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An Athlete's Guide to Inner Excellence

Individualized Program Includes:

- Initial assessment to formulate treatment plan and goals individualized to athlete and coach
- Mindfulness-learning to control breathing and relaxation skills
- Clarity on personal goals
- Access your inner warrior on command
- Neutralize fears associated with losing or failure
- Identify and overcome negative/limiting beliefs
- Increased self-awareness, self-care, and confidence
- Target what drives you as an athlete
- Strengthen team connection
- Custom recorded guided visualizations to utilize during season, and offseason
- Participation in Parts and Memory Therapy and/or EMDR
- Increased ability to deal with pressure, and stress management
- Effective for post loss or post injury
- Time management skills to achieve daily, weekly, and monthly goals

This program will provide technical coaching directly for conditioning the mind, which influences the body and craft. Athletes will learn to train confidence, analyze performance to enhance future success, how to shift in the moment, practice mindfulness to not be held back, and leave with a tactically sound mind that will give the ability to intuitively feel what is the best reaction to their situation. The length of the program is individualized to the athlete, ranging from 6-12 weeks.

Mental coaching provides an unmatched level of support to achieve *optimal performance*. This is an innovative approach for mental work, and is designed to bring out the athlete you are destined to be and edge out competition.

PMT and EMDR are utilized to neutralize and clear blocking beliefs, lower depressive and anxious symptoms, increase confidence, self-esteem, and overall performance. This program will strengthen mental muscles to enable athletes to be mentally prepared to perform their best in their craft and other aspects of their lives. PMT will enhance the ability to find their inner athlete to implement from training into the game. Athletes will have a mental toolbox to utilize in all areas of their life.

Parts and Memory Therapy

PMT was created by Dr. Jay Noricks in 2000. Lauren was directly trained and supervised by Dr. Noricks beginning in 2016. PMT is a way to do coaching or psychotherapy. It begins with two controversial ideas. The first is that the mind consists of many parts or subpersonalities, each with its own submind. Think of the movie Inside Out, with the different parts in her mind (joy, sadness, fear, anger, disgust, etc.) This program will uncover different parts for each fighter to reach optimal performance. The second is that nearly all adult mental and emotional issues result from our histories of painful life experiences. **Permanent healing** of these issues comes from finding the parts of the whole self that carry the painful emotional memories and then neutralizing those memories. The parts or subpersonalities of a person carry the memories. The memories are the targets for healing interventions. Healing is done by visualizations that neutralize the emotional energy connected to the memories.

A part of you recorded those memories and stored them, sometimes in places where you cannot easily reach them. Sometimes you may not even remember an experience until we work with the part of you that contains the memories. But the memories do not disappear, and they don't heal without help. They continue to affect you in the present. In doing parts work, my job is to neutralize those memories so that they don't make your life difficult. You will keep the memories and the knowledge that goes along with them, but you will be able to let go of the painful emotions (triggers) attached to them.

EMDR: Eye Movement Desensitization and Reprocessing

EMDR was created by Francine Shapiro in 1987. It is a psychotherapy that enables people to heal from symptoms and emotional distress that are the result of disturbing life experiences. Repeated studies prove that EMDR shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma. When you cut your hand, your body works to close the wound. Once the block is removed, healing resumes for optimal performance. Using the detailed protocols and procedures learned in extensive EMDR Therapy training sessions, I will help to activate their natural healing processes. EMDR uses a three-pronged protocol: (1) the past events that have laid the groundwork for dysfunction are processed, forging new links with adaptive information: (2) the current circumstances that elicit any distress are targeted, and internal and external triggers are desensitized: (3) imaginal templates of future events are incorporated, to assist fighter in acquiring the skills needed for adaptive functioning.

Lauren's Background

Lauren received her B.S. in Psychology and her M.S. in Clinical Mental Health from Missouri State University. She became a Nationally Certified Counselor in 2015. She is trained in EMDR level II, and Parts and Memory Therapy directly under the creator, Dr. Jay Noricks. Lauren attended a leadership program at Choice University in 2017 to enhance her own life and coaching skills. Lauren was first introduced to athletics 24 years ago. From playing 3 sports, she also has experience as a wrestling manager for 6 years, keeping stats during matches, and 7 years as a ring girl for MMA/Boxing at the amateur and professional level. Lauren has a hunger for success and the mental game. Her passion is working with athletes to enhance and uncover their highest potential possible.