

# Taming wild brumbies can calm troubled souls

Since 2003, renowned horse whisperer Greg Powell has been helping high risk youth by teaching them how to tame wild brumbies.



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Greg believes there are a number of similarities between the young people he helps and the brumbies he tames. Both are frightened, wild, uncared for and acting out of fear. This fear often produces aggressive, violent behaviour in both horses and people. Greg's techniques teach the 2 and 4 legged participants how to trust, communicate and be empowered.

Students at Triple Care Farm attended a 2-day pilot program on Greg's property.

One of the first things Greg showed the students was the power of non-verbal communication. Horses have highly developed observation skills – the slightest movement is noticed and

interpreted. Horses then mirror the behaviour they see. If a young person moves with fear or aggression, the horse will respond accordingly. If the young person moves with confidence and care so will the horse. This lesson proves to be life changing for troubled young people. They understand the importance of adopting non-threatening behaviour in everyday life and relearn how to communicate using trust and understanding.

It was astounding to observe how quickly the students and horses began to trust each other. Within a few hours, the students had learned the importance of body language and its place in communication.

They had learned how important and powerful trust can be. They had also learned they can be in control of something larger than themselves without aggression or threats.

It seemed both the students and brumbies had been transformed.

It was an amazing experience for everyone involved.

At the end of the camp, the students were asked to reflect on their experiences. One student wrote:

**“The worst part was coming home!”**