

Disclaimer

Effective Date: September 13, 2026

The information and services provided by **Auman Sport and Performance Psychology** are intended to support athletes, teams, coaches, parents, and other performers in developing mental skills that may contribute to performance, confidence, resilience, focus, and overall personal development.

By using this website or participating in services provided by Auman Sport and Performance Psychology, you acknowledge and understand the following:

1. Mental Performance Consulting

Auman Sport and Performance Psychology provides **sport and performance psychology consulting and mental performance services**.

Services may address topics such as:

- Confidence
- Focus and concentration
- Goal setting
- Motivation
- Competition anxiety and pressure
- Mental preparation
- Pre-performance routines
- Self-talk
- Imagery and visualization
- Resilience
- Responding to mistakes
- Leadership and communication
- Team culture
- Mental aspects of injury and return to sport
- Athlete identity and personal development

These services are designed to help athletes develop practical mental skills that can be applied in sport, performance, and everyday life.

2. Not Psychotherapy or Medical Treatment

Services provided by Auman Sport and Performance Psychology are **not psychotherapy, counseling, psychiatric treatment, medical treatment, or emergency mental health care**.

Mental performance consulting is not intended to diagnose, treat, cure, or prevent a mental health condition or medical condition.

Working with Auman Sport and Performance Psychology does not create a therapist-patient, psychologist-patient, physician-patient, or other licensed healthcare provider relationship.

Individuals who require clinical mental health treatment, medical care, rehabilitation, or another service outside the scope of mental performance consulting may be encouraged to seek assistance from an appropriately qualified professional.

3. Mental Health and Referrals

Mental health concerns sometimes arise during conversations about sport and performance.

When a concern appears to fall outside the scope of mental performance consulting, Auman Sport and Performance Psychology may recommend that the athlete or individual speak with an appropriate professional, such as a:

- Licensed psychologist
- Licensed professional counselor
- Therapist
- Physician
- Athletic trainer
- Physical therapist
- Registered dietitian
- Other qualified healthcare professional

A referral does not necessarily mean that mental performance services must end. When appropriate, mental performance consulting may continue alongside care from another qualified professional.

4. Emergency Situations

Auman Sport and Performance Psychology does **not** provide emergency or crisis services.

Email, website contact forms, text messages, social media, and scheduled mental performance sessions should not be used for urgent or emergency mental health situations.

If you or another person is in immediate danger or experiencing a medical or mental health emergency, call **911** or seek assistance from an appropriate emergency service.

In the United States, individuals experiencing a mental health, suicide, or substance-use crisis may also call or text **988** to reach the 988 Suicide & Crisis Lifeline.

5. No Guarantee of Performance Results

Mental performance training can provide athletes with tools, strategies, education, and support; however, individual results will vary.

Auman Sport and Performance Psychology does not guarantee:

- Improved athletic performance
- Increased playing time
- Making a particular team or roster
- Scholarship opportunities
- Starting positions
- Recruitment opportunities
- Competition outcomes
- Specific improvements within a certain period of time

Athletic performance is influenced by many factors, including physical preparation, coaching decisions, competition, health, injury, environment, experience, effort, and circumstances outside of mental performance training.

Success with mental skills also depends on the athlete's individual circumstances and willingness to practice and apply the strategies discussed.

6. Injury and Return-to-Sport Information

Discussions related to injury may focus on mental aspects of the injury experience, such as confidence, motivation, fear of reinjury, emotional responses, identity, goal setting, and mental preparation for returning to competition.

Auman Sport and Performance Psychology does not diagnose injuries, determine medical readiness to return to sport, prescribe rehabilitation programs, or replace care provided by physicians, athletic trainers, physical therapists, or other qualified medical professionals.

Medical decisions regarding participation or return to sport should be made with the appropriate healthcare professionals.

7. Website Content

Information provided on **aumansportpsych.com**, including articles, educational materials, downloads, social media content, videos, exercises, worksheets, and other resources, is provided for **general educational and informational purposes only**.

Website content should not be considered individualized psychological, medical, therapeutic, or healthcare advice.

Reading information on this website, downloading a resource, following Auman Sport and Performance Psychology on social media, or submitting a general inquiry does not by itself establish a consulting relationship.

8. Individual Differences

Every athlete and performer is different.

Mental skills or strategies that are effective for one person may not be equally effective for another. Information and strategies may need to be modified based on an athlete's:

- Age
- Sport
- Competitive level
- Experience
- Personality
- Goals
- Learning style
- Current circumstances
- Individual needs

Mental performance strategies should therefore be considered tools rather than guaranteed solutions.

9. Minor Athletes

Auman Sport and Performance Psychology works with youth athletes as well as adult athletes.

When services are provided to a minor, appropriate parent or guardian consent may be required before services begin.

Parents and guardians should understand that creating an appropriate level of privacy can help young athletes feel comfortable discussing performance challenges. Additional expectations regarding parental involvement, communication, confidentiality, and safety will be addressed through applicable consent forms and service policies.

10. Coaches, Parents, and Teams

Educational information provided to coaches, parents, teams, schools, clubs, or athletic organizations is intended to support athlete development and mental performance.

General recommendations should not be interpreted as individualized medical or mental health advice for a particular athlete.

When working with a team or organization, participation in mental performance programming does not guarantee individual or team performance outcomes.

11. Testimonials and Examples

If testimonials, success stories, examples, or athlete experiences appear on this website or associated social media accounts, they represent individual experiences.

They should not be interpreted as a promise, guarantee, or prediction that another athlete will experience the same results.

12. External Resources and Third-Party Links

This website may reference or link to resources, research, organizations, websites, products, or services provided by third parties.

These references are provided for convenience or educational purposes. Auman Sport and Performance Psychology does not control and is not responsible for the accuracy, availability, privacy practices, policies, or content of third-party websites or services.

The inclusion of a link or resource does not necessarily constitute an endorsement.

13. Professional Collaboration

Mental performance consulting can be one part of an athlete's overall support system.

When appropriate and with proper permission, Auman Sport and Performance Psychology may collaborate with parents, coaches, athletic trainers, healthcare providers, or other professionals to help support an athlete.

Nothing on this website should discourage an individual from seeking appropriate medical, psychological, counseling, rehabilitation, or emergency care when needed.

14. Changes to This Disclaimer

Auman Sport and Performance Psychology reserves the right to update or modify this Disclaimer as services, professional practices, laws, or website content change.

The most current version will be posted on this website with an updated effective date.

15. Contact Information

Questions regarding this Disclaimer or the services provided by Auman Sport and Performance Psychology may be directed to:

Auman Sport and Performance Psychology

Email: aumansportpsych@gmail.com

Website: aumansportpsych.com

Phone: 814-441-3179