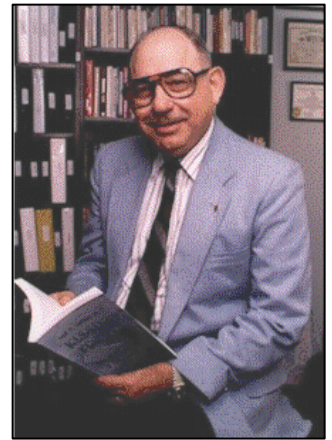


Forward

By Chaplin Paul J. Durbin, Ph.D.



The use of hypnosis to enhance sports performance is widely recognized. Baseball, football, basketball, hockey and tennis players along with bowlers, golfers, and other athletes practice hypnosis and self-hypnosis to improve their performance.

The job of the hypnotherapist is to help the person remove negative mindsets, which interfere with his skills and replace those negative thoughts with positive, helpful thoughts. Sometimes a player is "trying" too hard and not doing what comes naturally: aiming his pitches, taking his eyes off the ball, and being too tense. An athlete can have great potential, but if his mind is not in agreement, problems arise. The body will not do anything that the mind doesn't allow it to. By proper use of the mind, a player can live up to his abilities.

In addition to reaching relaxation, concentration, and self-hypnosis; positive suggestions and imagery are used. Imagery is very helpful and important in improving sports performance. The images should incorporate both seeing the necessary moves and experience the feeling of the muscles smoothly and easily following through with the visualization. The hypnotherapist helps the client translate his imagery into muscle movement as if he were doing it in reality. Emphasis is placed on doing it right, doing it just the way the client desires.

For example, a good suggestion for a baseball batter might be, *"You find that you easily keep your eye on the ball as it comes toward the plate, automatically estimating where the bat must be in order to accurately hit the ball. Feel your muscles following through automatically, enabling you to hit the ball."* That statement works much better than *"You won't strike out."* The client is to focus on hitting the ball. Focus on the positive.

Self-Hypnosis is very important and can be used, while actually playing the sport. The client can reinforce suggestions by use of post-hypnotic suggestion with a trigger mechanism. A batter may tap the plate and experience relaxed concentration. A pitcher may touch the bill of his cap and be focused for his next pitch. A golfer can take a deep breath and exhale slowly as he imagines where his next ball goes.

The client visualizes him/herself doing the mechanics of the sport correctly. The suggestion for that might be: *"Imagine you are succeeding at your sport. You are confident and in control. You see your actions and reactions as natural responses to the competition. You enjoy your sport and you succeed. You feel good about yourself and your confidence is increasing. Go through your mental rehearsal time and time*

again doing it just the way it should be done and have a positive attitude. You mentally are doing it just right.”

The foundation of my work in hypnotherapy is based on the human trinity, thus Human Trinity Hypnotherapy. I believe each person is a unity within him/herself - made up of body, mind and spirit. Though these three aspects of being are different, they are inextricable, whereby an individual cannot affect one area without having an effect on the other two. Accepting this theory of the human trinity, one understands life moves more smoothly when these three are working in harmony.

Paul G. Durbin

Paul G. Durbin, Ph.D. is a United Methodist Minister, serving as Director of Clinical Hypnotherapy at Pendleton Memorial Methodist Hospital in New Orleans, Louisiana. He has been on Pendleton Memorial Methodist Hospital staff since 1976 and for many years was Director of Pastoral Care. In 1999, the Department became Department of Pastoral Care and Clinical Hypnotherapy. January 1, 2001, the Department was divided between the two modalities and Chaplin Durbin was named Director of Clinical Hypnotherapy. He is a retired Military Chaplain, who last served as Army National Guard Special Assistant to the Chief of Chaplain, Army with rank of Brigadier General.

You may read more of his articles at his web site: <http://www.durbinhypnosis.com/>

Issues, for which hypnotic techniques are helpful, include:
performing better in the classroom • sports improvement • doing homework • improving test scores • getting to school on time • actually liking school • improving grades • friendlessness • thumb sucking • lying • cheating • bedwetting • nightmares and fear of the dark • stealing • low self-esteem • bad attitude • dealing with divorce or death in a family • smoking cessation • illness - their own or someone in the family • and a myriad of other problems.

