

# Timothy P. Herzog, EdD, LCP, CMPC, BCB

2152 Renard Court, Annapolis, MD 21401 · 410-980-2014 · tim@reachingahead.com

## LICENSURES:

- *Licensed Clinical Psychologist, Virginia* 3/20-Present
- *Licensed Professional Counselor, Pennsylvania* 12/17- Present
- *Licensed Clinical Professional Counselor, Maryland* 10/13- Present
- *Licensed Clinical Professional Counselor, Montana* 8/07- Present

## CERTIFICATIONS AND REGISTRY LISTINGS:

- *Listed in United States Olympic & Paralympic Committee, Sport Psychology Registry* 1/12-Present
- *Listed in United States Olympic & Paralympic Committee Mental Health Registry* 1/21-Present
- *Board Certified in Biofeedback, Biofeedback Certification International Alliance* 8/17-Present
- *Certified Mental Performance Consultant, Association for Applied Sport Psychology* 8/08-Present

## RECENT RECOGNITION:

- Selected as *AASP Fellow* for contributions to the field of sport and exercise psychology 2020
- Recipient of the Journal of Sport Psychology in Action *Reviewer of the Year Award* 2017

## GRADUATE EDUCATION:

- Argosy University, San Francisco Bay Area* 9/09-12/11  
Doctor of Education (Ed.D.), Counseling Psychology (4.0 GPA)  
Defended Dissertation: "Sailing Video-Imagery: Impacts on Imagery Ability"
- Loyola College in Maryland, Baltimore, MD* 9/02-1/04  
Master of Science (M.S.), Clinical Psychology
- Boston University, Boston, MA* 9/00-5/01  
Master of Education (Ed.M.), Counseling Psychology specializing in Sport Psychology

## RELEVANT EXPERIENCE:

*Counselor – Reaching Ahead Counseling and Mental Performance* 8/08-Present  
Conduct counseling, psychotherapy, mental performance coaching, professional mentorship, and biofeedback for clients ranging in age from adolescence through late adulthood. Areas of focus include trauma, anxiety, grief, couples, interpersonal, and adjustment difficulties. Collaborate on scholarly publications and presentations (in-person and virtual) and regularly publish lay articles. Leader within AASP (ethics committee member and past coordinator of special interest groups). Regularly consult with other professionals locally, nationally, and abroad.

*Senior Mind-Body Scientist (after Family & Sport Psychology Specialist Roles) – CHAMP* 8/13-9/16  
Supported the Consortium for Health and Military Performance (CHAMP). Read, analyzed, and prepared documents, presentations, and other research/education related content to help educate service members, family members, commanders, and health care professionals in the areas of psychology, sport psychology and human performance optimization (HPO). Oversaw Mind-Body content on CHAMP produced websites. Strategically organized and produced articles and resources, mentoring staff contribution. Reviewed and translated sports, cognitive, and physical performance literature, plus PTSD, mild traumatic brain injury (mTBI) and military transition/reintegration literature into educational materials. Coordinated for cohesive written content and multi-media production. Liaised with professional associations.

# Timothy P. Herzog, EdD, LCP, CMPC, BCB

2152 Renard Court, Annapolis, MD 21401 · 410-980-2014 · tim@reachingahead.com

## Facilitator – Cancer Support Community of Montana

3/10-11/13

Led a networking support group for prostate cancer and participate in group supervision meetings with colleagues. Previously provided instruction for a 6 week biofeedback course, and subsequently for a 6 week imagery course. Initiated a caregiver support group. Occasionally substituted as a facilitator for a general grief group and a cancer support group.

## Senior Performance Trainer, Army Center for Enhanced Performance- Fort Lewis, WA

9/07-8/08

Worked with soldiers, leaders, families, and the warriors in transition chain of command on performance enhancement, through seminars, individual training, and a train-the-trainer approach. Group and Individual training emphasized a positive approach and utilization of biofeedback.

## **SELECTED TEACHING EXPERIENCE:**

- *Adjunct Psychology Faculty, Saybrook University* 12/13-Present
- *Core Adjunct Faculty, Sport Psychology, National University* 9/09-3/18
- *Adjunct Professor, Personality Psychology, Montana State University* 1/11-7/12
- *Adjunct Professor, Health Sciences, Howard Community College* 9/05-12/05

## **SELECTED OTHER ROLES:**

- *Wilderness Therapy Field Instructor, Three Rivers Montana* 6/07-8/07
- *Mentor, Big Sky Youth Empowerment Project* 1/07-3/07
- *Intern – Montana State University, Bozeman: Counseling & Psychological Services* 8/06-3/07
- *Extern – United States Naval Academy Midshipmen Development Center* 9/05-5/06
- *Instructor/ Coach Trainer, U.S. Sailing Association* 6/00-8/06
- *Group Supervisor, Masters Clinical and Counseling Practicum, Loyola College* 6/05-5/06
- *Extern – Howard Community College Counseling and Career Services* 9/04-7/05
- *Extern – Loyola Clinical Centers: Multidisciplinary Assessment Center* 8/03-5/04
- *Extern – Advocates for Survivors of Torture and Trauma* 1/03-6/03
- *Sport Psychology Consultant, College Athletics, Howard Community College* 8/05-5/06
- *Summer Intern – IMG Academies Mental Conditioning Department* 6/04-8/04
- *Head Club Sailing Coach, Loyola College (Outstanding Coach's Award Recipient)* 9/02-12/04
- *Head Varsity Sailing Coach, Boston College* 8/01-6/02
- *Academic Coach - Play It Smart, National Football Foundation* 10/99-5/00
- *Assistant Director of Intercollegiate Sailing, U.S. Merchant Marine Academy* 8/99-8/00

## **SELECTED CURRENT SCHOLARLY PROJECTS:**

DesClouds, P., Durand-Bush, N., & Herzog, T. (2022, Expected). The stoic collegiate swimmer – The collaborative work of a certified mental performance consultant and clinical psychologist to address performance and mental health issues. In S. Castillo, et al. (Eds.), *Building Consulting Skills for Sport and Performance Psychology: An International Case Study Collection*. Taylor & Francis/Routledge.

Eiring, K., Herzog, T., Bartley, J. (2022, Expected). Chapter 2: General approaches to management of mental health symptoms and disorders in elite athletes: psychotherapy. In C. Reardon (Ed.), *Mental Health Care for Elite Athletes*. Springer.

Herzog, T. & Zito, M. (2022, Expected). Chapter 7: Ethics in Sport and Performance Psychology: Realities of Practice in a Multi-Disciplinary Field. In D. Tod, V. Krane, & K. Hodge (Eds.), *Routledge Handbook of Applied Sport Psychology-Second Edition*. Taylor & Francis/Routledge.