

**SPORT & PERFORMANCE PSYCHOLOGY PROGRAM INTERNSHIP
INFORMED CONSENT (FORM F)**

I, _____, hereby give my permission to Chelsea Norris, a Sport & Performance Psychology Master's Degree Student (student-intern hereafter) at the John F. Kennedy School of Psychology and Social Sciences (JFKSOPSS) at National University (NU), to apply their knowledge of theories, research, and techniques in the field of Sport & Performance Psychology. The application of this knowledge is viewed primarily as an educational enterprise. This may include:

1. Teaching participants specific performance enhancement skills for application in sport, exercise, life, and other contexts in person or virtually, in the form of individual sessions, group/team sessions, or workshops. Examples of techniques include relaxation, concentration, imagery, self-talk, and centering.
2. Within performance settings, helping participants understand, measure, and improve elements of their performance through strategies such as goal setting and focus, etc.
3. Educating teams, groups, and organizations on topics such as communication, leadership, and team cohesion.

Addendum-Use of Online Technology:

Additionally, outside of onsite or in-person sessions, student-interns may utilize technology such as Zoom, Skype, Google Hangouts, Facetime, etc., to conduct sessions in the above areas once they have received adequate training and have been approved by the program (2nd & 3rd internships only).

Sessions, whether in person or virtually, will likely last between 30-120 minutes, and will generally take place at the training facility. In the event that the training facility is not available, sessions will take place at a mutually agreed upon location, including online meeting platforms (between student-intern, client, parent/guardian, coach, etc.). Additionally, limited contact with the client may be done via phone, email, and/or text.

Confidentiality

It is understood that the student-intern will keep all sessions confidential. In the event the client expresses potential to cause harm to oneself or another, expresses awareness of another's plan to cause harm to self or another, or there are signs of abuse (i.e. child, elder, domestic abuse), the Sport & Performance Psychology Program in the JFKSOPSS at NU requires that the student-intern break confidentiality by informing the appropriate school officials, primary site contact, or other necessary professional(s). In other words, the student-intern is a mandated reporter and therefore the necessary steps will be taken to ensure the safety of all involved.

In the event that an area of concern arises outside of the scope of practice of the student-intern, a referral will be made to the appropriate personnel (i.e., school counselor, therapist, or other outside resource). The student-intern has permission to follow up

with the referral to ensure that the client has made contact with the appropriate resource. When working with minors, the student-intern may also encourage the client to share with their parents/guardians that they have been referred to another professional resource, and in some instances, the student-intern may also break confidentiality to tell the parent/guardian about the referral if they feel doing so is in the best interest of the client.

Please note that the student-intern will do everything in their control to maintain confidentiality, but complete confidentiality cannot be guaranteed when using technology.

It is also understood that the student-intern will report information gleaned as a result of their work with this individual, team/group, or organization to their supervisor as well as their group supervision class. In addition, the Mentored Applied Training Experience (MATE) Directors, Julie Hayden, MA, CMPC and Lauren Nutkevitch, MA, CMPC will oversee all of this student-intern's work. The student-intern's supervisor and/or MATE Directors may also make at least one site visit. **The Sport & Performance Psychology Program also requires that the student-intern video record their individual and group session work for submission to their supervisor for review for growth and learning purposes. These recordings are for educational and training purposes only and will only be used in individual and group supervision.**



Student-Intern Signature

Date

Client Signature

Date

Parent/Guardian Signature/Contact Phone #

Date

Client Emergency Contact/Relationship to Client

Date