Welcome
To
The Mental Fitness Training Institute's
Sports Improvement
Program

It will help you to
Maximize Your Athletic Potential!

This Training:

- teaches the Real Science Of Succeeding
 - improves self-esteem
 - maximizes talents
 - uncovers hidden talents
 - develops Leadership
 - improves learning ability
 - converts negative programming to positive
 - builds self-confidence and courage
- removes limiting, mental blocks
 - overcomes known and unknown fears
 - Changes thinking away from failure and toward success
 - develops the positive, winning attitude
 - improves concentration
 - reduces stress
 - promotes positive emotions
 - conquers addictive behavior
 - builds mental toughness

Why Mental Fitness Training?

Let's suppose you own a miraculous and sophisticated device that is capable of achieving an infinite number of amazing things.

But, what if the computer that operates this wonderful creation is programmed so it performs at a small percentage of it's capabilities?

Would you be satisfied?

If you could reprogram the operating computer to do more wouldn't you?

Know what? You do own such a machine. It's your body and the computer that operates it is your mind. Your subconscious mind.

If you are not achieving your goals, we can help you re-program your subconscious for greater success. And it's easy.

What Is Mental Fitness Training?

Since your beginning your subconscious, your operating computer, has been programmed and re-programmed by everything you have experienced and how you perceived these events.

I cannot change the things that happened in your life, but I can change your perception of them.

By making these changes we convert the negative mental programming, that has been limiting your performance, to positive programming for higher success.

Who Can Benefit?

Everyone can achieve more and be better than they might think they can. Anyone above the age of six, who can understand the English language, will improve through this training.

"This program is fantastic! It has produced a success in my life that I never knew I could achieve. I am a winner now, and I love it! My equestrian competition is getting better with each event."

Kamryn LaCoco, Flower Mound, Texas

How We Do It

Your subconscious mind is your operating computer. A barrier, known as the "*Critical Area of Mind*", guards your subconscious mind. It acts as a censor. Research tells us this "*Critical Area of Mind*" is less resistant to negative influences than it is to positive input. The bad stuff is more likely to get through and become programming. More often than not positive stimuli is rejected as being "*too good to be true*".

To gain access to your subconscious mind to make positive changes we use hypnosis. With hypnosis we can get through or around this stumbling block.

Through years of research we have discovered, that when properly applied, hypnosis is the fastest and most effective way of spanning this barrier.

After we gain access to your subconscious we give you suggestions that convert your negative programming to positive.

"Jack Rhodes' positive mind training program has helped me to become a better national professional athlete, and a better person in every area of my life. I will use this positive mind training for the rest of my life. I highly recommend it to anyone!"

Charley Bogard, Grand Prairie, Texas

The Winning Edge In Sports

By Nancy Wheeler

A Wall Street Journal article (February 11, 2002) brings recognition to the field of hypnotherapy. Bronze medal Olympic champion Adam Malysz used hypnosis for his ski jump victory: "*And before ascending the ramp and lurching down that icy slide in the 90 meter event, he descended an imaginary staircase-20 slow deep steps into a trance.*"

It is quiet common for Olympic athletes to use hypnosis to help them achieve top performance. United States teams and those of other nations recognize that the power of mental rehearsal, while the athlete is in a hypnotic state is equally as important as physical practice.

The Soviets and Eastern block countries have used hypnosis much longer than other countries for sports enhancement. Russian teams are taught mental conditioning from the outset of training. Eleven hypnotherapists accompanied the Russian Olympic team in 1956.

Hypnosis can be used to remove emotional blockages from the past that are affecting performance, relieve insomnia (especially prior to an important event), manage anger or other inappropriate reactions, assist in healing from injuries, improve pain tolerance and control negative habits. Habits may include dietary choices, practice schedules, alcohol/drug usage, self-nurturing and many more.

