

Choking, Clutching, and Cracking: The Psychology of Peak Performance Under Pressure

Why do some performers crack under pressure and others "play clutch" and remain unfazed? This workshop will introduce participants to the psychology of performance failure and enhancement. Dr. Smith will address issues of emotional arousal, mindfulness, anxiety, and attention as they relate to enhancing peak performance. The workshop will be of interest to mental health professionals, coaches, athletes, entertainers, and managers.

Steve Smith,
Ph.D. (PSY20096)
is a licensed
psychologist and
professor of clinical
psychology at UCSB.
He founded SPaRC, a
private practice and
research center, in
2010.

Friday, September 13, 2013
9AM – Noon

UCSB McCune Conference Room, 6th flr, HSSB
Hosted by UCSB's Hosford Clinic

CEs available for Psychologists, MFTs, & LCSWs

For info on location, registration, and fees:

<http://www.education.ucsb.edu/hosford> or 805-893-8064

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