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Winning the Mind Game

Using Hypnosis in Sport Psychology

- A step-by-step guide for working with athletes
- Working with teams
- Transcripts of successful interventions
- Complete case studies
- Tips on marketing your sports psychology practice

Winning The Mind Game Using Hypnosis In Sport Psychology

John H. Edgette, Tim Rowan



Winning The Mind Game Using Hypnosis In Sport Psychology:

Winning the Mind Game John H. Edgette, Tim Rowan, 2003 Therapists with some existing knowledge of hypnosis can now begin applying their skills in working with athletes This book contains a wide range of advanced hypnotic interventions that allow the therapeutic techniques to be adopted and used with athletes *Winning the Mind Game* John H Edgette, Tim Rowan, 2003-01-21 Hypnosis is an invaluable tool that can quickly and effectively influence the subconscious mind and promote lasting change This is an excellent resource for anyone currently working with athletes who wish to use hypnosis to improve performance as well as everyone currently using hypnotherapy techniques wishing to expand into sport psychology

Hypnosis for Behavioral Health David B. Reid, 2012-06-20 Winner of the Arthur Shapiro Award for the 2013 Best Book on Hypnosis The charm and value of Reid s book is that it is very personal Reid s persona emerges as a warm generous and enthusiastic colleague who is eager to share how he figured this clinical hypnosis stuff out and integrated it into his practice The book serves quite well to introduce the uninitiated and those who wish to guide them about using the power of trance and therapeutic communication in practical ways to become more effective in helping those for whom we care I wish I had read it in medical school Laurence I Sugarman M D F A A P A B M H Annals of Behavioral Sciences and Medical Education This is an excellent introductory book for any professional who deals with behavioral health issues and would like to add hypnosis to her arsenal of clinical tools American Journal of Clinical Hypnosis Clinical hypnosis has been proven through decades of rigorous research and practice to be an effective intervention in a wide range of mental behavioral and physical health issues This highly practical text demystifies clinical hypnosis by providing step by step guidance for using its techniques to enhance the repertoire of practitioners in other psychotherapeutic modalities It offers mental health providers with no formal training in hypnosis the requisite guidance and information they need to learn and confidently apply strategies to help their clients initiate constructive health oriented change in their lives Chapters progress from initial assessment through the development of treatment plans and actual hypnotic techniques with clients The author shows how to apply hypnosis to such clinical issues as anxiety stress somatic disorders pain and unwanted habits In addition the author shows clinicians how they can broaden their practice beyond mental or physical health parameters of treatment by applying hypnosis in areas of personal growth and wellness motivation athletic performance conflict resolution The text also covers ethical and professional issues related to clinical hypnosis which does not require special licensure when it is integrated into a psychotherapeutic practice Key Features Offers clinicians who have no or little background in clinical hypnosis clear accessible information on how to safely and effectively use basic techniques with clients Helps psychotherapists expand their practice by providing effective interventions with behavioral health issues that are also eligible for insurance reimbursement Includes sample guided scripts for specific problems as well as experiential exercises and treatment plans Provides case histories drawn from the author s clinical work and those of the father of clinical hypnosis Milton Erickson Instructs

therapists on the use of hypnosis for clinical and personal growth and wellness issues **Sports Hypnosis in Practice**

Joseph Tramontana, 2011-06-10 This book offers new strategies and scripts for hypnotherapists sports counsellors and sports psychologists working with athletes to help them achieve their peak performance A major focus of the book is that the therapist does not necessarily need to be familiar with the sport or activity to serve as a mental coach to the athlete The athlete is instructed that the goal is not to improve the mechanics of their performance that is left up to their coaches but rather to help them to relax concentrate and focus so that they fulfill their maximum potential They learn not to let the mental side of their game trip up the physical side but rather to enhance it **The Art of Hypnotherapy** C Roy

