



## Back Into Focus: Concussion Recovery Group

- What:** 90-minute group sessions (6 total sessions)
- Who:** 6-12 athletes (size of group will vary)
- When:** January 14th - February 18th, 2015, 5:30-7:00 p.m.
- Location:** TRIA Conference Center  
3800 American Blvd W., Suite 200  
Bloomington, MN 55431  
(Skyway level of Northland Plaza - the tall, blue glass building next door to TRIA)
- Cost:** \$300 per athlete for six sessions

Concussions can feel like an “invisible injury” and athletes with injuries to the brain may look fine on the outside, but often they may be experiencing distress on the inside. This can often elicit many common emotions that can become potential barriers in the healing process toward recovery. Feelings of irritability, anxiety, depression, changes in behavior, personality, loneliness, decreased concentration, or impulsivity can occur after a concussion.

In the Back Into Focus Group sessions, athletes will meet other athletes recovering from a concussion, learn techniques and coping strategies to work through recovery obstacles, and improve overall quality of life and readiness to engage back into sport/activity. Group sessions are provided by a licensed psychologist who specializes in sport psychology and working with athletes. The Back Into Focus Group will help athletes reach optimal performance and wellbeing.

The Back Into Focus Group aims to achieve the following:

- Improved emotional functioning support from other athletes in the recovery process
- Acceptance of injury and situation
- Improved confidence to returning to sport
- Education about the mental aspects of injury recovery
- Increased ability to focus
- Assistance with goal-setting

For questions or more information, call [\(952\) 977-0467](tel:952-977-0467).

For individual sessions, please contact Allie Wagener of Premier Sports Psychology at (952) 835-8513.