On the evening of June 2nd 2002 the L.A. Lakers beat the Sacramento Kings in overtime in the 7th game of the Western Conference Championship. After the game coach Phil Jackson *credited his morning practice of self-hypnosis, meditation, and visualization* with giving the Lakers the belief that they could win. Coach Jackson insists that the Chicago Bulls practiced daily self-hypnosis when he coached Michael Jordon and the Bulls to their 6 NBA Championships.

"As possibly the youngest college head coach in the nation, I use every bit of confidence that Jack Rhodes has helped me bring forth. I've noticed a difference in myself both on and off the court. I can't describe it any better than to say that I have an entirely new attitude when I take to the court. Things in my life have been changing steadily lately, all for the better. I cannot wait until some of my players try out the Mental Fitness Training Institute. They are sure to experience the difference in themselves that I have."

**Laura Mitchell, Head Coach,
Women's Basketball, University of Dallas, Irving, Texas, 1993/1994**

It is well known among golfers that much of the score depends on how a golfer thinks. Ben Hogan says, "Golf is twenty percent technique and eighty percent mental." Jack Nicklaus has stated many times that he believes that golf is 90% mental preparation and only 10% skill. He prepares for matches by visualizing problem putts and mentally rehearsing how he will execute each drive.

Boxer Ken Norton used hypnosis training before his famous victory over Mohammed Ali. That was the fight in which he broke Ali's jaw. Mark McGuire uses hypnosis to help him relax. Even Tiger Woods is believed to have done extensive hypnosis and meditation and continues to use a hypnotic trigger to focus his mind.

Most professional athletes who use hypnotic techniques to help them perform are reluctant to discuss the matter openly. Perhaps it would appear to the public as a weakness, perhaps they fear some negative publicity concern around the stigma of "hypnosis" or perhaps they don't want to give away to competitors their own prescriptions for success.

Some key areas hypnotherapists can be of service to the professional, amateur or recreational athlete regardless of age, skill level or sport include:

- 1) mental imagery and mental rehearsal of positive experiences or feelings,**
- 2) confidence and belief in self,**
- 3) concentration and focus,**
- 4) dismissal of negative experiences, mistakes or losses,**
- 5) anxiety control.**

Overall, this means practice in feeling, thinking and being the best one can be whether it's for sports improvement or life. Hypnotherapists frequently work with confidence, anxiety and concentration in a wide variety of applications, and sports is no exception.

Specific mental imagery skills for sports are a key component in reaching the winning edge. At the elite sports training centers, mental tools such as visualization, imagery and mental rehearsal are becoming an increasingly dominant part of the training regiment. Athletes watch video/digital recordings of their own successful performance or that of a favorite sports idol. Hypnosis can then be used to integrate desired changes or rehearse a success or win until it becomes part of the athlete's reality.

With hypnosis, all the senses, feelings and positive thoughts can be enhanced and put into action. Posthypnotic cues can be used to rapidly trigger a state of calm, confidence or energy whenever needed. For instance, Iwan Thomas used the post-hypnotic cue of gently tugging on his left ear lobe moments before the gun sounded to start his world cup 400meter race. This cue brought him to a heightened state of concentration and helped him block out the noise of the crowd. He won the race and had the best season ever. Robert Fargo, a hypnotherapist who works with athletes at his clinic in Windsor, England says, *"What hypnosis does is it takes the champion's best performance, makes it available 100% of the time."*

Time Magazine reported in a cover story on the 1984 Olympics, that on the night before the finals in women's gymnastics Mary Lou Retton, then age 16, lay in bed at Olympic Village in a self-hypnotic trance, mentally rehearsing her performance ritual. She had done the same on hundreds of previous nights, visualizing herself performing all her routines perfectly--imaging in her mind all the moves and rehearsing them again and again, while she remained in self-hypnosis. The result, of course, was a performance of perfection, presented with charm, poise and confidence, culminating in a gold medal.

"What the mind can conceive and the heart believe, the body can achieve!" Proof of that statement has been provided countless times. Mary Lou pictured a perfect performance in her mind. Her body produced it. The same capability is available to any sports enthusiast. If the skills and coordination abilities do not equal Olympic levels, they can carry the player to the heights of personal best, providing new levels of achievement and satisfaction.

