

SPORT PSYCHOLOGY *for gymnasts*

NOVEMBER 12-14, 2025
AGES 8-10 9:30-10:30AM
AGES 11-14 10:45-11:45AM
COST: \$250

IN PERSON SMALL GROUP SESSIONS BILLABLE TO INSURANCE AS PSYCHOLOGICAL TREATMENT



LEARN HOW TO SAFELY CONQUER FEARS

We will apply evidence-based cognitive behavioural therapy (CBT) techniques to each athlete's specific fears in the gym. Helping them to create their own gradual exposure plans.



CONFRONT AVOIDANCE

When fear feels too big it is common to avoid it altogether. Young gymnasts need help identifying what they are avoiding and why- so that they can reach their performance goals.



CREATE A MENTAL TOOLBOX TO COUNTERACT NEGATIVE THOUGHTS

Negative thoughts can be overwhelming for kids, and even the most confident athletes face them sometimes. We'll learn evidence-based strategies to combat negative thoughts and create helpful scripts to use in the future.

BOOK NOW



Sherwood Park Office Location



katie@castlepsychology.ca



<https://castlepsychology.ca/contact-us>



An intake call is required to be scheduled prior to registration to confirm goodness of fit for treatment.



GROUPS RUN BY KATIE CASTLE
REGISTERED PSYCHOLOGIST
NCCP LEVEL 3 GYMNASTICS COACH

