

## Recommendations for Beginning CMPC Mentored Experience Hours

According to the CMPC Certification Program Candidate Handbook, mentored experiences can be completed during one's graduate education or as a post-graduate experience. The process of when to start mentored experience should be decided by a mentor who is listed in the Registry of Approved Mentors. As mentors may vary in their approaches to guiding when mentees should begin their mentorship process, this statement serves as a suggested path for mentors and mentees to follow in establishing foundational guidelines and expectations.

For mentees, the first step toward beginning one's mentored experience should be:

1. Choosing a graduate program (master's or doctoral) from a regionally accredited institution of higher education (or non-U.S. CA equivalent) in an area related to sport science or psychology.
2. Next, mentees should select a mentor listed on the [Registry of Approved Mentors](#).
  - a. Review the questions listed on the webpage to ask potential mentors when initiating contact.
3. In tandem with finding a mentor on the Registry of Approved Mentors, it is recommended that foundational coursework at the graduate level be completed **prior to beginning** mentored experiences. Such essential coursework includes ethics, theoretical foundations of the psychological process that influence human performance in sport OR counseling and consultation theories, and psychological techniques and interventions to enhance performance in sport and other domains (e.g., performing arts, military).

## Recommendations for Mentors Around Virtual Consulting

During their mentored experience, mentees are required to acquire sufficient in-person, direct-contact consulting experience under the supervision of an approved mentor before engaging in virtual consulting modalities. More precisely, mentees are responsible for discussing their readiness to engage in virtual modalities with their mentor.

It is the responsibility of the mentor to approve the readiness of the mentee to engage in virtual modalities during their mentored experience

Prior to engaging in virtual consulting, it is **recommended** that mentors establish certain requirements for mentees such as:

- Requiring a set number of in-person consultation prior to virtual consultations (e.g., 25 hours)
- Completion of an ethical training course or continuing education credits on service delivery using virtual modalities

*Prepared by the CMPC Certification Council Mentoring Committee  
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