

Peak Performance & Neurofeedback

Athletes who are seriously competitive, on any level be it Little League, varsity in high school, college players, or professionals in various sports tend to focus very heavily on their physical training and skill sets. This also applies for other competitive professionals like dancers, musicians or singers. 'Training harder and longer' is what most people believe will make them better in their specialized skills.

Yet such individuals, along with their coaches, trainers, parents and others will talk about 'choking' under pressure such as during competitions or performances. Or, will make comments like, 'He didn't focus.' Or, "She can't handle the pressure." But rarely will you find a coach or trainer who says, 'She didn't learn the right psychological skills' which is what such comments are really all about.

Such people can be good in one game or performance session, and minutes or hours later not do well. Physical training and conditioning has not changed in that brief period of time. Talent is not disappearing that quickly. What changes is the mindset. Anxiety, lack of concentration, fear, self-doubt, are all factors that can impact athletic performance.

Such fluctuations in one's mindset with adverse consequences to performance resulting can be prevented. This can result by developing skills to manage anxiety, stress, and negative thoughts like self-beliefs (e.g. 'I'm not good enough to beat my opponent').

Athletes and other performers who are consistent in their performance have learned how to manage their feelings of anxiety, and how to cope with other emotional factors that can degrade how well do they do competitively.

Neurofeedback is one way to optimize performance by learning how to control one's emotions and thoughts. In 2006 the Italian soccer team received neurofeedback training and won the World Cup, and they attributed doing so to such training. Alexandre Bilodeau, the Canadian men's mogul gold medalist credited it to neurofeedback. Mary Pierce, a tennis champion, and Hermann Maier, an Olympic gold medalist skier, have spoken in support of their neurofeedback training. The NHL's Vancouver Canucks won the 2011 Stanley Cup after a twenty year lull. The difference was neurofeedback training. Star athletes in the NBA, NFL, LPGA, and pro rugby players have all used neurofeedback to gain a mental advantage to make them better than their competition

A review of twenty-three controlled studies on neurofeedback and performance found beneficial outcomes. This included in sustained attention, orienting and executive function, reaction time, mood and feelings of well being. Research on neurofeedback also has found it beneficial in musical and dance performance, such as by improving motor skills, and reducing performance robbing anxiety.

If you are interested in improving your performance please contact me.



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