

Get your mind in shape for peak performance.



### The Winning Edge Performance Enhancement Group

Ms. Farber also offers a Mental Skills Enhancement Group several times throughout the year. These 8-week sessions include 6-8 athletes and meet two times per month. Homework is assigned so that athletes can take what they have learned and begin applying it during training and competition.

### The Winning Edge for Coaches

Coaches need a wide range of psychological skills to guide a team to victory. Ms. Farber teaches coaches invaluable strategies for building team cohesion, dealing with conflict, building self-confidence in players, and communication skills.

### The Winning Edge for Life

Many of the mental skills that athletes use to achieve success in their sport can be applied to other aspects of their lives, where performance comes into play. Examples of non-sport performance situations include: giving a class presentation, taking an exam, public speaking, testifying in court, job interview, and auditioning. Ms. Farber helps athletes achieve the Winning Edge not only in their sport but in life as well.

Sports can do so much. It's given me confidence, self-esteem, discipline, and motivation.  
~ Mia Hamm



Susan Farber, MA, MFT

Please call (805) 886-5538 for more information or to schedule an appointment.  
Email: farbermft@yahoo.com

[www.thewinningedgesb.com](http://www.thewinningedgesb.com)  
[www.susanfarbermft.com](http://www.susanfarbermft.com)

The most important part of a player's body is above his shoulders.

~ Ty Cobb

The Winning Edge



Susan Farber, MA, MFT  
Sports Psychotherapist

Take your performance to the next level.



## Services

Ms. Farber offers assistance to athletes of all ages and skill level who are interested in optimizing performance. Services can be provided on an individual or team basis, in the office, on site, or by telephone. Written assessment, clinical interview, and direct observation are utilized to gain a complete picture of an athlete's strengths and weaknesses. **An individualized mental skills training program is then provided to help an athlete achieve their winning edge** with periodic re-assessment to evaluate progress. When needed, Ms. Farber will work with key members of the athlete's system of support to optimize performance. This may include coaches, family member, parents, and teammates.

## Coping With Injury

Thanks to Ms. Farber's work as a psychotherapist in a neuro-cognitive rehabilitation center, she also brings valuable insight into the psychological aspects of recovery from injury and knows personally the emotional and highly stressful toll it can take on any athlete. Susan's mind/body approach and clinical experience in adjustment counseling offers the necessary support and motivation needed to manage the rehabilitation process much more successfully.

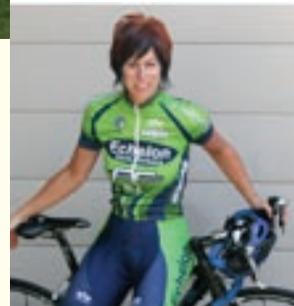


## Areas We'll Address

- Develop individualized performance goals that are challenging, achievable, and measurable.
- Achieve peak performance through specifically tailored mental rehearsal, guided visualization and relaxation techniques.
- Learn a customized pre-game mental routine.
- Effectively manage anxiety, fear and anger for unwavering focus.
- Increase confidence by overcoming self-limiting beliefs and negative internal dialogue.
- Build emotional resiliency by learning mental strategies to recover from setbacks and mistakes
- Improve team cohesion through positive communication.
- Learn strategies to avoid and overcome burn-out, overtraining, and fatigue while helping to maximize performance.
- Learn to cope with the aging process and retirement from sport.



## About Susan



Susan Farber is a psychotherapist in private practice who works with athletes in achieving the Winning Edge both in sport and life. By combining her understanding of sport psychology and her personal experiences as a competitive athlete, Ms. Farber helps

individuals improve their mental skills to achieve peak performance.

Ms. Farber is highly trained in cognitive / behavioral and dynamically oriented therapies. With this expertise, she's able to add a deeper dimension to classic sports psychology techniques like visualization and guided imagery. By helping athletes discover their core beliefs, they learn to figuratively "clean house," keeping only those beliefs that will enable them to achieve the winning edge. Susan then helps athletes achieve their goals through many effective, specifically-tailored sport psychology techniques.

Call (805) 886-5538 or email [farbermft@yahoo.com](mailto:farbermft@yahoo.com) for more information or to schedule an appointment.

What you are thinking, what shape your mind is in, is what makes the biggest difference of all. ~ Willie Mays