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This book offers new strategies and scripts for hypnotherapists, sports counselors and sports psychologists working with athletes the help them achieve their peak performance. A major focus of the book is that the therapists does not necessarily need to be familiar with the sport or activity to serve as a 'mental coach' to the athlete.

Sports Hypnosis in Practice: Scripts, Strategies and Case ...

"Sports Hypnosis in Practice" represents an advance in the literature of sports hypnosis. Read more. 3 people found this helpful. Helpful. Comment Report abuse. Denise lassogna. 3.0 out of 5 stars not what i expected. Reviewed in the United States on April 6, 2013. Verified Purchase.

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Sports Hypnosis in Practice: Scripts, Strategies and Case Examples by Joseph Tramontana (2011) Paperback on Amazon.com. *FREE* shipping on qualifying offers. Sports Hypnosis in Practice: Scripts, Strategies and Case Examples by Joseph Tramontana (2011) Paperback

Sports Hypnosis in Practice: Scripts, Strategies and Case ...

In Sports Hypnosis Dr. Tramontana provides specific directions and scripts, showing the reader how to modify techniques and suggestions for particular sports or particular athletes. For instance, he explains the difference in the mental approach of a tennis player, who keeps moving, to that of a competitive golfer who has more than enough time to dwell on a mistake.

Sports Hypnosis In Practice Scripts, Strategies and Case ...

Sports Performance Hypnosis Scripts Sportspeople are used to working with coaches to improve their game. A therapist who focuses on sports performance is a kind of 'mental coach' - and working on what is going on in the head is arguably even more important than working on what is going on in the body. The physical swing may be 'perfect'.

Sports Performance Hypnosis Scripts | Hypnosis Downloads

Based on accepted sports psychology principles, Sports Hypnosis in Practice goes beyond just introducing hypnosis to sports psychology, but also examines the role of mental training as a whole, including insightful interviews with coaches and former players. In addition to chapters covering specific sports such as golf, tennis, athletics and show-jumping, Dr Tramontana has included useful guidance for dealing with other issues such as injury recovery and substance abuse.

Sports Hypnosis in Practice - crownhouse.co.uk

SCRIPTS BY HENRY LEO BOLDOC: SELF- HYPNOSIS: CREATING YOUR OWN DESTINY PUBLIC DOMAIN JUNE 2000 ATHLETICS AND SPORTS ACHIEVEMENT: Mentally rehearsing the plays before a game is not a new idea, but subconsciously playing the game and already seeing it won, while in hypnosis, is a novel and profound one.

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Sports hypnosis is based on the theory that, to perform at your best, you need to be mentally calm and alert, emotionally detached and in the present moment so you can focus on the task at hand. It can also be used to decrease anxiety and stress levels. On top of that, sports hypnosis can help athletes to: Reinforce any established goals

5 Sports Hypnosis Techniques To Alleviate Performance ...

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Hypnotic World Sports Scripts Compilation. Own these compilations of Hypnotic World's unique scripts - ideal for any Hypnotherapist to use in their practice. This Sport Compilation contains 40 in-depth scripts, including inductions, deepeners and suggestions for sport improvement in a beautiful spiral bound book which makes it easy to select the scripts that you need for your sessions without having loose papers around.

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All scripts can be used as they stand or adapted for specific situations. "Provides an imaginative source of scripts covering the most commonly met cases. For the newly qualified therapist it is a useful addition and for the more experienced it is a source of inspiration." - European Journal of Clinical Hypnosis. More Scripts Strategies In ...

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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.

Sports Hypnosis in Practice : Scripts, Strategies and Case ...

A script for self-hypnosis This is one of the most popular self-hypnosis techniques employed by athletes. It aims to help you distance your mind from the here and now and place you in a setting that you associate with relaxation and inner calm.

Self-hypnosis in sport - Peak Performance

Since I found Uncommon Hypnosis online (when searching for a hypnosis script idea), I haven't looked back. I am completely hooked. The team at Uncommon Hypnosis have simplified hypnosis in such a way that no matter what the experience of the therapist, there is an infinite amount of knowledge and wisdom for all to have.

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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.

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.

