



# Guidance Professional Services Inc.

**“Helping You NAVIGATE Through Life”**

# Brainspotting

Sports Performance System – “Your Sport” Program

**Stephen Roberts, MPCC  
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43 Woodsworth Close Red Deer, Alberta T4N 5L9

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## **INFORMED CONSENT-CHILDREN AND ADOLESCENTS**

*The purpose of this form is to share some important principles, which guide my counselling process so that your decision to place your child or adolescent into counselling with me can be based on accurate, informed expectations. Please read this carefully, or have it read for you, and feel free to ask any questions about what you have read or to have the information explained further. Informed consent is the parent's and/or child's or adolescence complete and active participation in decisions that affect them and the freedom of choice based on the information shared. It is a continuous process throughout the counselling relationship. The parent and/or child adolescent have the right to refuse and/or withdraw from counselling at any time.*

## **PROFESSIONAL DISCLOSURE STATEMENT**

### **Qualifications:**

I have a Bachelor of Business Administration Degree, a Bachelor of Education Degree, and a Master of Arts in Counselling Psychology. I am a full member of the Canadian Professional Counsellors Association with the designations, **Master Practitioner in Clinical Counselling (MPCC) and Registered Professional Counsellor (RPC)**. In addition, I am a voluntary member with the Canadian College of Professional Counsellors and Psychotherapists with the designation, **Canadian College of Professional Counsellors and Psychotherapists Registrant (CCPCPr-Brainspotting)**. As well, I am a **Clinical Traumatologist (TITC-CT)** with the Traumatology Institute and a **Certified Brainspotting therapist and Consultant** with Brainspotting International.

### **Nature of the Brainspotting Sports Performance System (BSPS):**

Brainspotting is a neurobiological tool used to locate, target, process, and release experiences and symptoms held in your brain and body (David Grand (2013)). I hold an unconditional positive regard of clients and take a non-judgmental position, communicated via empathetic understanding. I believe the therapeutic relationship can significantly affect therapeutic outcomes with athletes and others alike.

### **Brainspotting Sports Performance System (BSPS) Counselling Services:**

Counselling sessions consist of processing emotional trauma, personal or injury based (including concussions), using the visual field. Normally, I request a “laundry list” from athletes of past sport and personal injuries in the initial session, which we clear using Brainspotting and bilateral sounds. This is repeated in the following sessions until there is no psychological or physical connection to performance. Performance expansion and creativity follow with further sessions to maintain levels and address deconditioning as it occurs (after games, tournaments, and/or practices). It requires an active effort on your child's/adolescent's part. To achieve therapeutic success, it is recommended the athlete add the performance techniques and bilateral sounds to their personal and sport-related routines.

Since counselling often involves discussing or feeling unpleasant aspects of our lives, the athlete may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. These are addressed in session in a safe, comfortable environment that allows the athlete to express themselves and gain valuable insight. However, there are no guarantees what your children/adolescents will experience as each athlete is unique. One **50-minute session** per week is scheduled (or more, depending on their individual needs) at a time we both agree on. If you have any questions about Brainspotting, the techniques, and/or any other issues, we can discuss them as they arise.

### **Confidentiality:**

One of your most important rights as a client seeking counselling is confidentiality. Information revealed by the athlete during counselling sessions will be kept strictly confidential and will not be revealed to any other person or agency without your written permission, **except** under the following circumstances:

**Duty to Warn:** If an individual intends to take harmful, dangerous, or criminal action against another human being, or against himself or herself, it is the counsellor's duty to warn the appropriate individuals or agencies of such intentions. Also, any actual or suspected acts of child, elder, or disabled person abuse will need to be reported to the appropriate individuals or agencies by the counsellor.



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**Court Order:** When lawyers believe that a client's counsellor may have valuable information for their case, they will subpoena her/his notes, records, and in some instances, even the counsellor themselves. In general, once a subpoena is served to a counsellor, it must be obeyed, or the counsellor may be charged with contempt.

**Consultation:** Information about you may be discussed in confidence with other counselling professionals and/or supervisors for the purposes of consultation and providing you with the best possible service.

## **Children, Adolescents, and Confidentiality**

Counsellors who work with children and adolescents have the difficult task of protecting the minor's right to privacy while at the same time respecting the parent's or guardian's right to information.

Counselling is most effective when a trusting relationship exists between the counsellor and the child/adolescent. Privacy is especially important in securing and maintaining that trust. One goal of treatment is to promote a stronger and better relationship between children and their parents. However, it is often necessary for children to develop a “zone of privacy” whereby they feel free to discuss personal matters with greater freedom. This is particularly true for adolescents who are naturally developing a greater sense of independence.

