

ACHIEVE PEAK MENTAL PERFORMANCE WITH NEUROFEEDBACK

By Terri Phillips, MFT

The beginning of every New Year is a time to reflect on the past year and set new goals. It's easiest the first two months of the year to try to maintain those goals whether those are to lose weight, be more organized, get a new job, decrease your debt, work out more faithfully, or spend more family time. Sometimes as the New Year progresses, our motivation to continue with our goals often fades and we fall back into the same habits we vowed on January 1 to discontinue.

There are many reasons why our motivation fades and we find it increasingly more difficult to achieve our goals. One reason is that we just get busy with our day to day life and taking care of ourselves ends up as the last priority on that list of things to do each day. According to Wikipedia.org "a 2007 study by Richard Wiseman from the University of Bristol involving 3000 people showed that 88% of those who set New Year resolutions fail."

One way for people to see more success is through Neurofeedback. Neurofeedback is a non-invasive way to teach people to regulate their own brain wave patterns. This is done in a comfortable office setting with sensors connected to the scalp and a computer system. The game or pictures progressing on the screen teach the client to regulate their brain wave patterns producing calm, alert and focused patterns. Eventually they are then able to produce these patterns without the computer's assistance.

Often times some feel that in order to see a therapist for Neurofeedback there has to be a clinical disorder. This is not the case and more and more are finding that participating in Neurofeedback is a way to maximize one's PEAK PERFORMANCE. According to Robert W. Hill and Eduardo Castro MD, authors of Healing Young Brains (2009), "Peak Performance" is a way to make a functional individual perform at a higher level. We all want to perform at our best and maximize our focus and concentration. If your brain has too many slow frequency wave patterns it can be sluggish and if your brain has too many high frequency wave patterns it can lack focus.

Of course, general rules for self care also increase your success to perform your best. Get a good nights rest, make healthy food choices most of the time, exercise 30 minutes a day 5 times a week, relax and have fun some of the time! In addition to this, Neurofeedback can give you that push you need to function even better.

In the spirit of maximizing positive growth and personal development, many athletes, professionals, and CEO's now use Neurofeedback to help them perform their best on a

daily basis. A Google search will show many examples of athletes, even Olympic athletes who utilize Neurofeedback for peak performance. This technology is available for all to use as we set our goals each year to be our best and feel our best. Make this year *YOUR* best year. In December 31, 2013 as you reflect on the year, let it be in celebration as you were able to maintain your goals to be the best you can be!

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