



**COMMANDER
COUNSELING & WELLNESS**

THE REFERRAL GUIDE FOR COACHES



MENTAL SKILLS TRAINING

Learn when players should seek services to learn, improve, and maintain mental skills necessary for successful performances.

PLAYER DEVELOPMENT

Learn how players can benefit from leadership and character building to create team cohesion and decrease team conflict

MENTAL HEALTH

Learn when to seek services for players who may be experiencing depression, anxiety, or other psychological problems

CONFIDENCE



THE REFERRAL GUIDE FOR COACHES

Helping coaches, medical staff, administrators, and others identify when and how to seek sport psychology services



Sport Psychologists can be very beneficial to players, coaches, and organizations. One of the biggest barriers to seeking out effective services is the ambiguity that coaches may have about when/how to seek services. This brochure is a quick reference guide to help coaches make those decisions.

This is not an exhaustive list, and coaches are encouraged to seek consultation if they continue to be unsure if sport psychology services are necessary.

MENTAL SKILLS TRAINING

At elite levels of competition, it is often the mental skills that separate those who will consistently be successful from those who will not. Mental skills training helps athletes learn to play to their ability levels on a consistent basis, allowing for more successful performances.

"It takes time to create excellence. If it could be done quickly, more people would do it."
-John Wooden



COHESION

If your player experiences any of the following, they may likely benefit from mental skills training:

- Performance slumps
- Inconsistent performances
- Underachieving
- Difficulty adjusting to coaching instructions
- Frustration experienced by coaches or player
- Lack of confidence
- Performance anxiety/performing under pressure
- Trouble letting go of mistakes
- Focusing on things they can't control
- Being distracted
- Not improving with coaching instructions



RESILIENCE

LEADERSHIP DEVELOPMENT

Poor relationships within the team or organization can cause conflict that has negative influences on sport performance. Many players careers are impeded by poor character or leadership skills.

Player development includes working on team building, leadership skills, and character building. These skills will positively impact their lives both on and off the playing field.

Players may need services if they experience the following:

- Coach & player conflict
- Team or player "drama"
- Lack of cohesion
- Lack of leadership
- Poor attitude
- Resistance to coaching instruction
- Difficulty getting along with others
- Legal problems

"Talent wins games, but teamwork and intelligence wins championships."

-Michael Jordan



CHANGE

MENTAL HEALTH ISSUES

Although athletes can experience psychological distress, the way in which they experience their symptoms can be very different from non-athletes. That is why it is important for athletes to seek support from professionals who are trained in working with mental health and athletes.

Seeking mental health services can help athletes learn how to effectively cope with stress, deal with emotions, improve relationships, manage substance abuse and sex addiction, and help with other sport and life stressors. Services are also useful in dealing with depression, anxiety, anger, and adjustment to the league.

"The greatest efforts in sports come when the mind is as still as a glass lake."

-Timothy Gallwey

SESSION TYPES

INDIVIDUAL

One on one counseling is beneficial for gaining in-depth improvements

TEAM

A great way to reach the most people in a time-efficient manner

WORKSHOPS

Cover teambuilding, group cohesion, leadership development, and mental skills

ASSESSMENT

Screening for mental health or academic concerns, or mental performance and leadership

To schedule an appointment, please contact Commander Counseling & Wellness. All mental health services are confidential and protected under HIPPA

Insurances Accepted

- HealthChoice
- Blue Cross Blue Shield
- Medicaid
- Coventry
- Aetna
- United Healthcare

SCHEDULING

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