

Dr. Timothy P. Herzog
270 West Kagy Blvd, Suite F
Bozeman, MT 59715
(406) 587-3404
tim@reachingahead.com

EDUCATION AND CREDENTIALS:

<i>United States Olympic Committee, Sport Psychology and Mental Training Registry</i> Accepted for USOC Registry membership	1/12-Present
<i>Argosy University, San Francisco Bay Area</i> Ed.D., Counseling Psychology (4.0 GPA) Defended Dissertation: "Sailing Video-Imagery: Impacts on Imagery Ability"	9/09-12/11
<i>Licensed Clinical Professional Counselor, Montana</i> Approved by Montana's Board of Social Work Examiners and Professional Counselors Passed the National Board for Certified Counselors- National Counselor Examination	8/07- Present
<i>Certified Consultant, Association for Applied Sport Psychology (AASP)</i> Approved by CC-AASP Committee for full certification status	8/08-Present
<i>Loyola College in Maryland, Baltimore, MD</i> Psy.D. Candidate, Clinical Psychology M.S., Clinical Psychology (1/04)	9/02-3/07
<i>Boston University, Boston, MA</i> Ed.M., Counseling Psychology specializing in Sport Psychology	9/00-5/01
<i>National Outdoor Leadership School, Lander, WY</i> Semester in Australia	4/99-6/99
<i>Saint Mary's College of Maryland, Saint Mary's City, MD</i> B.A., Psychology B.A., Economics with a Business Track	9/94-5/98

CLINICAL EXPERIENCE:

<i>Counselor – Reaching Ahead PLLC</i> Conduct counseling, psychotherapy, career consultation, and biofeedback for clients ranging in age from adolescence through late adulthood. Areas of focus include trauma, anxiety, grief, couples, interpersonal, and adjustment difficulties. Publish locally (Bozeman Daily Chronicle, Hospice Newsletter, Montana's Healthy Living Magazine, Outside Bozeman, MSU Pocket Guide) and nationally (Sailing World). Collaborate on scholarly publications and presentations. Lead Biofeedback Significant Interest Group within the Association for Applied Sport Psychology. Regularly consult with other professionals in Bozeman, nationally, and internationally.	8/08-Present
---	--------------

- Facilitator – Cancer Support Community of Montana* 3/10-Present Lead
a networking support group for prostate cancer and participate in group supervision meetings with colleagues. Previously provided instruction for a 6 week biofeedback bourse, and subsequently for a 6 week imagery course. Initiated a caregiver support group. Occasionally substituted as a facilitator for a general grief group and a cancer support group.
- Intern – Montana State University, Bozeman: Counseling & Psychological Services* 8/06-3/07
Conducted individual psychotherapy, intakes, crisis intervention, career counseling, and supervision. Served as teacher's assistant in therapy skills class and co-facilitated a psycho-educational group on Mindfulness Based Stress Reduction. Guest-lectured theories class on cognitive-behavioral therapy and provided staff training seminar on sport psychology. Provided outreach such as seminars and articles on anxiety.
- Extern – United States Naval Academy Midshipmen Development Center* 9/05-5/06
Counseled generally high functioning midshipmen (USNA students) on a variety of personal issues. Performed intakes, psychological evaluations, and conducted individual psychotherapy. Provided athletics with sport psychology consultation services. Co-led a performance anxiety group for midshipmen experiencing difficulties with the physical education requirement of a 10m jump.
- Group Supervisor, Masters Clinical and Counseling Practicum, Loyola College* 6/05-5/06
Led clinical supervision classes of 4-8 Masters students in clinical and counseling psychology. Established supervision group norms including ethical, legal, and professional standards for externs. Supervised case conference presentations within the group. Provided clinical feedback to enhance students' developing professional identity, knowledge and skills. Provided feedback to Director of Master's Field Education regarding externs' class participation and assisted in problem resolution.
- Extern – Howard Community College Counseling and Career Services* 9/04-7/05
Counseled a diverse population on issues of personal matters and mental health (such as depression, anxiety, trauma, learning disabilities, family problems, and social difficulties) and issues of career development (such as self-exploration, assessments, resume review, and issues in achievement). Also provided athletics with sport psychology consultation services.
- Extern – Loyola Clinical Centers: Multidisciplinary Assessment Center* 8/03-5/04
Performed psychological assessment of clients using batteries of diagnostic tests in the areas of intelligence, achievement, neuropsychology, and personality. Assessments were done in conjunction with Loyola's Speech Pathology and Audiology Departments to provide clients with comprehensive integrated evaluations and recommendations.
- Extern – Advocates for Survivors of Torture and Trauma* 1/03-6/03
Counseled victims of torture and trauma seeking refuge in the United States from politically unstable countries. Performed intakes, psychological evaluations and conducted individual psychotherapy. Participated in weekly staff meetings, case consultations, and volunteer program development.