It is my policy to provide you with general information about their issues. I will raise issues that may impact your child/adolescent, either inside or outside the home. I will **not** share with you what your child/adolescent has disclosed to me without your child/adolescent's consent. At the end of your child/adolescent's treatment, we will review the sessions in general, including what issues were discussed, what progress was made to date, and what areas are likely to require further interventions in the future. Sometimes family sessions are necessary to help the child/adolescent with specific issues.

## **Record Keeping:**

The laws and standards of my profession require that I keep client treatment records. I keep brief records, noting mainly that you have participated voluntarily in counselling, what interventions happened in session, and the topics your child/adolescent and I discussed. If you wish, you may receive a copy of their records, or I can prepare a summary for you instead, if the child/adolescent consents. Because these are professional records, they can be misinterpreted by untrained readers. If you do want to see their records, I will ask that we review them at the next scheduled session so we can discuss the contents if the child/adolescent consents. You have the right to request that I correct any perceived errors in their file. I maintain your records in a secure location that only I can access.

## **Fee Schedule:**

The fees for the Brainspotting Sports Performance System sessions are \$150.00/50 minutes +GST or the agreed upon rate for your athlete. This fee is to be paid **before** the session on the same day or as part of the initial total package fee. Sessions longer than the regular hour will be billed accordingly.

## **Client's Rights:**

You have the right to ask questions about anything that happens in therapy with your children/adolescent. I am always willing to discuss how and why I have decided to do what I am doing, and to look at alternatives that might work better. You can feel free to ask me to try something different, as well as refuse any counselling techniques. You are free to remove your child/adolescent from therapy at any point – though I recommend they participate in a termination session.

## **Missed or Cancelled Sessions:**

It is your responsibility to inform me **no later than 24 hours prior to your child/adolescent's session** if you must reschedule. If they do not attend a scheduled session and/or do not cancel their session with sufficient notice, **you will be billed the full fee for the cancelled/missed session.** Missed or cancelled sessions have the potential to be problematic and to place undue stress on the therapeutic relationship. To protect that relationship, my policy concerning missed or cancelled sessions are adhered to without exception. Each missed or cancelled session with less than 24-hours' notice and **regardless of the reason, whether it be illness, emergency or inclement weather** will be billed the full fee.



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A scheduled session is time reserved for your exclusive use. It remains your financial responsibility unless you release it for use by someone else by providing at least 24-hours' notice of cancellation, which allows me to offer the time to another client.

Occasionally, a client thinks an exception should be made; but a scheduled session is time purchased and reserved for you. It is the same as purchasing and reserving a ticket for an event, which would have to be paid for even if you could not attend, for whatever reason.

## **Emergencies:**

If you have an emergency, please contact your physician, local hospital, Crisis line **1-800-SUICIDE (784-2433)**, or **911**.

## **Obtaining Parental Consent**

*(please check one)*

- Kinship provider and/or Foster care provider
- Both parents have custody and either one can give consent.
- Parent has sole custody and sole guardianship and can only give consent.
- One parent has sole custody who can give consent and the other parent has sole guardianship.
- Parents share joint custody and one parent has sole guardianship. Either can give consent however consent from both parents is preferred.
- One parent has sole custody but both parents share joint guardianship. Custodial parent has final consent.
- Parents share joint custody and joint guardianship. Either custodial parent can give consent however consent from both parents is preferred.

Parent Contact Information:

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

**Acknowledgment and Consent:** Upon signing below, you are indicating that you have read, or had read for you, the above information, and you understand the contents of this form. You are indicating that any questions you had about this consent form has been answered to your satisfaction, and you were provided a copy. You agree to accept the counselling services as offered.

## **Consent for Treatment of Minors:**

I/we consent that my son/daughter/child under the age of 18, *(enter name of child)* \_\_\_\_\_  
\_\_\_\_\_ may be treated as a client by Stephen Roberts, Therapist.

**Parents: Do not leave the office while your minor child is with his/her therapist.** Your presence is necessary during your child's visit. In addition, it may be necessary for me to speak with you at some point during your child's session.

