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Mental Health Challenges in Sports: How ImPACT and SelfView can Help

1. Course Description

Mental Health Challenges in Sports is a 1-hour webinar that offers continuing education (CE/CEU). This webinar provides insights and strategies to better help today's student-athlete mental health challenges.

Medical doctors, mental health clinicians, physical therapists, and strength and conditioning staff are faced with recognizing mental health warning signs in student-athletes. They are also responsible for assisting student-athletes obtain proper mental health care if warning signs are observed. This course will provide insight into potential warning signs along with offering insights into how ImPACT Testing and the utilization of Self-View testing can assist in diagnosing and treating student-athlete mental health concerns.

2. Speaker

Rick Neff, Psy.D., MA

3. Contact Hours

1

4. Cost

Free

5. Registration Link

ConcussionCareTraining.com

6. Target Audience

Physicians, Nurse Practitioners, Physician Assistants, Psychologists, Athletic Trainers, Physical Therapists, Occupational Therapists

7. Location/Format

Live Webinar

8. Learning Objectives

(Achievement assessed through post-course evaluation/quiz)
At the end of this course, the learner will:

1. Learn and be able to identify how "The Iceberg Model of the Mind" can assist with recognizing past and present mental health concerns.
2. Learn how the utilization of ImPACT Testing and Self-View Testing can assist with efficient diagnosis and treatment planning.
3. Distinguish between low, moderate and severe warning signs in relation to mental health and treatment.
4. Learn how to monitor progress in recovery through utilizing Self-View.

9. Educational Level

Beginner / Introductory / Essential

10. Course Outline

- Student-athlete mental health challenges
- "The Iceberg Model of the Mind"
- Mental health warning signs
- Understanding ImPACT
- Understanding SelfView
- Low, moderate and severe warning signs in relation to mental health treatment
- Monitor progress utilizing Self-View



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CE Credits Offered:

Athletic Trainers

ImPACT Applications, Inc. (BOC AP# P3429) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 1 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Physicians

ImPACT Applications, Inc. is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AMA Credit Designation Statement

ImPACT Applications, Inc. designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.





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Course Completion Requirements

Learners must do the following to receive a valid statement of credit or certificate:

Watch the live presentation

Complete the course quiz (80% minimum passing score) and satisfaction survey

Attendance Requirements

Attendees should claim only those hours actually spent in the educational program.

Prerequisites

None

Healthcare Provider Applicability

Available upon request. Please email training@impacttest.com to request.

Special Needs Requests

Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

Included with Registration

Access to recording of the webinar for 48 hours after the live session

Presenter contact information available on request

Required Materials

ImPACT Applications training dashboard login

Speaker Standards

Statements and opinions contained in this presentation are solely those of the presenter.

Treatments and tools presented today are some of many that are available.

Presenters have agreed to demonstrate high standards of professional conduct and will not discriminate against learners on the basis of gender, age, socioeconomic or ethnic background, sexual orientation, or disability.

ImPACT Applications owns the slides presented. Attendees may not use any materials presented without written permission from ImPACT Applications.



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Complaint Policy

When a participant, either verbally or in written format, files a grievance and expects action on the complaint, the following actions will be taken.

If the grievance concerns a speaker, the content presented by the speaker, or the style of presentation, the individual filing the grievance will be asked to put his/her comments in written format. The planning committee will then pass on the comments to the speaker, assuring confidentiality.

If the grievance concerns a workshop, its content, level of presentation, or the facilities in which the workshop was offered, the planning committee will mediate and will be the final arbitrators. If the participant requests action, the final arbitrator will follow the standard cancellation and refund policies.

If the grievance requires a resolution, a member of the planning committee will take necessary action.

Please contact ImPACT Applications at training@impacttest.com, (877) 646-7991 ext. 908, or +1 (412) 567-8400 to submit a complaint, or if you have additional questions.

Commercial Support

Currently, ImPACT Applications does not accept commercial support for any continuing education programs.

Conflict of Interest Policy

Available upon request

All individuals in control of content disclosed **no relevant financial relationships**.

The planning committee identified **no conflicts of interest** for this course.

Commercial Bias

The intent of this course is to promote improvements in the management of concussion. Attendees are encouraged to inform the course planning committee through the course evaluation if any commercial bias is detected.

Cancellation Policy

By the Learner: You may not cancel a video on-demand purchase. The course is available for 6 months after purchase and the individual may watch it at any time. If you are unsatisfied with the course, please contact training@impacttest.com to receive credit towards another course of equal or lesser value.

By ImPACT: If ImPACT Applications removes a course from its video on-demand library, they will first offer the individual a credit toward another course of equal value. If the individual does not want another course, the provider will refund the registration fee for the course.



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Rick Neff, Psy.D., MA
Licensed Clinical & Sports Psychologist
Inner-Edge, LLC
Sports Psychology

Dr. Rick Neff is a Licensed Clinical & Sports Psychologist, and the owner and founder of Inner-Edge, LLC. Dr. Neff also serves as the full-time Sports & Clinical Psychologist, and Student-Athlete Specialist for Villanova University. Dr. Neff attended Immaculata University earning his Doctorate in Clinical Psychology and Master's Degree in Counseling Psychology, and Penn State University where he earned his Bachelor's Degree in Bio-Evolutionary Psychology.

Dr. Neff has worked with professional athletes in the NBA, WNBA, MLB, NHL, NFL, NWSL, and MLS as well as Olympic athletes. Dr. Neff has been a guest speaker at many events including: Nike Basketball, MADE Hoops Basketball, Perfect-Game All-American Classic, The Future Middle School Combine, John Lucas Basketball, Dwight Howard Basketball Camp, CrossFit UnFinished Project, Edward Jones Financial, and at numerous college, high school, middle school, and elementary schools.