

## What is a Certified Consultant (CC-AASP)?



The Association for Applied Sport Psychology (AASP) is an international, multi-disciplinary, professional organization that offers certification to qualified professionals in the field of sport psychology. Certified Consultants of the Association for Applied Sport Psychology are referred to as CC-AASP.

### You may benefit from working with a CC-AASP if you find yourself saying...

- I don't perform as well in games/competitions as I do in practices
- My performance in "big" games/competitions is worse than in regular games/competitions
- I have difficulty concentrating or frequently lose focus
- I have difficulty recovering from setbacks
- I'm coming back from an injury and don't feel confident
- I wish my performances were more consistent
- I have a hard time coping with my high-stress or high-risk occupation



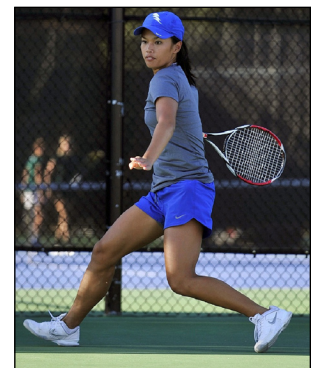
### Why should you select a CC-AASP?

Certified Consultants of the Association for Applied Sport Psychology are the most capable sport psychology providers as they have met the highest standard in education, training and supervised practice. The AASP certification process encourages sport psychology professionals who complete it to maintain high standards of ethical conduct while giving service to others.



They are specifically trained to help enhance performance in the following ways:

- Reducing performance anxiety
- Improving concentration
- Setting both short- and long-term goals
- Increasing and maintaining motivation
- Building self-confidence
- Improving communication
- Recovering from injury
- Starting and maintaining an exercise program



**TO FIND A CC-AASP IN YOUR AREA, VISIT**  
[www.appliedsportpsych.org/certified-consultants/find-a-consultant/](http://www.appliedsportpsych.org/certified-consultants/find-a-consultant/)