\_\_\_\_\_  
Parent or Guardian's name (please print)

\_\_\_\_\_  
Therapist Name (please print)

\_\_\_\_\_  
Parent or Guardian's Signature

\_\_\_\_\_  
Stephen Roberts, MPCC

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date



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## About GPS

Stephen has bachelor's degrees in Business Administration and Education as well as a Master of Arts in Counselling Psychology. He is a Master Practitioner in Clinical Counselling and Registered Professional Counsellor with the Canadian Professional Counsellors Association as well as a voluntary member of the Canadian College of Professional Counsellors and Psychotherapists. Stephen is a Clinical Traumatologist with the Traumatology Institute, former Clinical Supervisor for the Seven Challenges Program with McMan Youth, Family, and Community Services Association, a former independent contract therapist with Central Alberta Child and Family Services, and an approved trauma therapist for the Breaking Free Foundation.

Stephen is a Certified Brainspotting therapist and Consultant who utilizes BSP for multiple private clients as well as athletes, artists, performers, students, businesses, and many others. He has a combined 20+ years experience as a soccer coach with the City of Red Deer recreational leagues, Red Deer Renegades, Notre Dame High School Boys Team, and Olds College Men's and Women's Soccer Teams. Stephen has worked in schools as a teacher and in other roles with children and adolescents for many years. He has successfully worked with competitive athletes from high school teams to college/university to the Paralympics.

## GPS Competitive Advantages

- Although there are numerous therapists in British Columbia and surrounding provinces, few of them use Brainspotting (BSP) in their practices, especially working with all types of performers and from a non-traditional sports psychology perspective or with as much experience as myself.
- I am a former athlete and coach that has played and coached competitively allowing me to connect with athletes on many levels. As well, I have many contacts in the sports and business communities due to my volunteer and work involvement allowing me to access multiple resources not possible to other mental health providers.
- My approach is client-centered with a strong emphasis on connection and the therapeutic relationship. Allan Schore (1996) suggests “that experiences in the therapeutic relationship are encoded as implicit memory, often effecting change with the synaptic connections of that memory system regarding bonding and attachment. Attention to this relationship with some clients will help transform negative implicit memories of relationships by creating a new encoding of a positive experience of attachment.” Without it, no modality will ever be completely successful.
- Ongoing professional development is crucial and is obtained via webinars, in person seminars, conferences, and trainings, readings (books and articles), journaling (self-reflection and awareness), research studies (BSP), supervision, my own work with Brainspotting, discussions with colleagues, and other supports (family, activities, etc.).
- GPS is completely online via Zoom and works well with all clients of various ages. BSP can be done effectively online with similar, if not better results as in-person.
- BSP is a flexible therapy allowing me to use it most anywhere, at anytime. Minimum space is required, and it can even be used where the athlete performs, whether it be the arena, pitch, gymnasium, or other venue.



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## Brainspotting Sports Performance System (BSPS) – “Your Sport” Program

### Recommended Number of Sessions:

A - Injuries with no concussions (undiagnosed or diagnosed)	5 Minimum
B - Injuries with concussions (undiagnosed or diagnosed)	10 Minimum
C - Pre-and post-surgery (2x/week)	10 Minimum
D- Maintenance/Deconditioning – post-game	As needed
E - Maintenance/Deconditioning – post-practice	As needed
F - Pre-performance (games or tournaments)	As needed
G - Performance expansion	As needed

### Session Length:

Sessions are **50 minutes** in length, depending on the athlete and their issues (sometimes 75 minutes and/or 100 minutes is requested and/or required). One session per week is recommended for athletes until performance expansion work begins and/or additional sessions are requested to maintain levels and/or address deconditioning as it occurs.

### Session/s Location:

Individual Sessions:

- Online via Zoom
- Other – Agreed upon with individual athlete – may include arena, dressing room, warmup area, etc. (if possible due to location)

### Hours:

Business Hours:

- Monday to Friday 9:00am to 8:00pm (2 evenings every second week)
- Saturday/Sunday Upon Request

### Pricing:

Individual (session times may vary):

**\*Pricing is negotiable depending on number of players/coaches using the system (excludes GST)**

A	5 sessions	\$150.00/session	\$750.00/year
B-C	10 sessions	\$150.00/session	\$1500.00/year
E-H	Additional	\$150.00/session	\$150.00/session

### Camps:

Presentations including group work \$150.00/hour  
 Individual sessions \$150.00/hour with a 15-minute cut-off

Plus Mileage at current government rate (if possible due to location)



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## What can the athlete expect from a session?

