

# SPORTS PSYCHOLOGY SERVICES

PERSONAL - UNIQUE - CONVENIENT - PRIVATE

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



**Dr. Kayla Kovach specializes in sports and performance psychology, working with athletes and high performers in the following areas:**

- strengthen focus
- confidence
- motivation
- emotional regulation under pressure
- navigating injuries, and recovery
- return-to-play
- anxiety
- depression
- trauma
- life transitions

**Dr. Kovach 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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