

NGH Sports Hypnotism Certification Course

Mental Skills Training For Performance Enhancement



Your Trainer, Bob Reese, PHD, ATC, CH

**Expand your practice by becoming CERTIFIED
as a Sports Hypnotist**

Sport Hypnotism Certification: Developing the Winner's Mentality

Sports and Athletic Performance is an area in which hypnosis can have an immediate and positive impact. It is a tangible area where results can be measured and quantified.

The objective of this course is to provide the Certified Hypnotist with the skills and techniques to become expert in the delivery of hypnotism for enhancing sport performance with athletes, and for practicing interventions for the most common performance issues.

This course integrates principals from cognitive, behavioral, motivational, social, and sport psychology in its curriculum. Scientific research on the importance of achieving the relaxation response for peak performance will be reviewed in depth and discussed.

TAKE HOME MATERIALS

- Certified Sports Hypnotist Resource Manual. This Workbook will take you step-by-step through the 5 Essential Mental Skills and how to teach and integrate them for lasting success for athletes.
- Mental Skills Training Tips from the West Point Center for Performance Enhancement, the NFL and Olympians.
- A collection of Psychological "Awareness" Assessments
- Certification by the NGH as a Sports Hypnotist

Students will learn to...

- Establish rapport and trust with athletes
- Improve their focus and concentration
- Access flow state and the zone
- Incorporate anchoring techniques
- Implement emotional recall
- Discover the use of power animals
- Design and deliver powerful hypnosis and self-hypnosis scripts
- Techniques to develop the "Winner's Mentality" including the 5 Essential Mental Skills
- The power of Feelazation®
- Interventions to overcome "Slumps" and obstacles to Peak Performance
- The importance of Self-Hypnosis for Athletes
- Semantics: What NOT to say to Coaches and Athletes
- How they do it at the West Point Performance Center
- "Emotional Recall" - What is it? How to develop it!
- To transfer Sport Psychology skills to life
- Understand how to identify and eliminate the 5 Roadblocks to Success that keep athletes from turning unlimited potential into Peak Performance

Tuesday–Thursday

August 4-6

Tuition: \$395

Sessions Begin at 9 AM Each Day

TESTIMONIALS

"I wanted to know the secrets of motivating Pros from a Pro. I have gained more information on sports hypnotism in 3 days than I could have learned in a lifetime! I also wanted new skills that I could utilize and apply in many other areas - I got that and then some too!"

Maureen Finnerty Turner

"Never having attended a course like this I was concerned it would be a waste of time and money. I am far beyond satisfied. Great instruction, great interaction and what I have gained is usable in everything I do."

Richard Neu

"This was one of the most beneficial programs I have participated in. I have learned things which will benefit me in all aspects of my work on performance enhancement."

B. Willy

"One of the most valuable classes I have had at NGH. Material I will use in my practice and my life"

Robert Montoux

"Bob's experience, expertise and enthusiasm bring a new viewpoint to the use of hypnotism that are successful in sports and that translate well into other areas."

Joyce Flynn

"This course gave me ideas and new skills that I can use as soon as I can get home. I have a whole new perspective about this specialty and am excited about starting. Thank you. It was well worth the money."

G. Foster

WHO SHOULD ATTEND?

Anyone interested in expanding the scope of their practice should attend this informational & entertaining course. Take your skills to the people who can utilize them more effectively than any clients you have - Athletes. Whether they just want to take a couple of strokes off their golf game, or they want to shave a tenth of a second off their PB (Personal Best), a Certified Sports Hypnotist is the professional who can provide the catalyst for success.

AGENDA

- Unit 1 - Overview
- Unit 2 - 5 Essential Mental Skills
- Unit 3 - Process of Thought
- Unit 4 - Performance & Motivation
- Unit 5 - Self-Talk Cycle
- Unit 6 - Mind Sets
- Unit 7 - Hypnosis
- Unit 8 - Communication
- Unit 9 - Communication, Confidentiality, Ethics
- Unit 10 - Interventions
- Unit 11 - Injuries
- Unit 12 - Modalities
- Unit 13 - Marketing*
- Unit 14 - Sport Specific Impact Interventions & Stereotypes

**While there is time spent on marketing, this is NOT a marketing course. Students are urged to take basic coursework in marketing prior to this course.*



BOB REESE, PhD, ATC, CH, is an Associate Professor of Psychology at Jefferson College of Health Sciences. He is also a Success Coach and Leadership Development Specialist who practiced as an Athletic Trainer in the NFL for 25 years. Bob's interest in performance enhancement led to the creation of Reese Resolution Services, an educational consulting firm whose mission is to facilitate individuals and groups in consistently achieving their highest human potential. Co-founded with his wife, Joan, RRS is dedicated to integrating conflict transformation techniques with peak performance principals to enhance mediation, coaching, personal, sport, and corporate performance, and improve leadership effectiveness. Bob's athletic clients are comprised of U.S. Olympic Athletes, Professional Athletes (NFL, NHL, LPGA, & USTA), and a broad sampling of Amateur, College and High School athletes. Reese is the author of Develop the Winner's Mentality (which is supplied with the course).