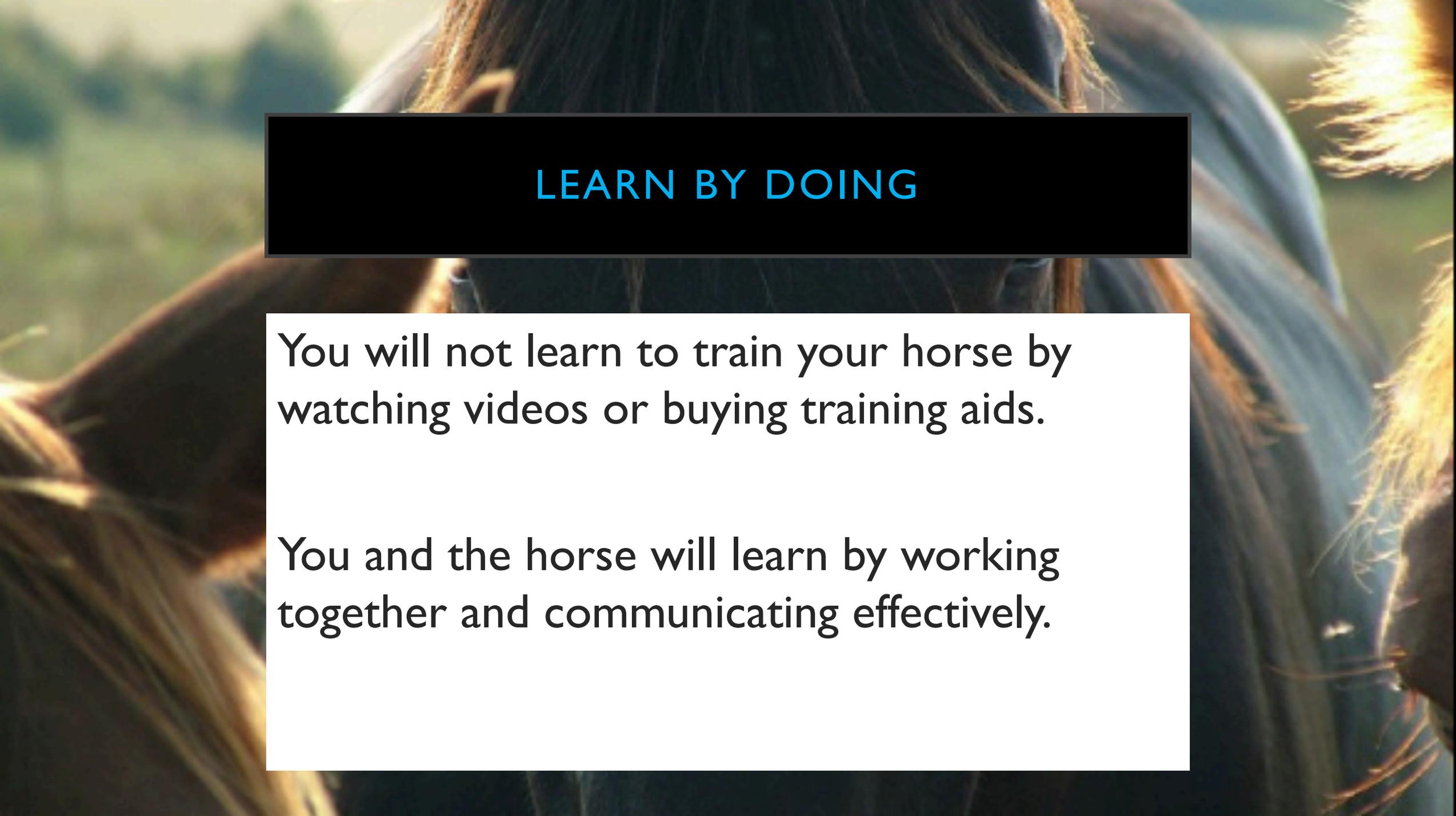
They are self-soothing or quieting reflexes that release endorphins and calm the horse.



## MANAGE THE SITUATION, NOT THE BEHAVIOR

The best way to manage stereotypes is to manage the environment and figure out the situations where they are more or less likely to occur.

When doesn't it happen?



## LEARN BY DOING

You will not learn to train your horse by watching videos or buying training aids.

