

USEF PARA DRESSAGE HYPNOTHERAPY GRANT OPPORTUNITY

USEF is pleased to announce that through a grant from the USOPC, USEF is offering a grant for Para Dressage athletes to obtain hypnotherapy sessions. USEF has obtained the services of Laura King, a hypnotherapist with experience in equestrian sport. Athletes are provided the opportunity to work directly with Laura, virtually, or another therapist of their choice.

GRANT CRITERIA

Para Dressage athletes who are listed on the Para Dressage Structure and Pathway Program athlete list (athlete list) beginning January 1, 2023 are eligible for a hypnotherapy grant as outlined below.

Additionally, as the athlete list is a living document that may change monthly, athletes who are eligible for the Para Dressage Structure and Pathway Program and submit an application to the Para Dressage Structure and Pathway Program in 2023 may be eligible for a grant, as long as funding is available.

Applications may be submitted through <https://form.jotform.com/231015114385041>

Application deadline is September 1, 2023.

Please note that all sessions must be utilized prior to December 1, 2023. Grants will be paid directly to Laura King, or will be reimbursed to the athlete if a different therapist is selected with the submission of a copy of your therapist's invoice to the Director of Para Equestrian, Laureen Johnson, lkjohnson@usef.org, or P.O. Box 83, Gladstone, NJ 07934.

LAURA KING BIO

Laura King is the Director and Founder of Summit Dynamics, LLC and is a certified hypnotist and certified sport hypnotist. Laura has been studying human performance, behavior modification and wellness for over 25 years. Using her unique combination of hypnotherapy, Neuro-linguistic Programming (NLP) and Life Coaching, Laura is able to help individuals with even the most difficult of issues to create positive and lasting changes. Laura has coached Olympians and worked with the USDF/USEF Young Rider Graduate Program, and Lendon Gray's Dressage4Kids program. She has been an enthusiastic member of the equestrian community since she was a teenager. Laura's sessions are available at a rate of two hundred and fifty dollars (\$250.00) per session.

ELITE ATHLETES (\$750 Maximum)

DEVELOPMENT ATHLETES (\$550 Maximum)