

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 Structure

GROUPS

Workshops
Group Therapy
Support Spaces