1. Trauma “Laundry List” (Every Session):
  - a. Sport-specific – “Your Sport”
  - b. Other injuries and personal traumas (failures, humiliation, etc.)
  - c. Age/s of injuries
  - d. Severity of injuries
  - e. Detailed description of injuries
2. Secondary Trauma Work
  - a. Witnessed injuries/concussions
3. Performance Expansion Work
  - a. Post-injury/concussion
  - b. Resource or best performance spot

## What can the athlete expect after each session?

1. Possible fatigue or overall lack of energy
2. Possible ongoing processing of old and new material
3. May feel more
4. May dream more
5. May feel more vulnerable

## BSPS Performance Techniques:

1. Stretching with Awareness and Bi-Lateral Stimulation (Pre-performance)
2. Maintaining composure during breaks in performance utilizing the bi-lateral fist-squeeze technique
3. Centering through breathing
4. Deepening an expanded performance feeling
5. Bi-Lateral Sounds in daily routines
6. Other

## For Coaches/Trainers/Other Personnel:

1. Assist with athlete/team communication to ensure optimal performance
2. Assist coaches/trainers/other personnel with personal issues affecting team dynamics and/or environment (see individual sessions above)
3. Observe and give feedback on the coaching/training environment and ways to improve it
4. Team presentations – Brainspotting emphasis
5. Team presentations – Other topics of interest and/or necessity
6. Team Brainspotting (see team sessions above)





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## **Brainspotting Sports Performance System (BSPS)**

### **Overcoming Blocks, Slumps, Performance Anxiety and Increasing Performance and Creativity**

BSPS is a neurobiological tool used to locate, target, process, and release experiences and symptoms trapped in the brain and body (David Grand 2013). The roots of all significant sports performance problems are in the athlete's sports trauma history, especially in sports injuries, which are simultaneous physical and emotional traumas accumulated over time. So, the emergence of these issues is not the start of the problem but the end product of a long sequence of accumulated traumatic events.

When the trauma symptoms are triggered in the present performance, the body and brain, hard-wired to respond to danger, instinctively and involuntarily attempt to keep us safe. Our systems do not separate a perceived threat in real life from one on the ice. In other words, when an athlete faces a situation similar to his original trauma or injury, his body is triggered into the fight/flight/freeze response and the developed skill reflexes quickly go offline. These trauma symptoms stem from the energy that has been trapped in the athlete's nervous system that has never had a chance to fully release. An injury instinctively triggers a natural protective reflex around the injury site to keep that part of the body safe so when an injury occurs, the body instantly memorizes the physical and emotional experience of the event in exquisite detail. If the brain is not given the chance to process the information at that time, the information attached to the injury (including the negative thoughts), is stored in the brain in the same form it was initially experienced, including images, sounds, smells, emotions, and physical movements/sensations.

BSPS is based on the fundamental belief that every case is different, and each treatment must be tailored to the specific needs of the athlete. The treatment is always exploratory in nature. We focus on the trauma-conditioned reflexes to **decondition** them. We undo the interfering survival reflexes allowing the athlete to relax and let his or her naturally developed performance instincts take over.

## **The Fundamentals of the Brainspotting Performance System**

- We should never separate an athlete's performance problem from who they are as a unique human being. To heal performance, we must heal the person. The psychological and physical wounds underlying the performance issues are in the person, not the performance.
- Performance issues can be traced to the athlete's trauma and injury histories, both inside and outside their sport.
- The onset of performance issues never makes sense to the athlete, parents, or coaches.
- The traumatic nature of an event is always determined by the meaning that the individual athlete ascribes to it.
- Sports are 90% mental, but the brain is in the body and directly wired into every part of the body thus, everything starts in the body and brain and vice versa.



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- The problem is not physical. An athlete can never truly overcome an Repetitive Sports Performance Problem by physically practicing more. The more conscious and analytical an athlete gets about his or her performance, the more the athlete will struggle.
- All negative self-talk flows directly from our instinctive attempts at self-protection and it is often the battle between positive and negative self-talk that is the first signal that the performance problem is emerging.

## Traditional Sports Psychology

Traditional Sports Psychology targets only the athlete's conscious mental state using behavioral techniques such as relaxation, self-talk, focus, mental rehearsal, letting go of mistakes, and quieting an active mind. Although these techniques are useful as they assist the athlete through mental-toughness training as well as being a necessary part of an athlete's skill set, these are temporary, partial fixes that only bring some relief to performance problems.

