



# Depression and Bipolar Support Alliance of San Diego

DBSA San Diego presents ...

**Michael T. Lardon, M.D.**

Sport psychiatrist, psychopharmacologist, physician, mental coach, and author

## Finding Peak Performance in Life

This talk will address what techniques and concepts elite athletes use in helping themselves perform their best in intense competition. The presentation will last about 45 minutes. Dr. Lardon will show actual case vignettes of Olympians that illustrates these concepts. Afterwards he will open a discussion on how these concepts can help the everyday man and woman in their daily lives.

**When:** Monday, 04 August 2008  
6:00pm – 7:30pm

**Where:** Garren Auditorium  
Biomedical Sciences Building  
Medical School Campus  
University of California, San Diego  
La Jolla, California

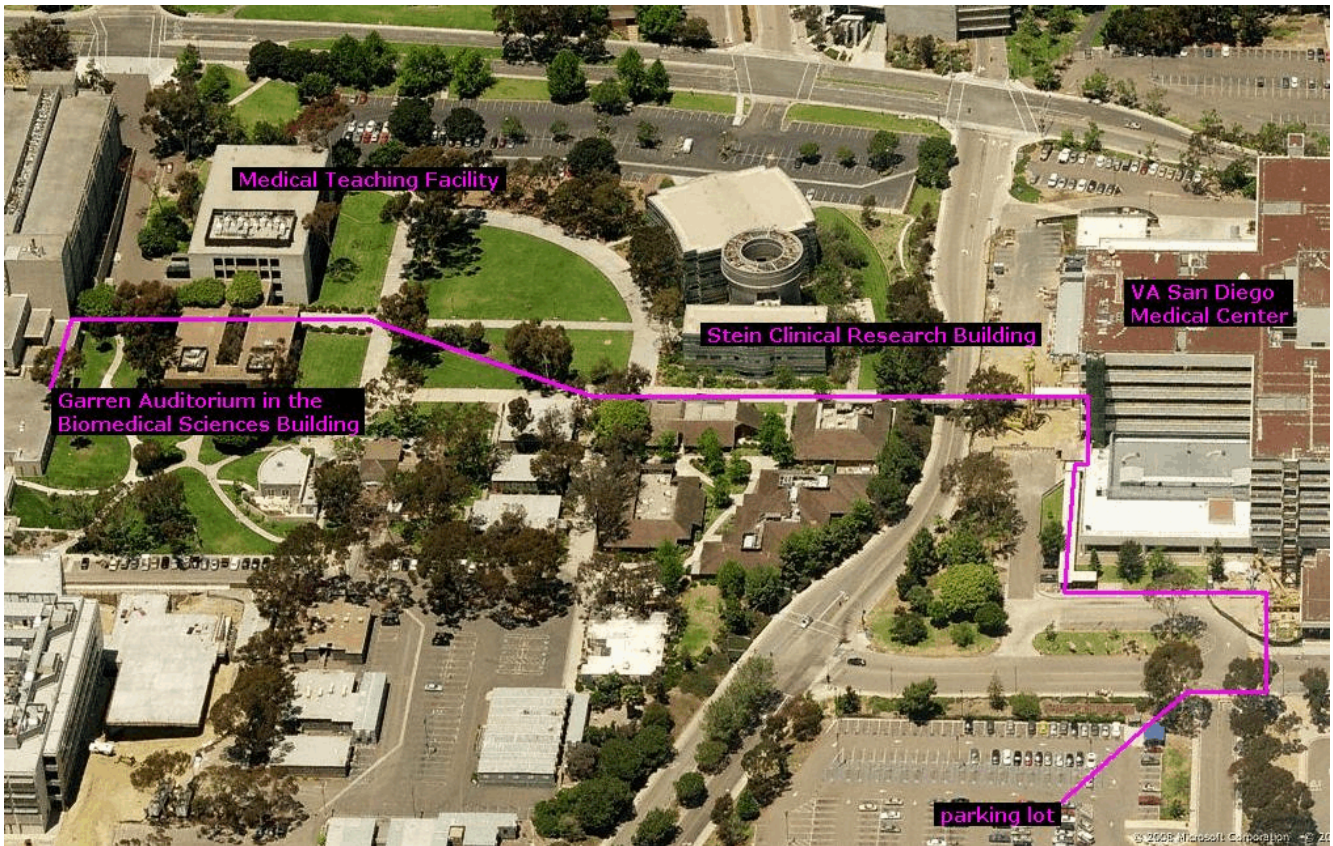
Dr. Michael T. Lardon is a University of California, San Diego Associate Clinical Professor of Psychiatry who specializes in general psychiatry, psychopharmacology and performance enhancement. He is author of *Finding Your Zone: Ten Core Lessons for Achieving Peak Performance in Sports and Life*. He provides services to PGA Tour and Olympic athletes. He holds a psychology degree from Stanford University, a medical degree from the University of Texas Medical Branch in Galveston, Texas, and internal medicine training from St. Mary's Hospital in Long Beach, California (a UCLA-affiliated program). His research in Athletic Peak Performance won UCSD's prestigious Judd award.

Dr. Lardon is published in both academic and lay press. He has been interviewed frequently by both print and television media: *USA Today*, *Active Cities*, *Golf Magazine*, *Gold World*, *Sports Illustrated*, Court TV, and CNN. His own interest in sports began when he became a United States Junior table tennis champion. During his psychiatry residency training he caddied for his brother, Brad Lardon, in the PGA Q School finals, an infamous experience well-chronicled by sports writer John Feinstein in his book, *A Good Walk Spoiled*.

To quote Dr. Lardon: "This is a very exciting time in the field of sport psychiatry because of the tremendous advancements in neuroscience. It is the integration of research and clinical expertise that allows me to help facilitate performance in my clients. I now utilize everything from cognitive-behavioral strategies, medicine, hypnosis, psychotherapy, performance enhancement techniques and common sense. I feel very fortunate to have a profession that grew out of my life's experience and draws on the latest scientific breakthroughs in the field of neuroscience."

For further information, visit Dr. Lardon on the Web at <http://www.DrLardon.com/>.

**There is free parking in the VA Hospital parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. See the map on the reverse side of this sheet for detailed directions.**



1. Start in the **parking lot** and walk to the bus stop in front of the **VA San Diego Medical Center** (usually called the VA Hospital in La Jolla).
2. Walk west to the covered outdoor corridor, turn right and walk north down that corridor, along the western edge of the hospital, until you turn left (west) when you get to the footbridge.
3. Walk over the footbridge that crosses Villa La Jolla Drive.
4. Walk past the **Stein Clinical Research Building** (on your right).
5. On your right, you will see a diagonal asphalt path starting near a fire hydrant. Walk down that path to the **Medical Teaching Facility** building.
6. When you reach the end of the asphalt path, walk under the overhead walkway connecting the two parts of the building. Continue until you reach the next building, which is the **Biomedical Sciences Building**.
7. Enter the large glass sliding doors and turn immediately left down a corridor, where there is a sign saying **Garren Auditorium** is in Room 1105.
8. Walk down the corridor, turning right, then left.
9. Enter where it says Room 1105 (the bottom/front of the room, where the lecturer will be) and take a seat. Alternatively, continue until you see a staircase going up on your right. This will take you to the top/back of the auditorium.

Signs will be posted along the route from the parking lot to Garren Auditorium.