To train the body to the limits of its capabilities without simultaneously training the mind is to invite, at best, mediocrity. Sports psychologists have claimed that for Olympic teams 80 percent of an athlete's performance is in the mind. Such a belief has been echoed by championship players in virtually every form of competition.

Mental rehearsal (while in the hypnotic state) of a pre-competition routine develops consistency and improved performance. Hypnosis can be utilized to remember and practice mentally the routine used on a previously successful event or to create and rehearse a series of actions that are used prior to an event. Focus on a routine allows less time for the intrusion of negative thoughts, which give birth to anxiety and tension, two leading causes of failure in performance.

Mental rehearsal, also termed visualization, can create and reaffirm the confidence necessary to achieve top performance. The picture visualized in the mind, while the athlete is in a deeply relaxed state, can convince the subconscious that achievement is possible. The automatic nervous system performs in exactly the same manner followed during a physical rehearsal. Neuromuscular coordination improves.

Sports psychologist are now fixtures in the high-pressure world of professional sports. The best of them draw upon visualization and meditation techniques in order to help athletes cultivate the concentration and calm that are prerequisites of the experience.

What your mind can conceive, your heart believe, you can achieve. If you can think it and see it in your mind, you can do it!

The Zone

Right away, you could see the streak was over. As he turned and headed back up-court, Michael Jordan looked over at network announcer Magic Johnson and shrugged, as if to say, *"It's beyond me. It's just happening by itself!"*

It was the first game of the 1992 NBA finals, the Bulls against Portland. His *Airness* had just sunk his sixth consecutive three-pointer, and in that moment it appeared as though even he was overwhelmed by the immensity of his gift.

And that was the giveaway. **He had become self-conscious, and so he had lost that edge**, that intensity of concentration in which limitations are forgotten and the spirit is set free to soar. Even for Michael Jordan, visiting hours on Olympus are limited.

Michael Jordan is no common athlete, and his shooting display was certainly no common feat. But for all its spectacle, his experience-its nature, its inner life-is not that unusual, after all. Several miles and countless worlds away from Jordan's Chicago home court, a University of Chicago psychology professor, Mihalyi Csikszentmihalyi, had recently gathered the results of twenty-five years of research into a book that sheds more light on Jordan's performance than you are likely to find in any sports column.

In *Flow: The Psychology of Optimal Experience*, Csikszentmihalyi identifies a self-surpassing dimension of human experience that is recognized by people the world over, regardless of culture, gender, race, or nationality. Its characteristics include deep concentration, highly efficient performance, emotional buoyancy, a heightened sense of mastery, a lack of self-consciousness, and self-transcendence.

Csikszentmihalyi calls the experience "flow"; today's athlete calls it being in "the zone."

The zone. All athletes know it, strive for it, prize its attainment. It is that realm of play in which everything-skill, training and mental discipline-comes together, and players feel themselves lifted to a level of peak performance in which limits seem to fall away.

"The zone is the essence of the athletic experience," says former NFLer Dave Meggyesy, "and those moments of going beyond yourself are the underlying allure of sport."

The zone is the pinnacle of the athletic experience, for it reveals that, at their root, sports are a theater for enacting the drama of self-transcendence. Athletes and fans alike, focused as we so often are on the game of winning and losing, miss the deeper significance that is right before our eyes. But in the zone, the extraordinary capacities that lie within each individual are made manifest. To grasp this hidden dimension is to transform the very meaning of athletic play.

Ted Williams commented that when he was in the Zone, he felt as if the baseball was stopped at the plate, waiting for him to swing at it.

When Michael Jordan was in the zone, making one of his spectacular leaps, he felt as if he would never come down.

John Brody, the San Francisco 49ers quarterback perceived the opposing line stopped when he was in the zone. He felt as if he had all day to throw the football downfield.

Perhaps because moments in the zone are too compelling, too uncanny, too verging on the mystical, most athletes and sports journalists have been reluctant to address the experience in depth. But while those at the center of sports culture are reticent, a growing number of researchers are investigating the zone for what it can reveal about human motivation, development and potential.