Behavior techniques only address the symptoms of the problem (pre-performance nervousness, negative thinking, poor focus, etc.), the surface issues, without touching the underlying roots, so the performance difficulties remain or eventually reemerge. However, the unconscious remains of previous negative performance experiences, including negative thoughts and self-doubt ultimately interfere with optimal performance. All RSPP's have their origin in trauma and operate outside the athlete's conscious awareness and control. If the underlying physical and emotional traumas are not identified and processed, the block, slump, performance anxiety, or other symptom may decrease through behavior techniques, but they will not fully release.

## Additional Brainspotting Information

Even if your body has physically healed from the injury, your brain will not set your body free until it has cleared and processed the injury, especially an accumulation of injuries that have not been deconditioned. No matter how ready you feel rationally (thinking brain), you will not find the highest performance level until the brain gives your body the green light.

After emotional or physical trauma, the body fights to maintain homeostasis. By adapting so quickly, the body's survival mode becomes its new state of neurological and physiological functioning. Maladaptive neuropathways are formed causing the athlete's performance to suffer. Brainspotting clears the unprocessed trauma so the brain can then re-associate the positive performance neuropathways. The sooner the athlete can process the trauma (after each practice, game, or tournament when the injury occurred), the easier it is to clear the maladaptive pathways and re-associate the positive performance neuropathways. If your brain stays in trauma mode, your body stays in trauma mode. When an athlete is injured in one part of the field, court, arena, etc. or a similar situation, their body will involuntarily and reflexively respond to the trauma if it is not cleared (even if the injury has healed).

Essentially, BSP is the rehab portion of mental health for the injury, just as the athlete goes to Physiotherapy after a broken arm or leg to rehab the broken bone, muscles, and/or ligaments.



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## BSPS Concussion Information

A concussion is a serious type of mild traumatic brain injury (mTBI) caused by a bump, blow, or jolt to the head (rapid acceleration or deceleration) or by a hit to the body that causes the head and brain to move rapidly back and forth disrupting the normal function of the brain. Rapid movement causes brain tissue to change shape, which can stretch and damage brain cells. This damage also causes chemical and metabolic changes within the brain cells, making it more difficult for cells to function and communicate. Anytime the head is subjected to violent force, sound, or motion, the soft, floating brain is slammed against the skull's uneven interior. Sometimes it rotates in the process. When this happens, the brain's threadlike nerve cells are stretched, strained, and even torn at the point of impact. Many times, such an accident causes both stretching and tearing of nerve fibers. While this nerve-cell damage is usually microscopic, the effect on the brain's neurological circuits is significant, causing dysregulation of specific areas or hubs or throughout the system.

The CDC estimates as many as 3.8 million concussions occur in the U.S. annually through sports and recreational activities, but only 5-10% are recognized and eventually diagnosed by coaches, parents, and athletic trainers. Surveys of high school athletes after the season find that 20% had concussion symptoms after a head impact at least once over the course of the last season, and over 50% of the contact sport athletes report at least one event in their career. No sport is completely immune to the risks of concussion. The fact is that most concussions at all levels of play are not caused by blunt force trauma. Despite educational efforts, the number of concussions continues to be substantially under-reported.

Recovering from concussion **does not** mean total bed rest away from lights, sounds, or activity. Our brains are plastic and require exercise the same as any muscle group. This requires ongoing efforts to restore functioning to those parts that were lost including cognitive, vestibular, ocular, psychological, social, and emotional. De-conditioning the maladaptive neuropathways created by the brain and body when it endures injuries-trauma-surgeries is key to regaining pre-injury/concussion status and expanding performance. It is best for the athlete to access various modalities post-concussion/injury to give them the most optimal chance of full recovery.

One of the underlying issues with injuries, including concussions is the effects of stress on the body and brain after the fact. Cortisol, the “stress” hormone provides the body with the energy it requires to combat stress from trauma, illness, fright, infection, injuries, bleeding, etc. However, excess cortisol can suppress immune function, increasing the risk of injury and/or prolonging its release into the athlete's system. As stress occurs, cortisol is released to make energy available. When stress ceases, cortisol release goes down, and the body goes back to its normal homeostatic state. But when stress is prolonged (chronic), cortisol level also increases that causes long term negative health effects. Injuries (concussions) are states of perpetual stress increasing cortisol thus decreasing performance. Cortisol levels increase in response to physiological and mental stresses. In conjunction with the release of epinephrine, many people refer to this as the fight or flight response. Too much cortisol, due to injuries and other traumas (including concussions) means the athlete can't function or perform optimally.



