Although psychiatrists and other mental health clinicians interested in sports practice already have the necessary general skills to help competitive athletes deal with adversity and the multitude of emotions that sports can elicit, most typically they lack the sports-specific knowledge necessary to truly help these patients and clients. This seminar will provide mental health providers interested in sports practice with the necessary tools to improve life balance and achieve peak performance in athletes and other high achievers. Using the expanding evidence-base from neuroscience and sports medicine and case studies from all competitive levels, eight core competencies as well as important dimensions of sports culture, team structure and function, and the shifting intensity and pressure of competition will be covered.

### Learning Objectives

1. Identify the traits of high achieving athletes
2. Describe the scope of practice of applied sports psychiatry & psychology
3. Utilize a five-step model of peak performance and life balance
4. Implement stress control & sleep-energy management routines
5. Discuss common athletic substance problems & interventions
6. Utilize a four-step model of injury recovery

### Outline

<table>
<thead>
<tr>
<th>Mental Aspects of the Game</th>
<th>Injuries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traits of High Achieving Athletes</td>
<td>Common Mental Disorders</td>
</tr>
<tr>
<td>Eight Core Skills</td>
<td>Working With Teams</td>
</tr>
<tr>
<td>Performance Enhancement</td>
<td>Response to Trauma</td>
</tr>
<tr>
<td>Peak Performance Game Tips</td>
<td>Cultural Awareness</td>
</tr>
<tr>
<td>Mental Preparation Training</td>
<td>Gender and Sexual Orientation</td>
</tr>
<tr>
<td>Stress Recognition and Control</td>
<td>Sports Concerns</td>
</tr>
<tr>
<td>Energy Regulation</td>
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</tr>
</tbody>
</table>

### Course Level: Intermediate

### Seminar Schedule

**Register On-Line at tzkseminars.com for only $89**

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<thead>
<tr>
<th>The Presenter</th>
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</thead>
<tbody>
<tr>
<td>Dr. David McDuff is a nationally known addiction, trauma, and sports psychiatrist and a retired Army Colonel. He holds faculty appointments at the University Of Maryland School Of Medicine in Baltimore (clinical professor) and the Uniformed Services University in Bethesda (adjunct associate professor). He is the founder of the University of Maryland’s Division of Alcohol &amp; Drug Abuse and its Addiction Psychiatry Fellowship and Sports Psychiatry Programs and has three times been selected by Baltimore Magazine as it Top Doc in Addiction Psychiatry. He is an active clinician, teacher, speaker, and writer who has given more than 100 lectures at national and international conferences and published 60 journal articles, book chapters &amp; reviews, manuals and monographs including his highly regarded book entitled “Sports Psychiatry: Strategies for Life Balance &amp; Peak Performance” (2102, American Psychiatric Press). He is one of America’s leading Sports Psychiatrist serving as the team psychiatrist and mental skills trainer for the Baltimore Orioles (1996-present) and Ravens (1996-2013) and as the current performance medicine physician for the Indianapolis Colts (2015-present). Dr. McDuff has been married since 1978 to Marie Sanders McDuff and has four children and four grandchildren. For additional information on his work with athletes see his MD Sports Performance website (<a href="http://www.mdsports.net">www.mdsports.net</a>).</td>
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### General Information

The TZKseminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar. Individuals with a disability or special need can go to tzkseminars.com to the Contact page to request accommodations. This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2019.

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TZKseminars
6030 Daybreak Circle, Suite A150/355
Clarksville, MD 21029

### Targets Audiences

- Psychologists
- Social Workers
- Counselors
- Psychiatrists
- Nurses

### Target Topics

- Mental Aspects of the Game
- Traits of High Achieving Athletes
- Eight Core Skills
- Performance Enhancement
- Peak Performance Game Tips
- Mental Preparation Training
- Stress Recognition and Control
- Energy Regulation
- Injuries
- Common Mental Disorders
- Working With Teams
- Response to Trauma
- Cultural Awareness
- Gender and Sexual Orientation
- Sports Concerns
- Substances and Sports

### Continuing Education Credit

To earn CE’s, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 6 CE’s for attending once they have completed these requirements.

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- ASWB Approval Period: 3/28/16-3/28/19. Social workers should contact their regulatory board to determine course approval. Social workers participating in this course will receive 6 continuing education clock hours.

### Course Evaluation

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