



# Setting a higher standard in mental performance

## Powering performers to realize their potential

Anyone can claim expertise. The Certified Mental Performance Consultant® (CMPC) credential demonstrates and validates the knowledge, skill and competency needed to work with people across the performance spectrum to strengthen their inner edge and maximize their potential.



## **One certification.** Meaningful impact.

### Setting the Standard

The only nationally accredited certification for mental performance professionals in the United States and Canada, CMPCs are recognized for their expertise and ethical practice to help performers reduce performance anxiety, improve concentration and communication, build confidence, set goals, and more.

### Respected Rigor

Earning the CMPC credential is a commitment to the same level of excellence their clients seek. And like performers, CMPC training is a career-long commitment. CMPCs engage in continuing education to keep their edges sharp and remain current on best practices and techniques.

### Growing in Demand

The demand for credible, certified specialists in the field of sport and performance psychology continues to grow as more athletes, performers, and coaches integrate mental performance into preparation.

# About the Certified Mental Performance Consultant® (CMPC) Certification

AASP, the leader in serving the needs of sport and performance psychology professionals, developed the CMPC credential to recognize the specialized knowledge and skill that athletes and performers at all levels demand.

The certification demonstrates to clients, employers, colleagues, and the public at large that an individual with a master's or doctoral degree in sport science, psychology or a closely related field has met the highest standards of professional practice, including completing a combination of educational and work requirements, successfully passing a certification exam, agreeing to adhere to ethical principles and standards, and committing to ongoing professional development.

CMPCs work with individuals of all ages and across a variety of performance contexts, including:

- Sport (athletes and coaches)
- Exercise (all activity levels)
- Tactical (military, firefighters, police)
- Performing Arts (dancers and musicians)
- Business (executives)

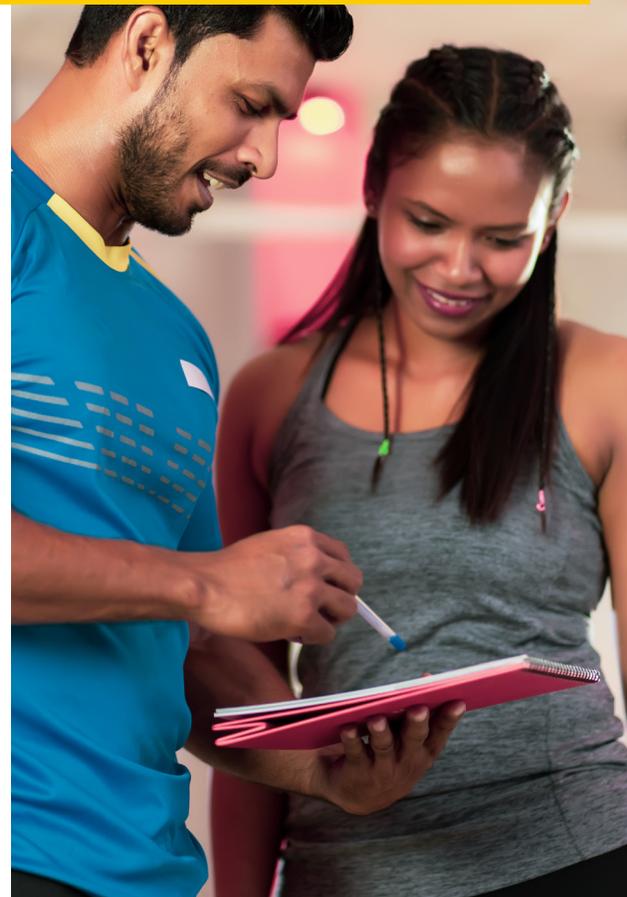
Within the sport domain, CMPCs work in a range of settings including youth/club sport, high school, collegiate, professional/semiprofessional, and Olympic/Paralympic.

AASP are partners with the Canadian Sport Psychology Association-Association Canadienne De La Psychologie Du Sport (CSPA-ACPS) in the administration of the CMPC Certification Program.



“Yes, we help people perform better, but ultimately it can be life altering...and giving people the tools to thrive is fantastic.”

–Shannon Baird, PhD, CMPC® KBR/1st Special Forces Group



Learn more about the certification and how to apply.

[appliedsportpsych.org/certification](https://appliedsportpsych.org/certification)