Hypnotherapists can have an active role in assisting athletes of all skill levels to reach this ideal performance state. **With extensive training in self-hypnosis and with much mental practice an athlete can learn to enter the Zone at will.**

The value in controlling the onset and maintenance of the flow state through hypnosis is unlimited. Ken Perry (PGA pro) summarizes it well: *"I notice when I'm in the "zone," when I'm playing really good golf, I hear nothing. I hear no cars, people, no nothing. I'm so focused, so tuned in, and it's so easy. But if I am a little off sync, I back off until I can go into my routine."*

For the average person, hypnotherapy cannot turn a golfing duffer into an international champion. Factors, skills and abilities other than mental are involved. **But Hypnosis can be used to enable a player to achieve his or her personal best!**

This is a Hypnosis based program

So what is hypnosis?

There are many misconceptions that surround hypnosis. In order for you to have the most successful experience with hypnosis it is important for me to let you know what to expect. My job as your hypnotherapist is to help you to remove negative mind-sets, which interfere with your skills and replace that negative programming with positive helpful thoughts on the deepest, subconscious level.

Hypnosis is a state described as sleeplike. It is usually induced by another individual for the purpose of tapping into the unconscious mind. As a result of the hypnosis, the subject may experience forgotten or suppressed memories. Hypnosis has also been described as a way to use a person's inherent healing capabilities that usually remain inaccessible to him and outside of his control.

Hypnosis is a safe, naturally occurring state. It is a state of focused attention. While in this state you are more connected to your inner resources and receptive to positive suggestions. Most people experience hypnosis daily:

- driving long distances,
- reading a good book,
- watching a fascinating movie or
- deeply lost in thought.

Description

A hypnotic state results from gradually entering a state of consciousness unlike sleep. During this time, the attention of subjects is withdrawn from their surroundings.

Hypnotherapy is the therapeutic use of hypnosis. In hypnotherapy, hypnosis is used by psychotherapists to modify a patient's behavior. According to the American Association of Professional Hypnotherapists, there is a 75-90% chance of effectively changing behavior with hypnotherapy. Once the patient has seen a hypnotherapist, self-hypnosis can be learned, and is sometimes recommended as part of the treatment plan. Self-hypnosis involves a patient using relaxation techniques and specific signals to clear his mind of extraneous thoughts and sensations.

“I cannot believe what an impact on my life working with Jack Rhodes has made. I used to hate actually competing. I would freeze once I got to my competition. All negative thoughts and fears that I couldn’t do it would rush through my mind beating me every time. I would train so hard for my competitions and look forward to them. The minute I got there, however, all the negatives would come back. It would break my heart when I could not compete up to my full potential.

After working with Jack Rhodes my confidence was there. I was in the zone. I was focused and nothing could break that concentration. I could confidently perform my routine and it showed. My routines not only came out really well, I was finally excited to compete. I looked forward to it. This has boosted my self-esteem immensely. I had felt like a failure and now I am so happy with myself. This has spilled over into all the other facets of my life! I have gained the control over my thoughts and know I can do anything!!!!”

June Munroe, IFBB Professional Fitness Competitor, Irving, Texas

What are its health benefits?

Hypnosis can be helpful in relaxation and pain reduction by decreasing muscle tension. Hypnosis can also reduce pain by helping the subject visualize and create an alternate reality perceived as being safe and comfortable. Many doctors now use hypnosis to overcome the pain of headaches, backaches, childbirth, cancer, severe burns, and pain and fear resulting from dental procedures. In some cases, surgeons use hypnosis in the operating room, not only to reduce the amount of anesthesia needed by the patient, but also to lessen anxiety and postoperative bleeding and swelling. In other instances, hypnosis has been found useful in reducing the severity of asthma.

Psychologists use hypnosis in treating patients to overcome negative habits, anxiety, fear and depression. Also, it is commonly used to help patients recall past events, which is useful in psychotherapy. Family physicians have recently begun to use hypnosis to treat psychosomatic illness (physical illnesses or complaints that are largely caused by psychological factors). Professionals in the field of psychotherapy have also found positive results in helping patients control appetite and reduce the levels of drugs necessary in the treatment chronic illness.

