



2-DAY WORKSHOP

Montreal June 26th & 27th at UQUAM

ASSESSMENT & TRAINING FOR PERFORMANCE ENHANCEMENT AND HEALTH

The focus of this 2-day workshop is on the use of specialized software to train athletes to maintain or enhance motivation, control body and mind responses and prepare for performance under stress. The major focus is to make the performance automatic and to have recovery/back-up systems in place that allow athletes and professionals achieve maximum perform in stressful situations.

The workshop content will draw from Dr. Wilson's 30 some years of teaching and research in the field of optimal performance. Her lecture will include a discussion of her research on psychophysiological profiling and EEG brain mapping of elite performers and demonstrations using the Biograph Infiniti software. Participants will learn the essential skills taught to Olympic athletes for enhancing performance that are also applicable for medical and psychological clients. This workshop will describe assessment and training techniques for peak performance and provide participants with the skills to utilize them in their professional settings. Specific workshop content will include how to use the latest psychophysiological assessment and training technology for high performance and rapid recovery. Assessment methods and training exercises for those without psychophysiological equipment will also be covered. Mental skill training techniques such as imagery, specific goal setting, intention, and attention will be discussed.

This seminar will also teach participants to utilize an optimum performance model to identify areas where the client can obtain success while waiting for the effects of the biofeedback and neurofeedback training to become permanent. Psychological knowledge and skills that can be practiced daily to enhance confidence and foster success behaviors will be presented.

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Vietta Sue Wilson, Ph.D. is an internationally recognized sports psychologist and a professor at York University in Toronto, Canada, where she has been a faculty member for over 30 years. She teaches both undergraduate and graduate level courses in her areas of expertise that include sports psychology, counseling, and biofeedback-assisted self-regulation. Her experience in the field of optimal performance training includes working with elite athletes, and applications in education, medicine, and business. Dr. Wilson has trained Olympians in many areas of competition from archery to yachting, and is currently working with the U.S. Davis Cup Team. Her research has examined the QEEG of imagery, brain maps of elite performers, maintaining health at work, and the effects of posture on mood states.

Dr. Wilson is a Senior Fellow (General Biofeedback) and Fellow (EEG Biofeedback) of the Biofeedback Certification Institute of America. In addition to training optimal performance with healthy clientele, she has also worked with cerebral palsy patients and in other clinical settings. The Montreal course is intended for physicians, nurses, psychologists, counselors, and other health care professionals as well as coaches, educators, sports psychologists, athletic/physical therapists with an interest in state of the art optimal performance methodology.