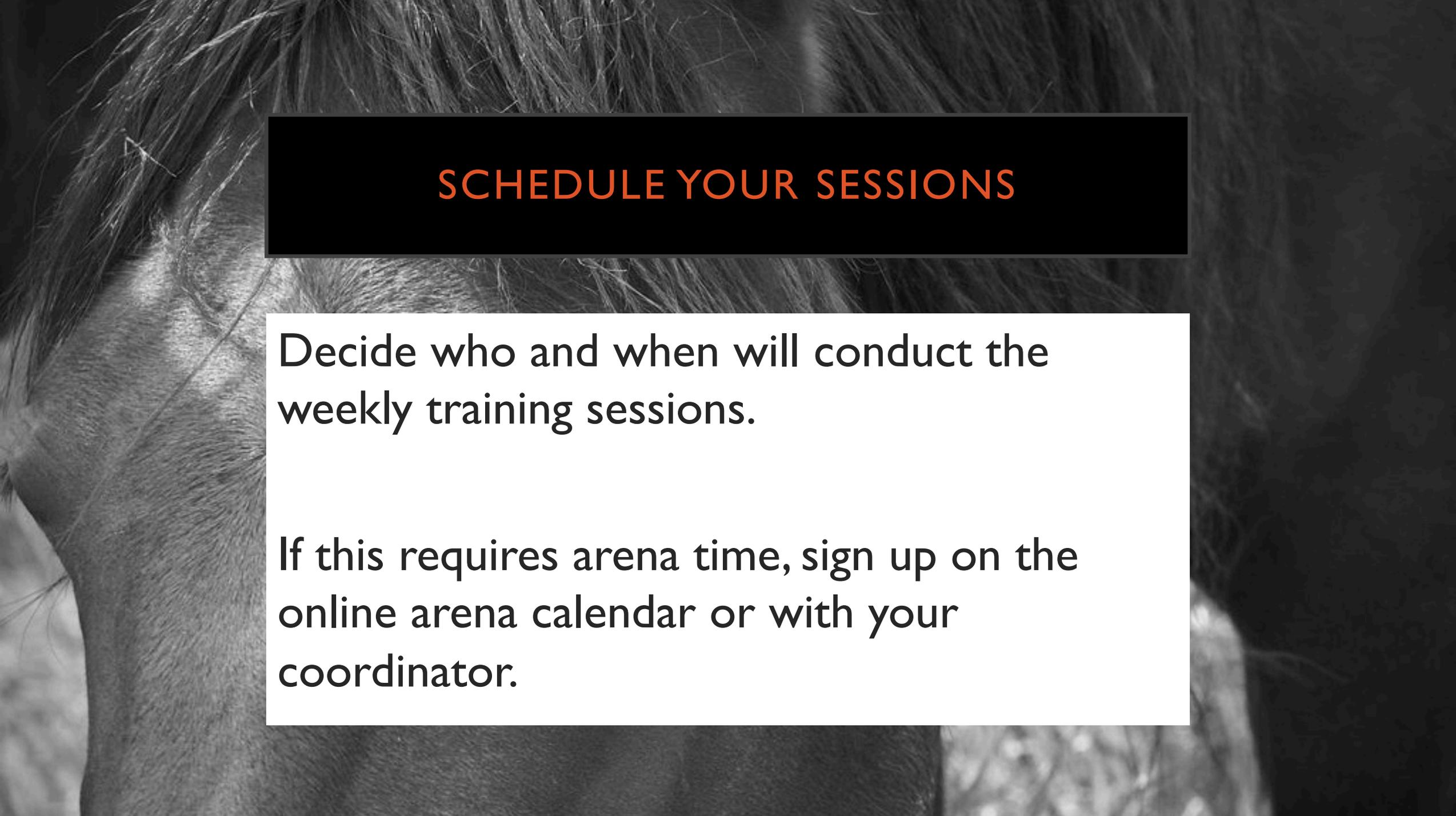
You and the horse will learn by working together and communicating effectively.

A close-up, black and white photograph of a horse's head, focusing on the eye and ear area. A black rectangular text box is overlaid on the upper part of the image.

## DEVELOP YOUR PLAN

Choose a specific, measurable and observable objective.

Complete the planning worksheet at this link:  
[www.thisoldhorse.com/ soul-train](http://www.thisoldhorse.com/soul-train)

A close-up, black and white photograph of a horse's head, focusing on the eye and mane. A black rectangular text box is overlaid on the upper part of the image.

## SCHEDULE YOUR SESSIONS

Decide who and when will conduct the weekly training sessions.

If this requires arena time, sign up on the online arena calendar or with your coordinator.

A close-up, black and white photograph of a horse's head, focusing on the eye and ear area. A black rectangular text box is overlaid on the upper part of the image.

## RECORD YOUR PROGRESS

Progress reports are reviewed by the trainer and coordinator. If you get stuck or wish to change your plan, contact your trainer for advice.

Progress notes are recorded at this link:  
[www.thisoldhorse.com/soul-train](http://www.thisoldhorse.com/soul-train)



## SHARE YOUR SUCCESS

Teams will demonstrate their progress toward goal during the group sessions. Each team will review and demonstrate their progress with the whole group and work 1:1 with the trainer to refine and improve their process.



"A good man will take care of his horses and dogs not only while they are young but also when they are old and past service." — Plutarch, 100 A.D.

DONATE



HOME ABOUT US HELP FOR HORSES VOLUNTEER SUPPORT THE MISSION PROGRAMS + INITIATIVES SOCIAL



This Old Horse sees many horses that, through no fault of their own, have experienced a lack of appropriate training and handling in their past lives.