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## Concussion Information:

- The eyes are part of the brain.
- Eye movements involve a wide network of structures in the brain.
- Eye movements relate closely to the functional integrity of an injured brain.
- Impaired eye movements are an indicator of suboptimal brain function.
- Vision accounts for approximately 55% of your brain's pathways.
- Eye movement function is impaired acutely in post-mTBI.
- Unwitnessed or unreported concussions account for 85% of all concussions.
- Concussions are a complex type of brain injury that is not visible on a standard brain scan but can be detectable when specific aspects of brain function are measured, such as vision.
- Since areas of the brain that control vision and eye movements are vulnerable to trauma, concussions commonly lead to visual symptoms and clinical signs.
- Effects of mTBI can include impaired eye movements, thinking or memory.
- Nearly 90% of concussions occur without losing consciousness or being “knocked out.”
- Younger athletes may be more vulnerable to concussion, may take longer to heal, and may experience more serious short-and long-term symptoms of concussion than adults.
- Athletes with a history of concussion are up to eight times more likely to suffer another.
- A history of concussion results in substantially increased susceptibility to additional concussions and more severe symptoms of concussion
- Post-concussion symptoms include vision-related issues, fatigue, sleep disruption, anxiety, depression, and headaches.
- Athletes commonly underreport their symptoms of concussion.
- Individuals with a concussion should NEVER return to play on the same day as the injury.



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## Testimonial

I am a keeper for the Red Deer College Kings Soccer team and just like all athletes, we struggle with injuries, both minor and major, as well as sport preparation and sports psychology. As a keeper, it is important to always maintain focus as you may only have to perform three to five times in a 90-minute game.

Before I started with Steve and the Brainspotting Sports Performance System (BSPS), I was in my first year with RDC after a strong couple seasons with the Red Deer Renegades soccer program. After coming off a season of back-to-back provincial championships with the Renegades, I felt I had solidified a starting position with RDC now and in the years to come. As it turned out though, this would not be the case. I started the first game, but we lost 4-0. My performance did not reflect the score line. I thought I played a solid game and stopped quite a few shots. However, the next weekend the coach put the other keeper in and it really shook me. I started 3 out of 10 games that year and even though I was only 18 years of age, I felt maybe my performance was starting to decline. I posted a **Save Percentage of below .500 and a Goals Against Average of 3**. It was not exactly the start I was hoping for at the collegiate level.

When I first started the BSPS I was a little worried as I had no idea what to expect. Before I started the BSPS, I found it nearly impossible to stay focused for the full 90 minutes. With the help of the BSPS, I feel that I have been able to increase my focus, especially in key game time moments. Also, I have had some serious knee injuries and concussions over the years, and even though the doctors say you're completely healthy to go back and play, you never feel the same. Through the BSPS, I have learned to overcome fears of injury, both future and past, to help increase my performances. Even though our injury is healed up externally and everything seems to be functioning properly, it does not mean that we have completely healed. I have learned that after a concussion, even when I was technically 100% fit and ready to play, I found myself not wanting to get into any physical challenges as I was afraid of reinjuring myself. Through the BSPS, I have completely ended any fears of re-injury and feel as though I can play comfortably again. I have been using the system for just under 7 months and I have enjoyed every step of the way.

As well, I have enjoyed the experience much more because of Steve Roberts. Steve has created a very calm and comfortable environment, so I can feel completely relaxed during my sessions. As well, Steve has taken time outside of our sessions to ask how soccer is going and it really entices me to keep coming back as we share an incredible relationship that helps us to have deep and meaningful conversations about soccer, the BSPS, and day to day life issues. He has done wonderful work to really solidify a productive environment when I arrive to do sessions. This helps as we get done what we need to get done and he always leaves time to answer questions. Steve has been a great mentor through this system, and he is a strong asset to my recent run of performances.

This year, I knew I had to step up my play to produce top level performances. With the help of Steve and the BSPS, I managed to really increase my focus on and off the field as well as increase my self confidence level in relation to game play. This season, I started 9/10 games (the other game absence due to dislocating my shoulder right before our last game). My personal stats were incredible this year. **I led the ACAC South League in Saves Made (SM) and my Save Percentage (SP) was .750**. Even though the team did not perform as well as I was hoping as we placed 2nd last in our division, I still had a year to remember with exceptional personal stats. I owe a lot of my success this year to Steve Roberts and the BSP system.

**Talon Grenier - Red Deer College Kings Soccer Keeper**



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**If interested in learning more about GPS and/or have any questions related to the Brainspotting Sports Performance System – “Your Sport” Program, please contact the writer at:**



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