



Counseling and Mental Performance

Consent For Participation in Mental Performance Training Reaching Ahead

You are being invited to participate in Mental Performance Training with Raegan Geldart, an intern at Reaching Ahead, working towards her certification(s) as a Certified Mental Performance Consultant.

Meet for regular group mental performance trainings with Raegan, and occasionally Dr. Tim Herzog. The names and contact information for the supervisor(s) are listed at the end of this form.

Mental training calls for a very active effort on your part. To be successful you will have to commit to addressing your concerns during your consultations, while training, while competing, and in your everyday life. Applying the concepts and skills discussed ‘in-trainings,’ to the ‘outside world,’ is essential for related improvement with performance and / or general wellbeing.

Mental training can have risks and benefits. Because sessions may focus upon aspects of your performance (and your life) that are not going well, you may experience uncomfortable feelings like sadness, anger, frustration, helplessness, etc. You may also start to question your commitment and your desire to remain involved in your sport. On the other hand, mental performance training can focus on strengths, help to improve performance, provide solutions to difficult situations, and reduce stress. It can also lead to renewed enjoyment and commitment to your sport. There is no way to predict with absolute certainty what your experience will be. In addition, there is no guarantee that your sport performance or your general well-being will improve as a result of seeking mental performance coaching.

The intern and her supervisors are ethically bound to respect and guard the groups confidentiality. Only in the event that it becomes apparent that you are in danger of hurting yourself, someone else, or you report some types of abuse may confidentiality be broken.

By signing below, you are saying that you are: agreeing to participate in Mental Performance Training as described above and that you understand the limits of confidentiality.

Athlete's Printed Name _____

Athlete's Signature Name _____

Date

Parent or Guardian Signature _____

Date

The supervisors involved in this experience are: Dr. Tim Herzog, EdD, LCPC, CMPC, BCB, Reaching Ahead Counseling and Mental Performance: tim@reachingahead.com
and Dr. Marc Cormier, Ph.D, CMPC, LCPA, University of Kentucky: marc.cormier@uky.edu

For more information visit: <https://reachingahead.com/maryland-united/>