



DR. HEATHER WHEELER  
PSYCHOLOGIST

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5-WEEK CONSULTATION SERIES  
SPRING 2026

# Sport Psychology in Clinical Practice

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For practitioners who want to  
**Bridge the Gap** between Mental Health  
**AND** Mental Performance work  
with high-performance athletes.





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THE TRUTH

# Humans are Messy.

*And athletes are no different.*

## The Mental Health Continuum



Athletes and performing artists  
move up and down the continuum.  
Practitioners need to collaborate and  
upskill to help them in every colour.

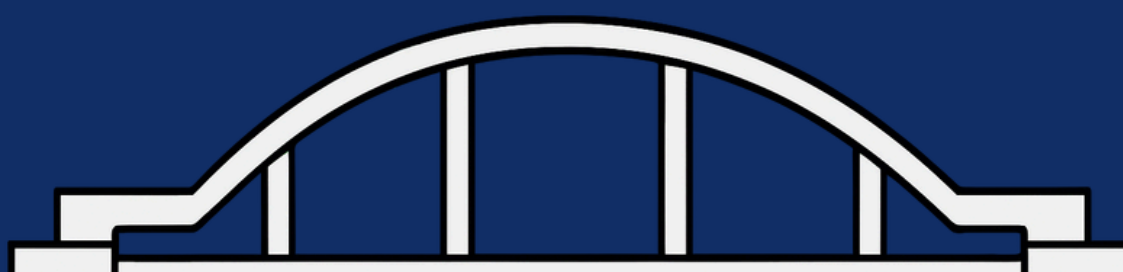




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BRIDGE THE GAP

# Two Goals. One Human.



## MENTAL HEALTH AND PERFORMANCE

Growth, Progress, Process  
Psychological Flexibility  
Lifelong Wellbeing  
Interdependent Relationships  
Messy & Imperfect  
Multidimensional Identity  
Sport-Life Harmony

Results, Outcomes  
Execution Under Pressure  
Performance on Demand  
Independence, Control  
Perfection  
Athlete Identity & Self-Worth  
All-in

Supporting **BOTH** simultaneously is the only way to  
help high-performers flourish.





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WHO THIS IS FOR

# Does this sound like you?

## Mental Health Practitioners

Clinical or counseling psychologists, psychotherapists, social workers wanting to **expand their sport psychology competencies** to deepen their impact with athletes & performing artists.

## Dually-trained practitioners & MPCs

CMPCs +/- RCC/CCC/RP seeking the **clinical depth to respond confidently** when athletes' and artists' mental health needs become complex.

*Students from sport psychology and clinical programs are welcome.*





WHAT YOU'LL GAIN

# An integrated approach.

- **Deeper case conceptualization**  
Across the mental health continuum

- **Adapted assessment & intervention protocols**  
For athletes & performing artists

- **Ways to navigate sport culture**  
Coaches, parents, performance pressures

- **Ethics and practice in high-performance**  
When it gets complicated

- **Expanded treatment**  
To the athlete's training environment

- **Collaborative care**  
Double-teams & hand offs to CMPC or MH experts





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# 5 Weeks. Virtual.

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Offered 3x a  
year



Join an upcoming  
cohort



1 hour a week



5 sessions

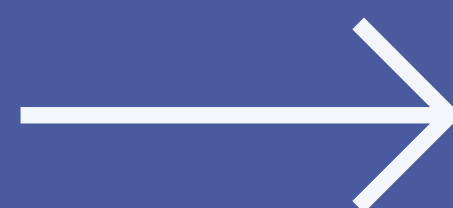
Deepen your  
practice.

Show up more fully  
for your athletes.

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**\$500**

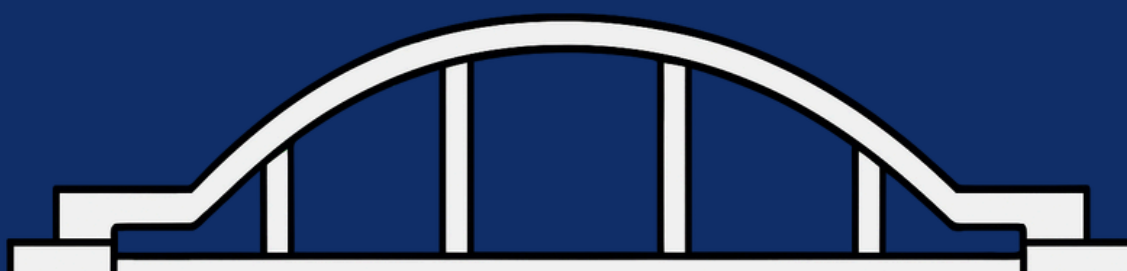
5 sessions · actionable skills  
· real cases · peer support ·  
· recordings & resources ·  
· live consultation





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# BRIDGING THE MENTAL HEALTH - PERFORMANCE GAP



**Athletes need us to  
see both sides of them to succeed.**

*Join a small cohort of practitioners committed  
to deepening their understanding and skill  
working with athletes  
across the entire mental health continuum.*

**Connect  
for more info!**



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[www.drheatherwheeler.com](http://www.drheatherwheeler.com)



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