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Peak Performance and Neurotherapy

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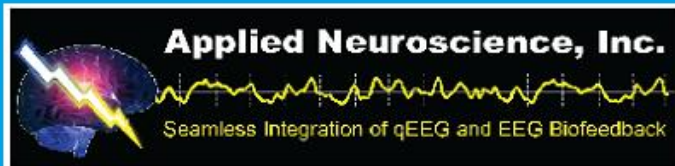
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Editorial

Peak Performance and Neurotherapy

Fred Johnson, Publisher

This will be my last editorial for the Journal of Neurotherapy as we are turning over the operation of this Journal to the Managing Editor Cindy Olson, Technical Editor Dr. Marvin Sams, and Associate Editors Drs. Joel Lubar, Gary Schwartz, Rima Laibow, David Velkoff, and Karl Pribram. These people deserve all of our gratitude for the fine job they have done in getting the Journal up and going.

It seems to me that peak performance training may be the tail that wags the dog. The research in this area indicates that the performance of "normal" minds can be enhanced by using EEG machines and a good peak performance software package. Specifically, mental peak performance training improves concentration, creativity, and mental alertness. It lowers the number of errors one makes and improves decision making. School grades and executive performance can be improved, reaction time can be reduced, and states similar to, if not identical with, deep meditative states can be attained.

This sounds great, but all of these benefits accrue to a normal mind. The mind suffering a medical disorder may react differently and we don't know how differently it may react. That's why I was very glad to see there is certification available for those who desire to do peak performance training and market it to the public. This certification is as a Peak Performance Specialist through the Peak Performance Certification Board, 16213 E. Mercer Circle, Aurora, CO 80014, and their president is Dr. Robert Moroney at 303-766-1292.

I checked it out. This Board is accredited by the National Board of Accreditation for Certifying Agencies in Washington, DC. I checked him out. Dr. Moroney is an acknowledged expert in mental peak performance. He believes that as many as one in five people seeking to improve their mental peak performance may have a clinical problem. As part of the certification process, participants learn how to identify potential clinical problems through peak performance evaluations and refer these clients to a qualified neurotherapy clinician. The Board also recommends these peak performance evaluations be done by a neurotherapist.

Those who are already certified are forming an association, The Association of Certified Peak Performance Specialists, 1973 N. Nellis, Suite 264, Las Vegas, NV 89115. The Association President is Carla Hickey (303-444-1792) and the Secretary is Linda Mason (610-434-1540). Everyone who passes certification examination this year is invited to become a charter member, and help form and activate the Association by serving on a committee.

My understanding at this time is that the peak performance seminars cost \$195.00 and \$100.00 for the examination. The few Certified Peak Performance Specialists with whom I have spoken say the seminar was invaluable in helping them pass the examination. The Board entered into a one-year contract with Lexicor Training Seminars to present their certification seminars. Dr. Moroney indicated the Board is training trainers at this time so they will have about ten qualified presenters after this first year.

They have a number of certification seminars planned for 1997 and this is being coordinated by Becca MacAskill (303)443-9944.

Attaining peak mental, emotional, and physical performance is something most everybody wants, but few truly achieve. Dr. Moroney hopes peak performance centers will provide a variety of activities in addition to brain wave training. His opinion is that peak performance centers will provide some physical exercise such as stretching, Yoga, Tai Chi, and Chi Kung. He also sees these centers as providing nutritional assistance and emotional nurturing.

I spoke with several people about what they were doing in peak performance training. One former clinician with certification in both nutrition and peak performance has a successful weight loss center using the Lexicor POD-1, group therapy, and an individualized nutrition plan. Another clinician uses a similar approach with smoking cessation. Dr. Moroney is doing a project to enhance decision making, improve alertness and concentration, and reduce reaction times under adverse conditions with the Colorado State Patrol. A couple of similar projects are being done with corporate executives and key employees.

It's premature to announce success in all these ventures, but in every case, the peak performance specialist said things were going very well and their clients were very positive about the results. I think the clients should be encouraged if they make better

decisions and fewer mistakes, concentrate better, and feel more alert.

I availed myself of the opportunity to try a peak performance session. The person who made this offer placed a blue shower cap on my head, hooked me up to a Lexicor brain-mapper, and did a peak performance evaluation. Having passed the exam, I was allowed to connect myself to the equipment and train my alpha waves for fifteen minutes. It took me about ten minutes to get the hang of it. Then I really cruised. The bells were ringing, the sound was rolling, and I felt completely relaxed. I became more energized and more alert, and the fifteen minutes were up.

I had a very productive afternoon and evening that day. I was very alert all day long and spent most of the day in deep concentration, doing things long overdue, staying focused about two hours longer than normal and accomplishing more than I would normally be able to accomplish in the same period of time. The next three days were not quite as productive, but they were better than normal. But, each day was progressively less productive than the day before.

Needless to say, this is something I want more often in my life. As I write this editorial, I dare say I know a lot of people in my own life who would like the same thing. It could well be that peak performance training may be the tail that wags the dog.