

# Sports Psychology Seattle

psy·chol·o·gy (s-kl-j)

n.

- The science that deals with mental processes and behavior.
- The emotional and behavioral characteristics of an individual, a group, or an activity.

Source: The American Heritage® Stedman's Medical Dictionary

Copyright © 2002, 2001, 1995 by Houghton Mifflin Company. Published by Houghton Mifflin Company. There are countless works on Sports Psychology. Should you be devoting your every spare waking minute to reading these in order to become more proficient in your mental game? Of course not. Having spent many many hours myself in these works, allow me to summarize what I believe is the framework for you to be able to use your mind to achieve your potential in your sport. First, let's get a meaning for the word "mind." Most folks use the word "mind" interchangeably with "brain." This is completely not true. Most scientists would also include the entire nervous system in the functions of the "mind." More recently, even more neurologists and others in this field are concluding that the entire body is part of the mind. From my studies, I agree with that. Next, the larger concept you should understand is the idea of the "duality" of our mind. This suggests that our mind functions on 2 levels, The Conscious and The Unconscious (or Subconscious). The Conscious Mind functions are to: look, listen and to learn. It does all the analyzing, criticizing, reasoning and judging. It has the responsibility to accept or reject any thought or idea. The Unconscious Mind, conversely, is irrational and makes no decisions. It only acts on what it is programmed to do by instinct, genetics, habit, or repetitive thought. It's main functions are to run and preserve the body, store memories, regulate emotions and energy, maintain perceptions and filters, and all automatic functions that you never have to think about. Once you understand the differences, you can begin the work of dealing with your issues and installing new belief systems that put you on track to achieve your goals. Many athletes (and most average folks) are never even exposed to this possibility their entire life and go about their daily routine always wondering why they just can't change the things they want in their life. They just keep repeating the same patterns over and over. Dr. Tom Kubistant is one of the pioneers of sport psychology having devoted his practice entirely to sport since 1971. Craig is proud of his association with Dr. Kubistant and considers him a mentor. Craig utilizes many standard sport psychology principles in tailoring your sessions to get you to the next level. Call for an appointment 425-205-0024