



Unlock Your Performance With Southwest Counselling Services

Perform

REACHING PEAK PERFORMANCE LEVELS

BROUGHT TO YOU BY

SOUTHWEST COUNSELLING SERVICES
POINT EDWARD, ONTARIO

Southwest Counselling Services, through our Perform Program, offers a range of services at all levels designed to support you as you grow and develop into a strong, top-performing individual - in all aspects of your life.

When working with individual athletes and performers, we often help with navigating through performance slumps, overcoming anxiety, injury and low confidence, among other experiences. Of course, our favourite approach is a preventative one and we often work with individuals looking to build and maintain mental performance on a consistent basis.

We have supported individuals from the following organizations:



Meet your Peak Performance team, and learn how we can get started on unleashing your potential. →



**SOUTHWEST
COUNSELLING
SERVICES**

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Meet Your Peak Performance Team

Matt Barnes, Michele McPherson and Cami Sinclair are Registered Social Workers and Psychotherapists at Southwest Counselling Services in Point Edward. They provide mental skills training to individuals and teams and also offer individual, couples, and family therapy.



Matt's area of expertise is with athletes focused on improving their mental skills and sports performance as well as with youth and adults impacted by injuries, trauma, grief/loss, anxiety, depression and relationship difficulties.



Matt is proud to be Certified Mental Performance Consultant (CMPC) certified from the Association for Applied Sport Psychology (AASP). The CMPC certification is the only nationally accredited certification for mental performance professionals across North America and certified consultants are recognized across the country for their ethical practice and high level of expertise to help individuals reduce performance anxiety, improve concentration and communication, build confidence, set goals, and more.



Michele brings her passion for health and wellness into the therapeutic realm by using several components of the mind-body connection with her clients. Michele often incorporates exercise, meditation, yoga, and mindful movement into her work with both youth and adults.



Cami brings her experience playing competitive softball for Team Ontario and NCAA Division I softball for the University of Detroit Mercy together with her Masters of Social Work to support the Perform team and every one of her clients.

GETTING STARTED

Performance Assessment

Start with a Performance Assessment from Southwest Counselling Services by completing three psychological inventories to assist in understanding your mental skills, strengths and weaknesses. It will also assist us in focusing on the psychological areas that require the most attention.

The results and information from these tests are confidential. Time to complete is approximately 30 minutes. Upon completion, we will prepare their profile for delivery and discussion at our first or next session.

GOING DEEPER

Tailored Individual Sessions

The Perform | Southwest Counselling Services team can support you in a variety of ways, with various methods to unlock your true potential. Our team is trained and experienced in various methods of psychotherapy, as well as unique and effective technology-based methods.

With a custom program, we can support you as you build skills, confidence and mindfulness. Your holistic program could include:

- EMDR therapy
- Breathwork and Yoga sessions
- Virtual Reality sessions



Contact us for more information about our mental performance program and how we can support you. Email info@swcounselling.ca or call 1 (519) 336-3100 and **tell us about your goals today.**