

PERFORMANCE ENHANCEMENT

Mental Skills Training

Hypnovations III - Intermediate Workshop

Burlington, VT.

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Objectives

- Describe the effects of positive self-talk and visualization on performance enhancement
- Demonstrate the Stein Clenched Fist technique and state how it might be used

Many athletes and coaches feel peak athletic performance is 90% mental, yet rarely spend more than 5% of their training on mental aspects.

Murphy & White - "In the zone"

Empowerment by Design

- Increase inner awareness through hypnosis
- Mind imprints and encodes things differently when in an altered state
- Increased awareness of why you are doing what you are doing

Goals of Mental Skills Mental Skills Training

- Improve concentration
- Increase or decrease arousal
- Manage stress and anxiety
- Maintain high self-confidence
- Experience success and achievement
- Develop self-esteem

**Mental Skills coach takes
responsibility for expertise in
hypnosis.**

**Athlete takes responsibility for
expertise in sport.**

The dictionary is the only
place where success
precedes work

Vince Lombardi

**A goal without steps is
just a wish**

Yapko

- PROGRAM-OUT LIST

- Any behaviors that have to do with how they practice or perform which are negative and interfere with performance ie:

- negative thoughts
- feelings
- actions
- reactions
- physical sx
- emotional sx

- WISH LIST

- Everything the way the athlete wants it to be, how they want to –

-
- Think,
- Feel
- Perform

**Perfectionism –
trying to achieve an unattainable goal**

**Excellence –
antidote to perfection**

Two factors that play primary role in performance

- Anxiety

- Arousal

Anxiety is a cognitive process reflecting a perceived threat or fear of failure.

Arousal is the physiological concomitant to anxiety

Negative Self-Talk

- Shatters self-confidence
- Increases anxiety
- Drains energy
- Feeling that self-worth depends on achievement
- Overestimate personal responsibility for failure
- May lead to generalizations, blaming and polarized thinking

Self-confidence

- Improved concentration
- Increased effort
- Lower susceptibility to mental distractions
- Reduced muscular tension
- Improved ability to remember and use strategies
- More rapid and accurate decision making

Positive Self Talk

- Maintains self-confidence
- Focus inward to task at hand which helps to filter out distractions
- Increases feelings of self-control
- Increases responsibility for outcome

Session 1

Session 1

- Goals of Mental Skills
 - Improve concentration
 - Increase or decrease arousal
 - Manage stress and anxiety
 - Maintain high self-confidence
 - Experience success and achievement
 - Develop self-esteem
 - Experience more fun, less stress

Session 1

- Personal Goals
- Trouble areas

Characteristics of Elite Athletes

- Self-confidence
- Manage anxiety better
- Greater concentration on task specific goals
- Cope better with poor performance
- More positive self-talk
- Less susceptible to distraction

How hypnosis can be helpful

- Taps into imagination – Imagine a peak performance
- Program-in success and program-out mistakes
- Manage anxiety – handle UCs
- Get into The Zone

Trancework – Session 1

- Diaphragmatic Breathing
- Progressive Muscle Relaxation
- Visualize competition
- Ego-strengthening
- Self-affirming
- Self-Hypnosis

IMAGERY

- Increases self awareness
- Maintains and facilitates skill learning
- Enhances self-esteem and self-confidence
- Help control emotions
- Relieve pain
- Control arousal
- Develop more effective preparation strategies

**1st session: Athlete will begin to
THINK differently about
themselves.**

**2nd session: Athlete will begin to
FEEL differently about themselves**

Session 2

Characteristics of a winner

- Positive self-expectancy
- Positive self-image
- Positive self-control
- Positive self-esteem
- Positive self-awareness

TRASH TALK

VS

POSITIVE SELF-TALK

Trancework – Session 2

- Imagery and Age Regression
- Ideomotor Signaling
- Program In Success
- Program Out Mistakes

Session 3

Session 3

- Focus on what you can control
- Think practice
- Don't link losing to failure
- Keep active
- Cognitive strategies

Trancework – Session 3

- Determining Zone of Optimal Functioning
- See and Feel the Number
- Stein Clenched Fist Technique
- Getting rid of the Uncontrollables
- Positive Self-Talk

Session 4

Trancework – Session 4

- Alert Hypnosis
- Deep Trance Identification
- Review Techniques

Win,
even when you lose.