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Providing powerful mental techniques and strategies Unlimited Sports Success shows how we all have the potential to elevate our athletic performance to the next level. You will be guided on the ways in which champions harness their mind power to achieve the results they enjoy, introducing you to remarkable secrets used by both amateurs and Olympic champions for decades. With over twenty real life case studies and custom made hypnotic scripts, you will have access to tools enabling you to forge new results in area such as; Improved performance. Alleviate pre-competition nerves. Switch on Muscle building processes. Remove obstacles to success. Lose or gain weight. Focus more clearly. Improve mental stamina. Enhance strength and dexterity. Increase motivation. And much more. Statistically the sports person who believes they will fail always will, unfortunately the opposite is not always true. Success programming is a simple but profound technique. The traits you need mentally, emotionally and physically for success you already possess within. With the assistance of hypnosis you can gain access to these abilities and experience the reality of your potential success. You are capable of being the athlete you wish to be.

A modern script book, with scripts based on Contextual Psychology, giving you tools for manifesting real change. These scripts are designed to draw on multiple tools such as NLP (Neuro-Linguistic Programming), ACT Therapy, Mindfulness Meditation, Direct Suggestion, Indirect suggestion and integration of hypnotic phenomena with contextual psychology. There are scripts for medical hypnosis applications, scripts for habit and lifestyle issues, and scripts to meet your clients metaphysical needs or needs for self-improvement. There are also scripts for Guided Mindfulness Meditation sessions. This incredible book contains 65 complete hypnosis scripts for professional hypnotherapy.

Creating Trance and Hypnosis Scripts contains tried and tested hypnosis scripts for professional or trainee hypnotherapist's who are looking to help clients solve problems and ailments, from the more common quit smoking session to the less familiar candida. The collection of scripts contained in this book have been collated over many years and have been written by Gemma Bailey who is a qualified practicing hypnotherapist. Gemma has designed each script to include several hypnotic patterns (including language, voice tone, double binds etc) to help aid the trance experience. Changes in the hypnotists voice tonality have been marked out by altering the font of the text. The section called writing hypnosis scripts gives details about the hypnotic patterns and language used by professional hypnotherapists and NLP Master practitioners. This section provides tasks for the reader, encouraging them to use and identify hypnotic language so that they can create their own hypnotic scripts.

This anthology is a two-volume work that focuses on our relationship with the Earth and our future, examining the crossover between psychology and environmental studies in the emerging fields of ecopsychology and environmental psychology. Addresses the "hot topic" of today: how psychology and environmental studies intersect in the fields of ecopsychology and environmental psychology Presents a breadth of perspectives from authors with various fields of expertise, from scientists to interventionists, conquerors to caretakers, political leaders to grassroots activists—all of whom are needed to effect change Utilizes the knowledge of contributors from the fields of psychology, science, humanitarianism, environmental studies, business, United Nations, law, and policymaking Addresses the facts, feelings, needs, and possibilities that must be considered when planning for the future since the psychology of environmental messaging is just as important as its geology Offers a range of solutions—based on research and real implementations of programs around the world—for preserving our planet and caring for our environment

Hypnotherapy Scripts, 2nd Edition is a straightforward, practical guide for doing Ericksonian hypnotherapy. This book not only explains the rationale for every step in the hypnotherapeutic process, it also contains sample scripts for each step. This edition of Hypnotherapy Scripts guides professionals through the construction of their own hypnotherapy induction and suggestion scripts. Verbatim sample transcripts of various induction and therapeutic suggestion procedures with detailed guidelines for creating one's own hypnotherapeutic inductions and metaphors are included. Recent research and writings on the role of unconscious processes, wellness, and positive psychology have been added to this edition. Also included is a detailed review of the diagnostic trance process, a therapeutic procedure unique to this text.

Scripts and Strategies in Hypnotherapy Volumes 1 and 2 have been combined to create the single most comprehensive source of scripts and strategies that can be used by hypnotherapists of all levels of

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experience to build a successful framework for any therapy session. It covers inductions, deepeners and actual scripts for a wide range of problems from nail-biting to insomnia, sports performance to past life recall, pain management to resolving sexual problems. There is a particularly comprehensive section on smoking cessation. All scripts can be used as they stand or adapted for specific situations. "Provides an imaginative source of scripts covering the most commonly met cases. For the newly qualified therapist it is a useful addition and for the more experienced it is a source of inspiration." - European Journal of Clinical Hypnosis

A collection of clinical hypnosis scripts. Use these scripts to deal with common sleep problems. There are scripts for Teeth Grinding, Insomnia, Anxiety, Racing thoughts, Restless Legs and other issues. There are also scripts for accessing the unconscious mind through visualization, and ways to relax the mind to get ready for sleep. The author is a professional hypnotherapist in a busy capital city practice. Each script is the outcome of testing and refining in clinical situations.

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