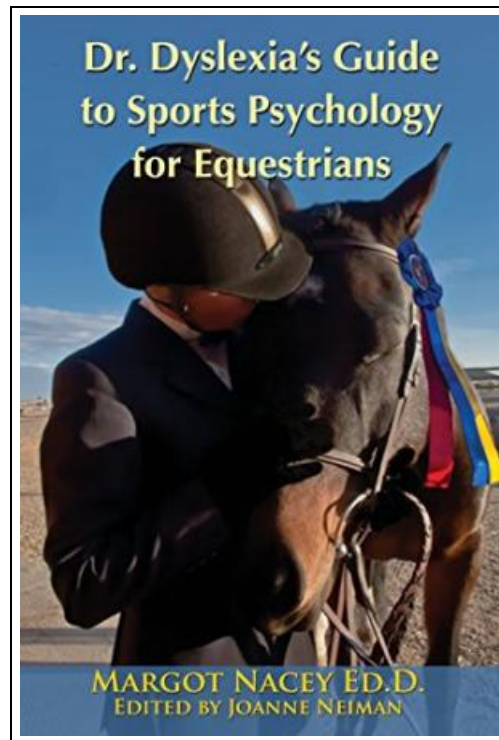


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DR. DYSLEXIA S GUIDE TO SPORTS PSYCHOLOGY FOR EQUESTRIANS (PAPERBACK)



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Margot Nacey, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Dr. Margot Nacey s lifetime of experience as a horse person and more than 30 years as a clinical and sports psychologist has given her a front row seat into the equestrian world. In her revolutionary book, *Dr. Dyslexia s Guide to Sports Psychology for Equestrians*, Nacey explains the psychological concept that trauma, when not processed and released, as the root cause of sports failure. Throughout her book Nacey offers equestrians state of the art tools from EMDR, Energy Psychology, Brainspotting, and her Mental Advantage Program to enhance and expand performance. Nacey has adapted contemporary models of trauma treatment to the equestrian world and uses these techniques daily in her practice as a clinical psychologist and incorporates them into her riding program at Gargot Farms. The tools offered by Nacey are designed to reduce the effects of trauma often experienced by equestrians including symptoms of performance anxiety, fear and depression that are at the root of sports failure. Nacey s personal experience and challenges with dyslexia and lack of peripheral vision has given her a unique perspective on the Human-Equine connection. Through her Mental Advantage Program Nacey provides numerous exercises and techniques to process and lessen trauma and fear, as well as offering a variety of methods to build, enhance and deepen a co-conscious connection between horse and rider. Nacey shares her own experiences with traumatic falls, fear, shame, and how she overcame these challenges by using many of the techniques described in this book. Her story is encouraging and helpful for riders in understanding that they are not alone in overcoming panic after a frightful experience. Nacey describes in detail how EMDR techniques can help heal riders and also horses with PTSD, as...



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