

## What is Stanford Sport Psychology?

Sport Psychology is a multidisciplinary field spanning psychology, sport science, and medicine.

Stanford Sport Psychology provides comprehensive sport psychology services to support student-athletes in becoming their best selves; to promote optimal performance, well-being, and mental health; and to contribute to an inclusive athletic department. We provide individual counseling and performance psychology sessions to varsity student-athletes and consultation to varsity teams and coaches. We also collaborate closely with athletic department staff, and provide educational programming and crisis management support.

## Individual Counseling & Performance Consulting Services

Individual services provide an opportunity to maximize personal strengths, explore factors that may be preventing student athletes from reaching their potential athletically, academically or personally, and developing skills to thrive in life. Individual services are confidential. Presenting concerns occur across a continuum including, but not limited to:

	<h3>Performance Optimization</h3>	<ul style="list-style-type: none"> <li>• Identify Mental Strengths &amp; Weaknesses</li> <li>• Confidence &amp; Composure</li> <li>• Mindfulness &amp; Enhancing Attention</li> <li>• Imagery</li> <li>• Performance Routines</li> <li>• Energy regulation &amp; Relaxation</li> </ul>
	<h3>Life &amp; Performance Challenges</h3>	<ul style="list-style-type: none"> <li>• Performance Anxiety</li> <li>• Relationship concerns &amp; Communication</li> <li>• Stress management &amp; Sleep problems</li> <li>• Motivation &amp; Burnout</li> <li>• Identity &amp; Family issues</li> <li>• Coping with Injury</li> <li>• Transition into/out of sport</li> </ul>
	<h3>Mental Health Concerns</h3>	<ul style="list-style-type: none"> <li>• Mood concerns: loneliness, anger, sadness</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Disordered Eating</li> <li>• Substance Abuse</li> <li>• Trauma</li> </ul>



## Consultation

Staff consultation is available for any DAPER staff or campus partner with a sport psychologist. While we provide individual counseling/psychotherapy to varsity student-athletes, we frequently consult with coaches, administrators, athletic trainers, physical therapists, physicians, and sports performance and nutrition staff. We strive to collaborate with others to support DAPER staff, coaches, teams, and student-athletes to thrive and succeed at Stanford. Topics include, but are not limited to, how to respond to a challenging situation, improving team dynamics, enhancing leadership, or effective communication.

## Team or Group Services

Team sessions are designed to address the unique needs of the participating team and to provide memorable active learning experiences to build team unity, reinforce team mission and vision, clarify team goals, roles, and responsibilities, and teach mental skills to improve team and individual performance. Team consultations are ideally created in collaboration with coaches and staff. Sample topics include, but are not limited to:

- What is Sport Psychology?
- Achieving a championship mindset
- Maintaining focus and composure
- Building confidence
- Goal Achievement
- Optimizing self-talk
- Effective communication
- Mindfulness/Staying present
- Improving team dynamics
- Effective imagery and visualization
- Leadership Development
- Stress Management

## Who We Are

We are licensed psychologists with specialized training and experience in working with athletes, teams, and athletic systems. Drs. Moran-Miller, Crick, and Ballesteros meet with individual student athletes and work with varsity teams. We serve as the primary liaison with specific teams for consultation and team interventions; however, student athletes may request to work with any provider based upon schedule availability and needs/preferences of the student athlete. We work collaboratively to meet the diverse needs of student athletes. Student-athletes may work with the below providers or may be connected to other professionals on a case-by case basis.

- **Dr. Kelli Moran-Miller**- Director of Sport Psychology for Athletics  
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- **Dr. Sonali Wason** - Assistant Director of Sport Psychology for Athletics  
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- Sport Psychology Postdoctoral Fellows 650.725.8202, Office: 341 Galvez