



Unleash Your Mind

with the power of sport psychology

Performance Enhancement:

- Relaxation skills
- Imagery/visualization
- Focus strategies
- Self-confidence
- Goal-setting/motivation
- Conflict resolution
- Performance routines
- Working through slumps
- ... and more

Personal Counseling:

- Anxiety
- Depression
- Stress management
- Disordered eating
- Relational struggles
- Life changes
- Coping with injuries
- Sleep disturbance
- Substance use struggles
- Trauma
- ... and more

Tony Kemmochi, Psy.D., Clinical/Sport Psychologist

Call (801) 314-2201 for appointments offered at:

**TOSH – The Orthopedic
Specialty Hospital**
5770 S. 250 E., Ste. 475
Murray, UT 84107

Salt Lake Clinic
389 S. 900 E.
Salt Lake City, UT 84102