Hunter, 2010-07-01 Now in its fourth edition this classic text presents a comprehensive overview of client centred hypnosis based on the teachings of Charles Tebbetts Since the person undergoing hypnosis is the one with the power to change him herself the hypnotherapist acts as the facilitator tailoring the hypnosis session to the client All of the techniques found in The Art of Hypnotherapy including regression therapy and parts theory centre on this concept The Art of Hypnotherapy shows students how all hypnotic techniques revolve around four main therapeutic objectives Suggestion and Imagery Discover the Cause Release and Subconscious Relearning New features in this edition include an arrangement of techniques from simple to complex so that those using hypnosis in a limited way easily learn the applicable technique a chapter on the common application of hypnotherapy now includes new sections on anger impotence stuttering and tinnitus and the chapters on anchoring and triggers have been updated with sections on how to help a client establish a safe place and why this is important

Golf Joseph Tramontana Ph.D., 2021-05-07 Golf is geared toward golfers open to the idea of improving their game through hypnosis Joseph Tramontana Ph D a clinical psychologist who specializes in clinical hypnosis is an internationally known author and speaker on the subject In simple language he shares how to achieve golf goals using hypnotic techniques create and develop a plan to get the results you want identify behaviors and beliefs that are holding you back gain precise control over your body Throughout the book Tramontana provides numerous case studies of athletes who have improved their game as a result of hypnosis He also explains why almost anyone can be hypnotized Tramontana's previous book on sports hypnosis was written for the hypnosis practitioner or sports psychologist but this book is written specifically for golfers You will learn methods to improve your game through mental training techniques *Sustainable*

Happiness Joe Loizzo, 2012-09-10 Today's greatest health challenges the so called diseases of civilization depression trauma obesity cancer are now known in large part to reflect our inability to tame stress reflexes gone wild and to empower instead the peaceful healing and sociable part of our nature that adapts us to civilized life The same can be said of the economic challenges posed by the stress reactive cycles of boom and bust driven by addictive greed and compulsive panic As current research opens up new horizons of stress cessation empathic intelligence peak performance and shared happiness it has also encountered Asian methods of self healing and interdependence more effective and teachable than any known in the West

Sustainable Happiness is the first book to make Asia's most rigorous and complete system of contemplative living hidden for centuries in Tibet accessible to help us all on our shared journey towards sustainable well being altruism inspiration and happiness Ericksonian Approaches Rubin Battino,2005-05-31 This outstanding manual on Ericksonian hypnotherapy has been thoroughly revised and updated There are two new chapters one on Metaphor Therapy and Guided Metaphor and the other on Ernest Rossi's work on the psychobiology of gene expression The latter chapter also contains a section on the brain and hypnosis Thomas South has extended his chapter on utilization with another section on pain control and the chapter on ethics and the law has also been significantly updated Finally there is a new foreword by Roxanna Erickson Klein and Betty Alice Erickson This work is the stately tree supporting individuality cooperation and diversity It is filled with common sense and uncommon sense with atmosphere and sunshine with metaphors for more individual growth with practice exercises for the present and with thoughts for the future It gives us all lessons in becoming better therapists better people and better members of our world Roxanna Erickson Klein and Betty Alice Erickson from the new foreword **Why Do I Keep Doing This!!?** Judith E Pearson,2012-01-31 What prevents people from doing what they sincerely want to do You can come up with all sorts of explanations ranging from childhood trauma to genetics to personality types but what it really boils down to is the fact that most people simply aren't skilled in managing their minds When we try to break a habit our brain sends out signals of alarm and discomfort To get past this we must put our logical brain in charge Using self hypnosis and Neuro Linguistic Programming NLP is one of the easiest ways to achieve this Hypnosis relaxes and quiets the mind's chatter and can provide strategies to manage the mind and to access the qualities and strengths that we already possess NLP is the one psychological approach that spells out those strategies step by step This book explains how the concepts and mechanisms of hypnosis and the principles of NLP make for effective approaches to self hypnosis **Directory of Graduate Programs in Applied Sport Psychology** Kevin L. Burke,2004 The seventh edition of the Directory of Graduate Programs in Applied Sport Psychology once again offers a wealth of information about graduate programs and career opportunities in the very large world of sport psychology Over the years the Directory of Graduate Programs in Applied Sport Psychology has become the indispensable source for exploring sport psychology graduate programs around the world As necessary today as ever the Directory of Graduate Programs in Applied Sport Psychology is the ideal resource for individuals interested in pursuing graduate study and a career in sport or exercise psychology

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