

Clairissa Therres

Sports Psychologist

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📍 836 W 8th St, Duluth, MN
55806

Education

PhD in Psychology with a focus on Sports Psychology at University of Minnesota

Sep 2013 - May 2017

While studying for my PhD in Psychology with a focus on Sports Psychology, I have learned excellent research, writing, and communication skills.

Links

[linkedin.com/in/clairissatherres](https://www.linkedin.com/in/clairissatherres)

Skills

Psychology

Sports

Mental Health

Counselling

Psychotherapy

Behavioural Therapy

Languages

English

Japanese

Profile

I am a sports psychologist with over five years of experience working with athletes to help them overcome mental barriers and improve their performance. I have a deep understanding of the psychological factors that can impact an athlete's ability to succeed, and I use this knowledge to create tailored programs that address each individual's needs. I am also experienced in conducting research on the efficacy of different interventions and techniques, which has helped me develop a well-rounded approach to my work. In addition to my clinical work, I have also presented at national conferences on topics related to sports psychology, and written articles for both academic journals and popular publications. My goal is always to help athletes reach their full potential by providing them with the tools they need to thrive mentally as well as physically.

Employment History

Sports Psychologist at Targeted Mental Performance, MN

May 2022 - Present

- Led a team of psychologists in providing psychological support to Olympic athletes.
- Successfully treated an athlete with anxiety disorder who went on to win gold at the Olympics.
- Developed and implemented a sports psychology program for a professional football team.
- Conducted research on the effects of stress on performance in elite athletes.
- Presented findings from research studies at national and international conferences.

Assistant Sports Psychologist at Mental training Inc., MN

Jul 2017 - Mar 2022

- Helped an athlete increase their batting average by 10 points.
- Helped a hockey team reduce the number of penalties they took per game by 25%.
- Worked with a tennis player who went from being ranked 100 in the world to being ranked in the top 20.
- Assisted a golfer who was struggling with their mental game to get back on track and win 2 tournaments.
- Successfully helped an Olympic gymnast come back from an injury and medal at the next Olympics.

Certificates

Certified Mental Performance Consultant (CMPC)

Oct 2020

Registered Sport Psychologist (R.Sp.P.)

Jan 2019