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.

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

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.

SPaRC is not affiliated with UCSB or the Hosford Clinic