

**Title: Hypnosis for ADHD/ Anxiety and Athletes****Tammy LH McCroary C.Ht**

**Affiliation: Active member of International Medical and Dental Hypnotherapy Association (IMDHA),  
International Association of Counselors and Therapists (IACT)**

**INTRODUCTION:**

It is reported that there are more girls that have ADHD than boys. Boys are typically easier to diagnose, when they present as hyper active in a classroom setting in elementary years. There is a growing number of adult women being diagnosed later in life. These women are being called the lost girls, the lost generation. Even a predominant female motivational speaker, and author Mel Robbins has started to bring awareness to this issue. Typically adults are being diagnosed after their own children's diagnosis, realizing it can be hereditary. This can possibly create clarity around tensions that seem to build within a family dynamic when more than one person is not using emotional regulation techniques.

This presentation aims to offer strategic approaches in working with adolescents and with families that have ADHD. I have over 20 yrs of personal and professional experience. My Clinical work naturally lead me to working with athletes, as a youth basketball coach. I have taken training from a NBA Mental Performance

Coach and continue working in an ongoing study group to get athletes in the zone for optimal performance. LevelUp Hypnotherapy specializes in these areas as well as generalized anxiety, that can be directly linked with the ADHD and athletic client.

**AIM:**

Challenges and opportunities for better mental health for youth in sports, anxiety and with ADHD

**CONCLUSIONS:**

Using ongoing research and studies working with this group of clients it is highly effective when working with their subconscious mind to achieve the desired behavioural change. And to embrace and destigmatize their diagnosis.

**KEYWORDS:**

clinical hypnotherapy, cognition, brain training, subconscious mind, psychology

**BIOGRAPHY:**

Tammy McCroary, is a Registered Clinical Hypnotherapist in Alberta, Canada. She completed her certification in Clinical Hypnotherapy from Coastal Academy of Hypnotic Arts and Science. She is a Youth Basketball Coach for her son's team in club basketball. For years, her efforts have concentrated on the optimal performance and success of athletes. She has also provided trainings for ADHD individuals and families since 1999. Her extensive work has lead to a deep passion for bringing awareness to her audiences, on the topics of anxiety relief, deep-breathing techniques, EFT, and hypnosis.

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