

SPORTS PSYCHOLOGY SERVICES

PERSONAL - UNIQUE - CONVENIENT - PRIVATE

**In-Person and Telehealth sessions
AVAILABLE!**



Dr. Kayla Kovach has experience in sport and performance psychology, working with athletes and high performers to strengthen focus, confidence, motivation, and emotional regulation under pressure. Also supports clients navigating injuries, recovery, and return-to-play.

Also has experience supporting clients with anxiety, depression, trauma, and life transitions.

Uses evidence-based approaches including CBT, DBT, and Motivational Interviewing to promote both mental wellness and peak performance.

COVERED BY MOST INSURANCE PLANS

To learn more please contact Dr. Kayla Kovach:

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or

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www.behavioralwellnessgroup.com



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