

Athletic Counseling



What is Athletic Counseling?

The provider assists the individual in developing his/ her athletic skills all the while exploring the individual's feelings and attitudes. The modalities that may be used within a session could include a specific workout program, barrier assessments, goal setting, self-talk & motivation, anxiety management, emotional regulation and guided imagery. The session is catered specifically to the client. Athlete or not, these sessions can help anyone get started on a healthy physical activity regime.

Who is Athletic Counseling for?

- Teens or adults looking to perform better for a specific sport.
- An individual looking to start a healthy exercise regime.
- Anyone looking to utilize physical, mental and emotional strength while equipping a physical activity plan right for you.

Make an appointment today:

You can call 402-934-1617 to make an appointment. With questions please call or email info@omahaic.com.

What can I expect at an initial session?

An initial session gives the counselor the opportunity to build and create rapport. This will be done utilizing background information, demographics, and history. The client may then begin by setting goals (long and short term) and assessing any positive or negative barriers.

What can I expect at follow-ups?

Follow-up sessions are pertinent to the maintenance and education of the client. These sessions will look at anything that may have arose while trying to reach the goals set between the provider and client. Talking through the physical, mental and emotional is the difference between a simple coaching session and a session with an athletic counselor.

What are the benefits?

- Improved athletic performance
- Awareness of all areas of health in correlation with sports or exercise
- Progress toward mental health barriers
- Quality in performance and daily life

What is the cost?

- Initial Session: \$80
- Follow-Up Sessions: \$60
- Package (initial + 3 60min F/U): \$250

