



# Sports Hypnosis in Practice: Scripts, Strategies and Case Examples

*Joseph Tramontana*

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## **Sports Hypnosis in Practice: Scripts, Strategies and Case Examples** Joseph Tramontana

This book offers new strategies and scripts for hypnotherapists, sports counselors and sports psychologists working with athletes the help them achieve their peak performance. A major focus of the book is that the therapists does not necessarily need to be familiar with the sport or activity to serve as a 'mental coach' to the athlete. The athlete is instructed that the goal is not to improve the mechanics of their performance (that is left up to their coaches) but rather, to help them relax, concentrate and focus so that they fulfill their maximum potential. They learn not to let the mental side of their game trip up the physical side, but rather to enhance it. There are also chapters on returning from injury and addictions which are often important factors in athletes' careers. The book contains a number of case studies from a variety of sports where the author has worked successfully with athletes. In the case studies the author notes how surprised he was to learn that many clients have a vivid memory of the techniques he taught them, indicating just how important these techniques were to them. Also included is a section on marketing and getting referrals.

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