

# **Sports Psychology: Applications to Dance**

**A Workshop for  
Competitors, Social Dancers,  
& Instructors**

**FREE for attendees of  
Mountain Magic 2009**

**The goal** of this two hour workshop is to provide all dancers (from recreational/noncompetitive dancers to professional dancers) with the psychological tools necessary to dance, perform, and/or compete at the highest possible level.

Attendees of this workshop will learn the strategies that top athletes use to:

- **Increase performance ability and maximize physical potential.**
- **Increase the speed of learning and the ability to achieve goals.**
- **Increase confidence.**
- **Decrease social anxiety and/or performance anxiety.**

Everyone and anyone can benefit from this workshop because it's about unleashing **the power of your mind** to become the best dancer you can be!

## Presenters' Bios:



**Dr. Milena Esherick** is a Licensed Clinical Psychologist with over ten years of experience working in the behavioral health field. She is the current Director of the Master's in Counseling Psychology Program at the Wright Institute in Berkeley, CA. She is the former Clinical Director of a partial hospitalization program at El Camino Hospital in Mountain View, CA where she worked with adults with severe eating disorders, mood, and anxiety disorders. She is a frequent speaker at local and national professional conferences and training seminars. She competes in the Advanced division in both West Coast Swing and Country Two-Step.



**Terri Haley, MFT** is a Licensed Marriage, Family, and Child Psychotherapist with over 18 years of experience in private practice treating patients with mood, anxiety, and personality disorders. Terri has her BS from U.C. Davis, her MA from Hayward State University, and she is currently working on her PhD from CA Southern University. She is a popular speaker at local workshops and training seminars in the Bay Area. Terri has been dancing in West Coast Swing Jack and Jill, Strictly Swing, and Pro-am competitions for the last 5 years and currently dances in the Advanced division. When she's not dancing, she enjoys spending time with her husband and two young adult children.