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Association for Applied Sport Psychology Applauds MLB's Decision to Expand Personnel Access to Dugout and Bullpen

Certified Mental Performance Consultants® emphasize the impact this decision will have on improving players' mental performance

INDIANAPOLIS, IN (June 27, 2023) – The [Association for Applied Sport Psychology \(AASP\)](#) applauds Major League Baseball's (MLB) decision to expand access to dugout and bullpen areas for Major League games for key team personnel, including Certified Mental Performance Consultants® (CMPCs). Effective for the 2023 regular season and Postseason, MLB is allowing teams to request permission from the Commissioner's Office for additional personnel in several areas, including certified mental performance coaches.

"I am excited MLB made the decision to allow certified mental performance coaches in the dugout as part of the in-game coaching staff," said Cecilia Craft, CMPC, Director of Mental Performance Life Skills and Education for the Philadelphia Phillies. "Dugout access helps mental performance coaches to have a clearer picture of how to best support their players and club. It also provides the player access to the mental performance resource at the moment as needed."

"During my career, I prioritized mental performance and utilized the personnel available to me, which built on what my parents and grandparents instilled in me at a young age," said Dan Otero, an 8-year veteran pitcher who now serves as MLB's Senior Director of On-Field Operations. "Those resources lifted my talent and helped me establish a Major League career. Having access to in-the-moment coaching is another important tool as players pursue their dreams."

The [Certified Mental Performance Consultant®](#) (CMPC) program is the only nationally accredited certification for mental performance consultants. It provides a standard that demonstrates to clients, employers, colleagues, and the public at large that an individual has attained specified professional training and experience. The program also seeks to strengthen the status of sport psychology professionals by giving recognition to those who have met the highest standards of professional practice.

"MLB's decision to permit additional certified personnel in the dugouts provides the ability for clubs to have practitioners positively impacting player performance in real-time," said Traci Statler, PhD, CMPC, Mental Performance Coordinator for Rehabilitation and Scouting for the Phillies and Past AASP President. "Giving CMPCs the ability to be on the ground, with the

players and coaches in the dugouts, provides for better direct observation and more holistic integration of mental performance coaching in ways we previously could only employ via post hoc methods.”

Additional information about the CMPC credential and certification process can be found at: appliedsportpsych.org/certification

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About Association for Applied Sport Psychology (appliedsportpsych.org)

The Association for Applied Sport Psychology (AASP) is the premier association working to ensure every performer has the resources to strengthen their inner edge through the advancement and application of excellence in mental performance and mental health. To do that, AASP cultivates an inclusive field of Certified Mental Performance Consultants® (CMPCs), licensed mental health professionals, educators, and researchers. Founded in 1985, AASP currently has over 2,500 members worldwide, supporting people at every age and level across the performance spectrum – including sport, exercise, tactical, business, and performing arts populations – and elevating their ability to perform and thrive. Follow AASP on [Facebook](#), [Twitter](#), [Instagram](#), [LinkedIn](#) and [YouTube](#).