

About Dr. Diane

Dr. Diane, a licensed psychologist and health service provider, holds board certifications in Health Psychology, Sports Psychology and Performing Arts Psychology.

In her 28 years as a sports psychologist, she has worked with Olympic bi-athletes, gymnasts, runners, cyclists, swimmers and skiers, at all levels of ability, to help them achieve **peak performance**.

Along with traditional methods used in sports and performing arts psychology, Dr. Diane brings the cutting edge of **Peak Performance** to athletes and performing artists.

The combination of Dr. Burdenko's unique water and land therapy, along with 20-40 minutes of Dr. Diane's **Peak Performance & Mental Enhancement Training**, you can make the definitive difference in your ability to achieve your highest goals.

Contact Dr. Diane

Dr. Diane Is Available At
The Burdenko Water and Sports Institute
On Wednesdays 12:00-4:00
To Schedule An Appointment At
The Institute Call **(781) 862-3727**

To Make An Appointment At
Dr. Diane's Andover Or Boxford Office
Call **(888) 760-8730**

Email: diane@drdiane.com

Visit Dr. Diane's Website
www.drdiane.com

For More Information About The Many
Services Dr. Diane Provides Including:

- Brain Injury Consulting
- Professional Speaking & Training
- Executive Coaching & Counseling
- Stress Relief & Wellness Counseling

**Psychologist
Diane Roberts Stoler, Ed.D.**



presents

Peak Performance Training

Dr. Diane's **Peak Performance and Mental Enhancement Training** can assist you with mental flexibility and alertness to help you get "*In the Zone*" and achieve your highest goals.

What Is Peak Performance?

Athletes and performing artists condition their *bodies* in a variety of ways, but always with a common goal — to achieve the greatest performance possible.

Often you will train and condition your muscles but are still unable to reach your highest goals. There is some hurdle, some barrier keeping you from achieving this success. Keeping you from reaching this level of **Peak Performance**.

Along with traditional methods, cutting edge technology is now available to train you how to effectively and efficiently use and conditionally strengthen your brain. This technology is called Neurofeedback. It is one of the vital tools used by major sports teams and Olympic champions to achieve Peak Performance.

"Brainwave technology is the future of competitive sports. It helped me to focus and concentrate, keeping cool under pressure."

-Richard Faulds MBE, Olympic gold medal winner, Sydney 2000

What Is Neurofeedback?

Neurofeedback is the state of the art therapeutic training tool that is used to improve a variety of health conditions or improve personal performance.

Through the use of computer technology and electroencephalogram (EEG), it is now possible to monitor and “feedback” information to the brain about its activities.

How Does It Work?

Sensors are applied to specific areas of the scalp and ears. These sensors transmit brain wave activity to an EEG which measures and records the frequencies.

During neurofeedback the patient effectively “plays” a video game using his/her brain to reach the mental state in which the desired brain wave is achieved. When the desired brain wave is reached, the brain is “rewarded” and learns to direct itself towards a more desirable performance level.



How Can Dr. Diane Help?

Dr. Diane has undergone extensive training in neurophysiology and neurofeedback, also referred to as EEG Biofeedback or Neurotherapy.

Dr. Diane has the state of the art equipment, as used at MIT with the Dalai Lama and Tibetan monks, to assess brain mapping and teach you to effectively and efficiently use and continually strengthen your brain to maintain and to enhance your conditioning and achieve **Peak Performance**.

During a series of 20-40 minute sessions, Dr. Diane provides the necessary instruction and interpretation to encourage the brain to function within a more appropriate pattern level. This involves increasing or decreasing certain brain wave frequency activities at certain locations. In effect, the brain learns to function with greater control and stability through self-regulation.