

Be YOU! Be PROUD!



# Gymnastics Sports Psychology

Reach your Potential as a Gymnast! Increase your Ability to:

- Build Confidence
- Set & Achieve Goals
- Handle Fear & Frustration
- Increase Consistency
- Release Perfectionism
- Overcome Mental Blocks
- Hit Performances at Competitions
- Raise Motivation
- Communicate well with Coaches
- Expand Mental Flexibility
- Remain Calm Under Pressure
- Grow from Mistakes
- Bust Performance Slumps
- Rebound from Injuries & Setbacks
- Improve Self-Esteem
- Hone Focus & Attention
- Enjoy Your Sport
- Balance Academics & Training
- Manage Stress

## Individual Sessions for Gymnasts

- Four 30-minute in-person individual sessions at Twisters for \$200 (20% discount for Twister gymnasts)
- Email briefing of session to parent & updates to coaches as needed
- Treatment plans, reading materials, & written assignments individually customized to each gymnast's unique needs



**Christine Hiler, Psy.D. PY687**  
Licensed Psychologist

[chiler24@att.net](mailto:chiler24@att.net)  
[www.christinehiler.com](http://www.christinehiler.com)

**Dr. Christine Hiler** earned her Doctor of Psychology degree at Nova Southeastern University. She completed her internship at the Central Arkansas Veteran's Healthcare System with rotations in post-traumatic stress disorder, behavioral medicine, vocational rehabilitation, and primary care. Dr. Hiler's post-doctoral residency training was done at United Methodist Behavioral Hospital, an acute pediatric inpatient psychiatric hospital. Dr. Hiler has been adjunct faculty at Nova Southeastern University for both the Masters of Clinical Psychology and the Masters of Criminal Justice programs. She currently provides therapy to students in grades K-8th at two of the USA Charter Schools in Broward County.

Dr. Hiler is a former gymnast and coach, as well as the parent of two competitive gymnasts. She has over 10 years of experience providing counseling to athletes of all ages and levels and specializes in the sport of gymnastics. Through a warm and empathic relationship, clinical psychologist, Dr. Hiler, helps her clients to cope with adversity while simultaneously appreciating the beauty in their sport and actively engaging in behaviors to enrich their performances. In her spare time, Dr. Hiler enjoys participating in 5K and obstacle course races and putting to practice her sports psychology techniques.

