

Stronger Than Setbacks

*A virtual series for high school athletes
coping with injuries*

Lead by:

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FOR THIS 6-SERIES WORKSHOP

**Sunday's 7:00-8:00pm
beginning March 15th**

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MENTAL PERFORMANCE

Stronger Than Setbacks



NEXT LEVEL
MENTAL PERFORMANCE

Week 1 (3/15): Introductions & Goal Setting

Athletes will get to identify personal and sport-related goals for their recovery. We'll break down different types of goals, draft SMART goals, and begin naming the challenges that come with being injured.

Week 2 (3/22): Acceptance of Injury

This week focuses on understanding and accepting the reality of injury, changes in role, and recovery timelines. Athletes will be introduced to DBT and CBT-based skills, including radical acceptance and recognizing unhelpful thinking patterns.

Week 3 (3/29): Confidence

Athletes will explore how injury impacts confidence, self-concept, and self-blame, both in sport and daily life. Psychoeducation, CBT, and ACT skills will be used to rebuild confidence and shift how athletes view themselves and their situation.

Week 4 (4/12): Mindfulness

This session introduces mindfulness skills designed specifically for injury recovery and nervous system regulation. Athletes will practice somatic coping strategies, meditation, and techniques that go beyond traditional body scans and muscle relaxation.

Week 5 (4/19): Visualization

Athletes will learn how mental imagery can support physical healing and performance readiness. Each participant will begin building a personalized visualization script focused on recovery and return to sport.

Week 6 (4/26): Preparing to Return to Sport

In the final week, athletes will integrate all skills learned to support a confident return to sport. We'll address fear of re-injury, self-talk, body-based responses, and "what if" thinking to help athletes feel mentally prepared moving forward.