

Introduction to Issue No. 6

Welcome to Issue 6 of the Journal of Excellence.

The first two articles in this Issue shed light on excelling within the unique performance challenges of the Olympic Games. Terry Orlick shares what he feels is required to excel within the Olympic context. Penny Werthner, another experienced Olympic sport psychology consultant shares insights gained from in-depth interviews with Olympic athletes on the role of effective concentration in high performance sport.

In the remaining articles in this Issue, Robert Schinke and Chris Peterson expand on the work of Seligman to provide insights on the role of optimism skills with high performance athletes and others engaged in high level performance. John Pates and John Palmi present the results of an interesting study on the potential role of hypnosis on attaining flow states and improved performance. Hans Olsson presents some very positive and interesting results on the use of mental training for patients experiencing high levels of pain. Laura Farres shares a very moving case study of a National team athlete trying to cope effectively with a very negative National team coach. Penny Werthner shares a thought provoking interview conducted with Steve Giles, a former world champion and Olympic medallist in canoeing.

To conclude this issue Emma Stodel and Laura Farres, two promising young professionals in the sport psychology field, share views and insights on the delivery mental skills over the web.

Terry Orlick
Editor in Chief