

*Beyond Our Walls . . . Beyond Texas, Beyond Status Quo, Beyond Workshops*

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## **Getting To The Heart Of The Matter: Heart Rate Variability Training for Performance Enhancement**

**Benjamin Strack, Ph.D.  
Mission Psychological Consultants  
Proball, Inc.**

HRV is a relatively new biofeedback modality that is beginning to emerge as a viable performance enhancement tool for athletes. This workshop will present Biofeedback strategies and protocols to enhance sports performance.

Participants will learn how to integrate Heart Rate Variability (HRV), GSR and EMG biofeedback training with sports consultations with athletes. Specific strategies for teaching athletes to increase Low Frequency activity in the HR spectrum while using paced breathing and RSA training will be presented. Athlete case examples will be used to describe some of the pitfalls and barriers to successful use of HRV training. Supplemental strategies to biofeedback, such as, cognitive restructuring and specific behavioral routines for performance enhancement will be covered.



### **Speaker Bio**

Benjamin Strack, Ph.D., is a part-time lecturer in the Department of Kinesiology at California State University, Long Beach where he teaches courses in Sport Psychology. He also consults with athletes in private practice at Mission Psychological Consultants in San Juan Capistrano, Ca. and is owner and managing partner of Proball, Inc., indoor baseball instructional school.

Dr. Strack is a frequent speaker at workshops and conferences throughout the country. He has also presented his work on ESPN and local television shows in California. He is the lead editor of a new book expected to go to publication in 2009 called "Biofeedback and Neurofeedback in Sport Psychology: Unleash Your 'A' Brain"

Dr. Strack is a former Division I college baseball player. He has worked with several Major League Baseball players as well as other athletes at all levels including professional, Olympic, college and high school. His areas of expertise include mental skills training for peak performance, biofeedback, stress/anxiety management, and chronic pain.

In addition to his consulting work with athletes, Dr. Strack is invited annually to pitch in the MLB Players' Association and ESPN's Big League Challenge Home Run Contests. He has pitched to various superstars such as: Barry Bonds, Alex Rodriguez, Shawn Green, Jose Canseco and Raphael Palmeiro.