

Sport Hypnosis

Sport Hypnosis: In The Media...Becoming Mainstream Don't Get Left Behind! Bee Epstein-Shepherd: This psychologist uses hypnosis to cure the yips, or any other problem her mostly amateur clients have with their games. (Golf Plus). The power of subconscious suggestion is often manifested in golf, according to Epstein-Shepherd. "When people play well, they say they are in the zone," she says. "The zone is simply a state of self-hypnosis." As are slumps. "A slump is self-hypnosis reinforcing negative thoughts," she says. "When you tell yourself, I'm in a slump, the subconscious simply gives you what you ask for Sports Illustrated 91.2 (July 12, 1999): pG32 Intro. (North Shore surfing) (Brief Article). That's right. In an effort to become a better North Shore surfer, I didn't turn to a shaper, watch videos or even ask advice from my friends, some of whom are North Shore legends. No. I went to a hypnotist Surfer 43.4 (March 2002): p24(1).

Can hypnotherapy help you build a better body?

Hypnotism has been used to elevate athletic performance for quite a while. The Soviet Olympic team took 11 hypnotists along to the 1956 games in Melbourne. The Soviet athletes won 98 medals; the un hypnotized U.S. team scored only 74. Yet, 5 decades later, there is still a stigma attached to hypnotism. You picture head cases like ARod on the couch, not champions like M.J.

But maybe that's why nonbelievers--like me--aren't performing so well in the clutch. Maybe we should all have a little more mental gymnastics in our lives.

"The trend to get the mental edge is happening and will continue," says Joan S. Ingalls, Ed.D., a sports counselor and the author of *The Reframing of Performance Anxiety*.

Men's Health 21.5 (June 2006): p172 Trance Fever; What's a 4-handicap to do when he suddenly can't break 100? Call a hypnotist of course! You're getting steep. Very steep...Yes, Woods confessed, it's true that he had worked miracles with one rank beginner who, after only six months of sessions, was now a single-digit. And with a tattooed biker dude, another novice player that he'd hypnotized into scoring in the 70's. We're always told how hard golf is, but he doesn't know that," Woods said of his biker client, "So I just told him how easy it is." Golf Magazine (June 2005): p113 Hypnosis Speeds Fracture Recovery.

The power of suggestion may mute pain, increase mobility, and promote faster healing

Will hypnosis sessions one day join crutches and casts as standard treatment for broken bones? A small study suggests so. Of a dozen adults with broken ankles, half had hypnotherapy. Their bones healed quicker, they felt less pain, used fewer painkillers, and were able to walk farther and bear more weight on their injured legs than those who used casts, crutches, and painkillers alone (*Alternative Therapies in Health and Medicine*, Mar 1999). The hypnosis group also found it easier to walk down stairs at 6 weeks and had greater mobility at 9 weeks, says study author Carol Ginandes, PhD, a clinical psychology instructor at Harvard Medical School. "The x-rays support this," she adds. "At 6 weeks, the fractures appeared to be almost 9 weeks healed."

Prevention 52.9 (Sept 2000): p66 Can hypnosis cure a running slump ?(Warmups)

Goal : Run five miles a day at a good clip. Mind Game. Believe that it's okay to run half that distance at my goal speed. "Your emotions affect your body physically," Madison says. "By taking the pressure off yourself, you'll relax your muscles, which will make running feel easier." Did it work? Every morning, I began my runs telling myself it was okay to stop at two or three miles, but always ended up doing the full five. Exceeding my expectations made me feel happy and confident, which made me want to run again the next day. *Runner's World* 40.5 (May 2005): p48 Bodybuilding's secret weapon? Change your body and mind through the power of neuro-linguistic programming Neuro-linguistic programming (NLP) is a new science devised by Richard Bandler and John Grinder in the mid-1970s. The process relies mainly on a visualization process through which desired situations are vividly imagined *Muscle & Fitness* v56.n1 (Jan 1995): pp104(8) Hypnosis: a safe and potent pain reliever. (CR Health) Clinical trials have also found that hypnosis can help adult patients control other forms of pain, relieve gastrointestinal problems, stimulate weight loss, clear up skin problems, and accelerate the healing of bone fractures and surgical wounds. And the newest guidelines from the U.S. Headache Consortium, a coalition of seven medical groups, include hypnosis among the nondrug measures most proven to help prevent headaches. *Consumer Reports* 70.1 (Jan 2005): p49(1).

The healing power of hypnotism: you are getting sleepy -- not to mention slimmer, healthier and less stressed *Reader's Digest* 162.979 (Nov 2003): p194(1). There's Entrancing News About Hypnosis; It's gaining credibility as a treatment for a multitude of troubles, from nicotine addiction to post-traumatic stress disorder Although still not well understood, hypnosis has gained credibility in the past five years because of research using the latest brain-imaging technology. PET, MRI, and EEG scans show that hypnotized subjects have altered sensory perception -- and they're not just pushovers, play-acting, or highly imaginative, as once thought. *Business Week* 3868 (Feb 2, 2004)

Altered States; Hypnosis can help with problems from anxiety to pain. How it works, and what it does in the brain. (Cover Story).

To appreciate the therapeutic potential of hypnosis, you first have to forget about things like swinging watches and hapless audience members who prance around onstage, crowing like roosters. "One of the interesting ironies about hypnosis is that old fantasy that it takes away control," says Dr. David Spiegel, professor and associate chair of psychiatry at Stanford University School of Medicine and a leading expert on the practice. "It's actually a way of enhancing people's control, of teaching them how to control aspects of their body's function and sensation that they thought they couldn't."

Newsweek (Sept 27, 2004): p76

Understand the bigger picture

John Prust, sales and marketing director of Southern Pacific Mortgage Limited, says NLP techniques can help you communicate better and enhance your understanding of others

Neuro-linguistic programming, which sounds like a cross between brain surgery and brainwashing, is in fact the analysis of human communication processes with practical applications in training/learning situations, people management and self-management. It's about openness, the ability to change, and creating well formed outcomes. That's probably why the idea has become so successful in today's turbulent world of work and personal life.

Mortgage Strategy (April 11, 2005): p34 NLP speaks volumes, clearly

The bottom line is that NLP is a very pragmatic discipline--note what works and what does not, and adapt your behaviour accordingly. NLP provides a framework for doing that in a systematic way and practitioners cannot fail to improve their presentation skills by using it. Marketing Week 27.35 (August 26, 2004): p16(1) Playing success mind games.(Technology Information).

Although it has been around for many years, neuro-linguistic programming (NLP), the so-called science of human excellence, is only now taking off in the business and IT world and it is doing so in a big way.

One reason for the growth of interest is that having tried all of the process-driven initiatives of the past, many IT leaders, teams and companies are realising that future success all comes down to people--to awakening their true potential. Companies that do this release a powerful force.

Computer Weekly (April 12, 2001): p70