Our primary mission is to provide horses with a safe harbor where they have the best possible care provided by compassionate, loving caretakers.

When a horse lacks basic 'good citizen' skills, it limits their capacity for positive interactions with people and opportunities that may be available to them for a happy life.

Each horse is capable of being a good citizen. We can show the way.

Contact us at [lelliott@thisoldhorse.org](mailto:lelliott@thisoldhorse.org)

Interested in joining?

Develop your plan

Record your progress

Share your stories!

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This Old Horse logo designed by Sue Schadow. Principle photography on this site is by [Toni Thomas](#). Additional photography by Shelley Paulson, Alyssa Smolen and Lynn Cronquist.



0029793

DONATE



Fill out an interest form.

If you do not have a team or horse in mind, the coordinator can help match you with an available horse or team.

You do not have to be an adopter or make a commitment to adopt to be in the program.

However, adopters will be given preference if availability is limited.



## Soul Train Interest Inquiry

Please complete and submit this survey if you are interested in participating or find out more about participating in the Soul Train program at This Old Horse. Our coordinator will respond to you shortly! Thank you.

### Name

First Name

Last Name

### Email

example@example.com

### Phone Number

 - 

Area Code

Phone Number

**The Soul Train program is offered at no charge to those who have adopted or are considering adopting a horse through This Old Horse. It is designed for new or 'returning' horse owners who are looking for support and skills to build a strong and positive relationship with a horse.**

Do you have a specific horse in mind?

Put horse's name here or leave blank if you would like us to match you up. This can be a horse you have or intend to adopt OR another horse that can help you build skills.

**Soul Train is a 12-week program. Participants will be required to attend 6 trainer sessions (every other week) and to work independently in between sessions on**

Your team  
will  
complete  
the planning  
worksheet  
together.

This is not a  
quiz, just  
a plan.



## Welcome

Here is a worksheet to help the team strategize and refine the specific objectives for the Soul Train experience. There are 13 questions that should be discussed and completed by the group. Remember that all behavior is purposeful. It either helps the horse get something desirable or helps it avoid something undesirable. Keep this in mind while you strategize.

15 Questions

START →

The team member who conducts the training session should fill out the log.

The coordinator will get the responses and share them with the trainer to monitor your progress.

Share photos or video!

## Training log

To track specific training and rehab goals for an individual horse.

Date \*

-  -    
Month Day Year

Time

:  PM until  :  PM  
Hour Minutes Hour Minutes

Horse \*

Handler \*

Objective/Goals \*

Remarks and progress \*

If you have a picture or video, share it!

no file selected

Submit

Powered by JotForm

# Your coordinator will give you a link to the calendar.

The screenshot shows a Google Calendar interface for February 2021. The main calendar area is a grid with columns for days of the week (SUN to SAT) and rows for dates. Events are listed in the cells, such as '1pm Henry - Aragon & Sansa' on Sun Feb 7 and '5:30pm Henry - Aragon & Sansa' on Tue Feb 2. The date 14 is highlighted in blue. The left sidebar contains a 'Create' button, a mini calendar for February 2021, and a list of calendars including 'Nancy Turner', 'Birthdays', 'Horse health tracking', 'Phoenix Farm', 'Reminders', 'Soul Train: Clayton', 'St Croix Valley Farms', 'Tasks', 'This Little Horse', 'This Old Horse Arena Sch...', 'This Old Horse Events', and 'Wild Hearts Mustang Team'. The top right corner has search, help, settings, and view options (Month, grid, and 'THIS OLD HORSE' logo).

Day	SUN 31	MON Feb 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6
1	1pm Henry - Aragon & Sansa		5:30pm Henry - Aragon & Sansa	6:30pm Adrienne - Hoppy & Lola	5:30pm Henry - Aragon & Sansa		1pm Henry - Aragon & Sansa
2							
3							
4							
5							
6							
7	1pm Henry - Aragon & Sansa		5:30pm Henry - Aragon & Sansa	6:30pm Adrienne - Hoppy & Lola	5:30pm Henry - Aragon & Sansa		1pm Henry - Aragon & Sansa
8							
9							
10							
11							
12							
13							
14							
15							
16			5:30pm Henry - Aragon & Sansa	6:30pm Adrienne - Hoppy & Lola	5:30pm Henry - Aragon & Sansa		1pm Henry - Aragon & Sansa
17							
18							
19							
20							
21	1pm Henry - Aragon & Sansa		5:30pm Henry - Aragon & Sansa	6:30pm Adrienne - Hoppy & Lola	5:30pm Henry - Aragon & Sansa		1pm Henry - Aragon & Sansa
22							
23							
24							
25							
26							
27							
28	1pm Henry - Aragon & Sansa		5:30pm Henry - Aragon & Sansa	6:30pm Adrienne - Hoppy & Lola	5:30pm Henry - Aragon & Sansa		1pm Henry - Aragon & Sansa
29							
30							
31							

This is  
going to  
be fun!

Hope to  
see you  
there.

