

Rebecca Howard Bio

Rebecca has loved and ridden horses her entire life, having taught riding and trained horses for 30 plus years. She manages the Sandy Hook Equestrian Center in Newtown CT. She's been lucky to train with many excellent instructors, in various English performance disciplines. But her obsession is integrating "Natural Horsemanship" and positive reinforcement ("clicker training") into a system of training for her own and clients' horses. Research shows that Natural Horsemanship and clicker-trained animals learn faster, retain longer and bond stronger with the handler!

She has published articles in Massachusetts and Connecticut Horse Magazines, focused on helping our horse manage stress- in simple and scientific ways. Rebecca does frequent public demos, trainings and clinics on Natural Horsemanship and positive reinforcement/ "clicker training" at locations such as Pegasus Therapeutic Riding, Ray of Light Farm and Rescue, The Second Company Governor's Horse Guard, and various other non-profits and barns in the region.

Rebecca is equally obsessed with human and animal psychology and is halfway through a Masters in Clinical Mental Health Counseling with a focus on animal assisted therapies. She has advanced training and certifications as an equine specialist for personal development and mental health and is the Equine Specialist for the non-profit Embrace Hope- Sandy Hook Equine Assisted Therapy.