

Spring 2015

ELITE ATHLETES PERFORMANCE GROUP 2015

visualization mindfulness

biofeedback focal cues

and more!

If increased focus, confidence and sport performance is what you desire, then grab one of these limited spots.

The group meets for ten sessions and will focus on various performance psychology techniques to aid athletes in developing a strong mental game. Current members have the first option to reserve their spot for the next series of sessions.

**This group is co-ed and limited to current Professional Athletes and Student-Athletes from Universities within the Middle Tennessee area.*

10 Weeks | Alternating Wednesday Evenings

Email kaci@catch23performance.com for a confidential consultation to see if this group might be a good fit for your goals.



Kaci Allen, MSCMHC

With a Master of Science in Clinical Mental Health Counseling, Kaci brings a wide variety of clinical knowledge and experience to the group setting, including personally studying with Dr. Gerald Corey, Professor Emeritus of Human Services at California State University at Fullerton.

Kaci operates a private practice in Nashville, TN, is an Adjunct Professor at Cumberland University and is an active member of the American Counseling Association (ACA), Association for Specialists in Group Work (ASGW), and the Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling (ALGBTIC) as well as pursuing becoming a consultant with the Association for Applied Sport Psychology (AASP).

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