Hypnotherapy allows you to:

- mend bone fractures faster,
- reduce the need for pain medication,
- lessen anxiety about having surgery,
- recover quicker from post-operative procedures and
- change unwanted habits, feelings and beliefs.

Hypnotherapists can be instrumental in assisting the professional or recreational athlete to not only be the best they can be, but also to remind them to have fun. Improvement occurs when an athlete remembers the origin of their involvement-the kid in themselves enjoying the sport with pure and innocent delight. If you enjoy what you do, you are always a winner!

Does a hypnotized person surrender control of his or her mind to the hypnotherapist?

Never! You are guided by my suggestions while remaining fully in control.

- You may refuse any suggestion
- You may emerge from trance at any time
- You will not divulge secrets. In fact you will say nothing and do very little
- I can not make you do anything that is against your morals, religious beliefs or sense of right and wrong.

Can a hypnotized person be made to act against his or her will?

Perhaps in the movies, but in real life hypnosis is achieved only with your consent. In order to be successful and to achieve the goals of the hypnosis session you must truly desire those goals. I cannot make you do anything that you don't want to do.

What the Mind Can Do?

What can be accomplished through the powers of the mind, while in hypnosis? Perhaps most important is the development of positive attitudes. Negative thoughts pertaining to performance skills can be changed or eliminated. Enjoyment of the sport will be enhanced to a major degree as skills improve to the point where intermittent incidents of poor performance no longer arouse irritation, anger, discouragement or detrimental emotional reaction. Concentration, coordination and technique can all improve as well as awareness of proper form and of posture.

Sports enthusiasts face the same stumbling blocks that people have to deal with in other areas of life -- business, personal relationships, achievement of goals and ambitions. The biggest of all is fear, and fear comes in many forms. Fear of failure is always restrictive and is very common in sports, as is its hidden partner, fear of success -- an apprehension that success can create the expectation (among others) of further improvement. Fear of humiliation can be strong. Many golfers experience near terror on the first tee where people may be watching the first drives. Competition can produce sensations of intimidation resulting in deterioration of skills.

Hypnotherapy, and/or properly learned and applied self-hypnosis, can work to reduce or eliminate the mental obstacles to peak performance in sport activities. This is an area in which the truth of the phrase "what the mind can conceive, the heart believe, the body can achieve" becomes highly evident.

The goal of hypnosis in its applications is not the learning or acquisition of the basic skills involved, though these could be helped through hypnosis. **The goal is to enable the athlete to achieve the best personal level, possible.**

Concentration is vitally important, and sometimes difficult to develop. Hypnotherapy has long been an effective means of improving concentration capabilities. Distractions must be eliminated. Post-hypnotic cues may prove useful in stimulating both concentration and specific skills. Visualization, not just in mental rehearsing, but at the moment of performance can produce dramatic results.

What kind of person can be hypnotized?

There is no such thing as an un-hypnotizable person. Anyone can experience hypnosis and enjoy its benefits. But, not everyone can be hypnotized by the same method. Most individuals can easily be hypnotized, but the depth and extent of the hypnotic state varies.

There are six different basic approaches that are available to me in order to guide you to the proper level of trance. To determine which one of these methods to employ with you, before we do the first session I ask you to fill out an application that contains a number of questions. When you have completed this form your answers will indicate to me the best avenue for us to travel.

Will I be "knocked out" and unable to remember what has happened during hypnosis?

Many people expect to be unconscious while in the hypnotic trance. This doesn't happen. It is true that sometimes a person will not remember part or all of a hypnosis session. This is termed hypnosis amnesia. It is not a form of sleep. This rarely happens during the first session. As a matter of fact most people, experiencing formal hypnosis for the first time, feel that they are not in hypnosis at all. Their minds are active and they are aware of everything that is going on.

