

## **Sport Psychology Internship Informed Consent Form Campolindo High School Track & Field**

I, \_\_\_\_\_, hereby give my permission to Vanessa Brown, Sport Psychology Intern and master's degree student in Sport Psychology at John F. Kennedy University, to apply her knowledge of theories, research and techniques of Sport Psychology. This may include:

1. Providing information relevant to the role of psychological factors in exercise, physical activity and sport to individuals, groups and organizations.
2. Teaching participants specific skills for application in exercise, physical activity and sport contexts. Such instructions or interventions could focus on relaxation, concentration, imagery, goal setting, motivation, etc.
3. Within exercise, physical activity and sport settings, helping participants understand, measure, and improve relevant psychological factors such as arousal, anxiety, audience effects, coping skills, and improved consistency.
4. Educating organizations and groups in areas such as improvement of adherence to exercise regimens, communication, team cohesion, program development and evaluation, and team building.

It is understood that Vanessa will keep all sessions confidential and specific information will not be shared outside the consulting relationship, unless one or more of the following conditions are met:

1. The client poses imminent and substantial harm to self.
2. The client poses imminent and substantial harm to identifiable others.
3. The client discusses ongoing issues of child/ elder abuse and/or neglect.

In this situation, the client will be made aware that the Intern intends to break confidentiality.

I also understand that as a Sport Psychology Intern, Vanessa reports to her Supervisor and a case seminar class general information gained through work with this team and its athletes. She will be required to audio tape the work performed. These tapes may be used in meetings with her Supervisor, and/or in case seminar classes. Her Supervisor will also make at least two site visits.

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Client Signature

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Date

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Signature of Parent (if client is under 18)

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Date

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Intern Signature

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Date

Vanessa Brown  
Sport Psychology Intern

612.382.0951  
vanessabrown13@gmail.com