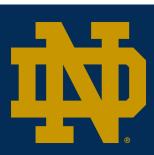
SPORT PSYCHOLOGY SERVICES

Topics Addressed

Adjustment to ND
Identity Development
Injury Recovery
Confidence
Depression & Anxiety
Relationship Concerns
Performance Enhancement
Body Image & Food Concerns
And more...

TYPES OF SERVICES





INDIVIDUAL

Individual Counseling
Individual Performance Enhancement
Crisis Response & Intervention

TEAM

Team Building & Activities

Mental Skills Training

Well-Being Education

Leadership Development



STAFF

Consultation

Team Assessment
Executive Coaching
Practice Strucure

GROUPS

Workshops

Group Therapy

Support Spaces

