

# HypnoDynamics *MOTIVATION FOR PEAK PERFORMANCE*

**Terry Suckling** is a Psychotherapist and Clinical Hypnotherapist (Dip. Clin. Hypnosis. Post Grad. Psychotherapy) and has been working in the area of mind/body dynamics for thirty years. He is President of the Australian Association of Clinical Hypnotherapy and Psychotherapy (2000-2006) and founder of HypnoDynamics mind enrichment strategies for enhancing peak performance.

Terry's interest in mind/body control and peak performance is the result of a varied background in industry and private practice. In the 1970's and 80's Terry proved to be a pioneer through his research, development and implementation of mind/body training programs. He established the Relaxation and Recreation Centre in 1978 which was the first Biofeedback Training centre in Melbourne and later in the mid 1980's he opened a health and fitness centre that blended mind/body training strategies that enhanced peak performance for athletes.

Terry has a keen interest in all aspects of personal training and in training competitors and corporations of all persuasions. He is a Third Dan black belt in Zen Do Kai freestyle martial arts and enjoys training everyone from the inexperienced through to Special Forces Operatives and boxing champions such as Sam Soliman.

Terry is self published in the area of meditation and mind focussing strategies. He has researched and developed a variety of practical and accessible tools to develop Emotional Intelligence and peak performance through online training [www.fifthstate.com](http://www.fifthstate.com)

## **HypnoDynamics Training:**

Terry works with sporting clubs, corporations, individuals and couples in all aspects of **Hypnosis:**

- Peak performance analysis and focus
- Motivation and Team building
- Communication
- Crisis intervention
- Psychotherapy
- Goal setting and planning
- Meditation

Terry teaches that optimal performance is created by specific and accessible mind states that are easily learnt and applied to any personal or team goal. He facilitates the identification and removal of self-limiting mind programs that restrict peak performance with humor, calm and conviction. You and your team will be equipped with "Hypnodynamic" tools that create new unconscious mind programs that assist your peak performance, happiness and creativity.

## **Available for:**

- Workshops
- Conferences
- Corporate consulting
- Counselling
- Private training

## **Contact:**

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## Psychotherapy Assessment Outcomes

### AIM:

To assess the participants ability to emotionally self manage personal motivation and communication in a team or group dynamic through the process of Self Hypnosis and Biofeedback.

### DELIVERY:

This assessment interview can be delivered in a small group, but is preferably conducted on a one to one, face to face basis for 1.5 hours duration.

### CONDITIONS OF ASSESSMENT:

The trainees will have a variety of support materials to assist in their assessment and ongoing support if required.

These materials include:

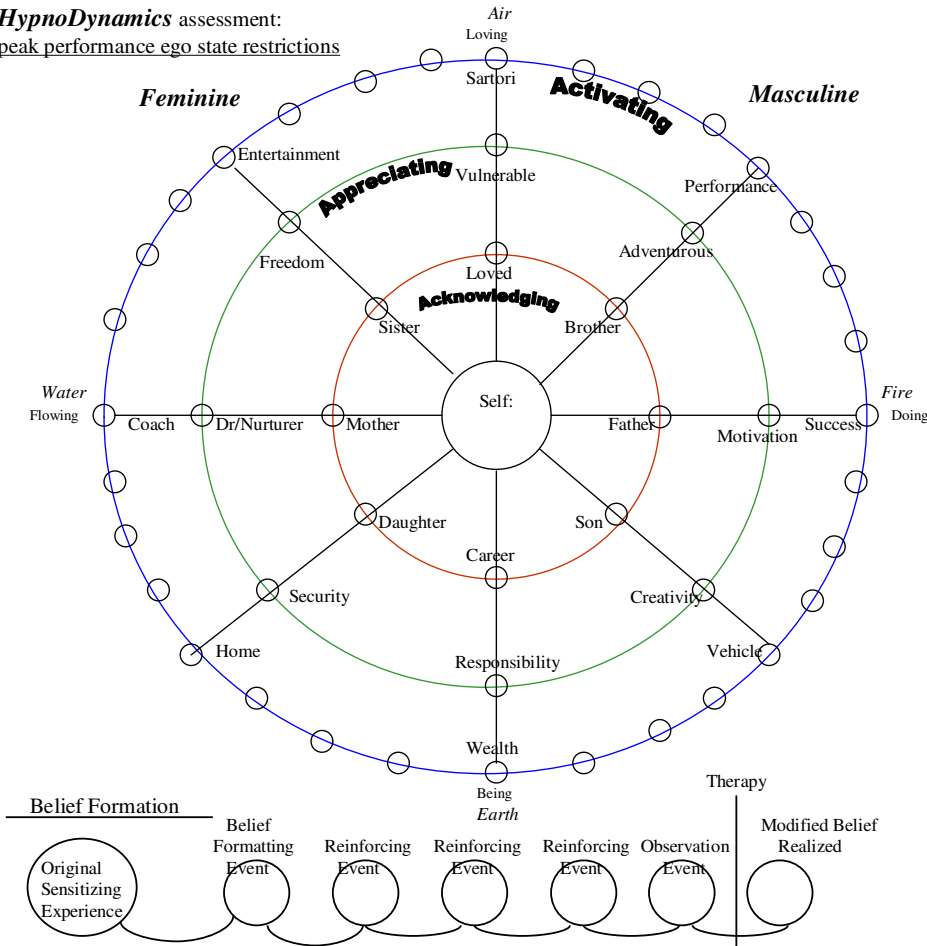
- self-hypnosis tapes
- working manual
- personal diary
- access to biofeedback equipment
- access to reference library
- calm in conflict appraisal exercises
- optima fifth state emotional intelligence assessment and feedback

### OUTCOMES RECORDED:

1. motivational strengths and weakness with potential breakdown areas
2. restrictions and fears
3. personal training needs
4. observed self-hypnosis experience and capability
5. electrical skin resistance reading from relaxation induction exercise
6. sub-personalities differentiated during interview
7. traumatic sensitising life events
8. solutions for positive change-goal list
9. combined multiple brain patterns (EEG), with a deep relaxation response
10. response to imagined personal "Fifth State" peak performance states.

## Assessment chart for identifying potential restrictions in performance and expression:

*HypnoDynamics* assessment:  
peak performance ego state restrictions



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Assessment for identifying impacts of personal fears on Ego and Productivity:

## Identify The impact of "Fear" on conscious and unconscious motivation