I will record your sessions and you get the only copy. I want you to listen to that recording at least once a day, everyday until your next hypnosis session. Every time you listen to that recording my very powerful, positive suggestions go deeper and deeper into your subconscious mind, which is your operating computer. With each listening you become more and more conditioned. At some point you will become so conditioned that you will remember very little or none of the recording. On these occasions you will probably think that you have been asleep, but if you “wake-up” with the music at the end of the recording you were not asleep at all and you did receive full benefit from the listening.

Does hypnosis have the recognition of the medical community?

Yes! In 1958 the American Medical Association recognized hypnosis as a useful adjunct to the practice of medicine. At that time the AMA recommended that all medical schools include hypnosis in their courses of study. Many doctors and dentists use it to soothe patients concerns and lessen post-operative discomfort. Psychologists, psychiatrists and other health professionals use it to assist people to liberate themselves from phobias and unwanted habits.

Aftercare

Coming out of the hypnotic state is as simple as entering it. Waking from the hypnotic state slowly is preferable for optimal results. After hypnosis, subjects report changes in bodily sensations and describe an awareness of having gone into an altered state of mind.

Dr. Jack Rhodes' Mental Fitness Training Program has improved my son's ability to be more confident in himself as well as concentrating on what he needs to accomplish out on the race track and being more competitive as well.

The breathing exercises are wonderful. When he feels himself becoming frustrated over racing or anything else in life he does his breathing exercises and begins to feel more relaxed. His attitude towards school, athletics and people in general have improved as well.

I give Dr. Rhodes an "A+". He is someone that will make you feel good about yourself in every way and will continually tell you that *"You are a WINNER, in every aspect of life."*

Thanks Dr. Rhodes for making our lives much easier.

Stephanie Orso - Joshua, Texas

The *MFTI Basic Sports Improvement Program* consists of three hypnosis sessions:

Everyone has different mental programming and different needs; therefore, each athlete's mental training program is individualized. We do not do group hypnosis session. However, in order to save time we can do the **orientation** and **Question And Answer** portion of the program in a group setting. This is often more productive.

Before we can work with an athlete we will need some personal information. We have prepared an application, which contains a number of questions. When answered these questions will indicate to us the proper initial approach to take.

1. **The First Hypnosis Session** is focused on the basics, such as self-confidence, self-esteem, concentration, overcoming fears and we also begin the athlete's training in mental rehearsal. "ZONE training also begins in this session.

For the first session, plan to spend about two hours with us. This time is required to discuss the athlete's situation and to design his/her program as well as conducting the first mental fitness training hypnosis session.

2. **The Second Session** is called the *Tiger Session*. We prefer to conduct this session about two weeks after the first one. It is devoted to increasing aggressiveness and maximizing skills. In this second session we begin to train the athlete in the art of self-hypnosis. "ZONE Training" also continues in this session.
3. **The Third Session** is called the *Higher Level Session*. Once again, this session should be conducted about two weeks after the second one. In this session the athlete is carried to a new permanent higher level of performance and self hypnosis training continues as does "ZONE Training."

The client also receives a special, a custom-made **Game or Competition Day Audio Hypnosis Exercise** and a **Mental Practice Exercise**, which is also custom-made for the clients special needs.

The **Competition Day Audio Hypnosis Exercise**, which is recorded on a CD, prepares the athlete for maximum performance in the upcoming game.

The Mental Practice Exercise is also recorded on a CD. It guides the athlete through powerful mental, visual practice exercises of his or her sport while in a light level of hypnosis.

Mental rehearsal is the ultimate key to superlative performance. It can prove more productive than physical practice. Imagery is not merely visual in nature; it can include all the senses. In a diving competition, the form of the dive is visual; the smell of the chlorine water is olfactory; the wetness of the entry is sensory, the cheers of the crowd are auditory. Perfection requires the use of all the senses. Hypnosis can help eliminate errors and create corrections in the athlete. It stimulates excellence and peak performance.

We accept cash, checks, money orders, Visa and MasterCard

To request an application you may contact us by phone **405-397-6690** or by e-mail at mentalcoach@hotmail.com

We work by appointment only so after the athlete has filled out the application, please call again so that we can set up the first appointment.

Jack Rhodes, PhD

