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In Sports Hypnosis Dr. Tramontana provides specific directions and scripts, showing the reader how to modify techniques and suggestions for particular sports or particular

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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.

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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'.

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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 -
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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.

ATHLETICS AND SPORTS

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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.

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Sports hypnosis is based on the

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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

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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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