SPORT PSYCHOLOGY AND COACHING EXPERIENCE:

- Mental Skills Coach – Reaching Ahead PLLC* 8/08-Present
Conduct mental skills coaching and biofeedback for athletes, performing artists, business persons, musicians, and other performers ranging in age from adolescence through late adulthood.
- Career Coach – Bozeman Career Center* 1/10-Present
Co-lead career consulting work with Wendy Bay Lewis. Formats range from individual work, small workshops, and larger groups within the Montana State University's Extended University program. Develop corporate training with emphasis on engagement, development, performance, and retention.
- Senior Performance Trainer, Army Center for Enhanced Performance- Fort Lewis, WA* 9/07-8/08
Worked with soldiers, leaders, families, and the warriors in transition chain of command on performance enhancement, through seminars, individual training, and a train-the-trainer approach. Group and Individual training emphasizes a positive approach and utilization of biofeedback.
- Field Instructor, Three Rivers Montana* 6/07- 8/07
Worked with adolescents in an outdoor behavioral health program. Responsibilities included:\ ensuring the health and safety of students, wilderness risk management, role modeling responsible leadership, healthy decision making and effective communication, programmatic implementation, and coordinating with therapists and team leaders on student treatment progress.
- Mentor, Big Sky Youth Empowerment Project* 1/07-3/07
Taught weekly workshops on life skills, and skied with disadvantaged, at-risk, high school students.
- Instructor/ Coach Trainer, U.S. Sailing Association* 6/00-8/06
Trained and certified potential instructors and coaches for sailing's national governing body.
- Sport Psychology Consultant, College Athletics, Howard Community College* 8/05-5/06
Worked as a liaison between Counseling and Career Services and the Athletics Department to facilitate referrals and the delivery of services. Provided workshops and individual consultation/ therapy for coaches and student athletes on matters of performance enhancement and personal issues. Participated in weekly case consultation meetings.
- Summer Intern – IMG Academies Mental Conditioning Department* 6/04-8/04
Provided individual performance enhancement consultations and group seminars for adolescent and young adult athletes participating in IMG's elite sport camps for tennis, golf, soccer, baseball, and basketball.
- Head Club Sailing Coach, Loyola College* 9/02-12/04
Coordinated development of a newly rejuvenated college sailing team. Received the 2003–2004 Outstanding Coach's Award.
- Head Varsity Sailing Coach, Boston College* 8/01-6/02
Coached a nationally ranked team with a roster of 45 and 2 assistant coaches to obtain a 5th place finish at North Americans and 4 All-America honors.

- Program Director, Larchmont Yacht Club, Larchmont, NY* 6/02-8/02
Ran a junior sailing program of 150 children and a staff of 12 instructors.
- Academic Coach - Play It Smart, National Football Foundation* 10/99-5/00
Tutored and counseled inner city high-school football players at Madison Park Technical Vocational High School in Roxbury, Massachusetts. Led and co-led workshops on improvement of academic skills and life skills while incorporating the metaphor of football and athletic conditioning.
- Sport Psychology Consultant – Boston University Sailing Team* 9/00-5/01
Provided group seminars in performance enhancement. Counseled individual athletes and implemented sport psychology interventions.
- Biofeedback Consultant – Boston University Softball Team* 3/00-5/01
Treated an athlete with essential hypertension. Treatment consisted of autogenic training with use of photoelectric plethysmography (measures skin temperature and heart rate).
- Assistant Director of Intercollegiate Sailing, U.S. Merchant Marine Academy* 8/99-8/00
Coached team, taught basic sailing classes, and ran National Championship.
- Summer Sailing Coach, Pleon, Chappaquoit, Balboa, Winchester, & Hingham YC* 6/92-8/98
Coached all levels of advanced racing and basic sailing at sailing programs around the country.

TEACHING EXPERIENCE:

- Adjunct Professor, Sport Psychology, National University* 9/09-Present
Instruct undergraduate courses in Counseling Skills, Wellness, and Sport Psychology for Coaches. Designing graduate course for Ethics in Performance Psychology.
- Adjunct Professor, Psychology, Montana State University* 1/11-7/12
Educated undergraduates in Personality Psychology, from theoretical and applied perspectives.
- Adjunct Professor, Health Sciences, Howard Community College* 9/05-12/05
Developed curriculum and taught undergraduate course in Sport and Exercise Psychology.
- Secondary Instructor, Undergraduate Controlling Stress & Tension, Loyola College* 9/05-12/05
Trained class of undergraduates on use of biofeedback (EMG) instruments, maintained records of their progress, and presented lectures on the rationale and application of four relaxation techniques.
- Teaching Assistant, Undergraduate Controlling Stress & Tension, Loyola College* 9/04-12/04
Assisted with two sections of undergraduates in using biofeedback (EMG) instruments, maintained records of their progress, and presented lectures on the rationale and application of PMR technique.
- Undergraduate Teaching Assistant, Social Psychology, St. Mary's College of MD* 1/98-5/98
Provided professor with text summaries and feedback. Summarized text material on a weekly basis for an undergraduate social psychology class and presented a lecture on group dynamics in sport.

SCHOLARLY WORKS:

- Linden, M., Strack, B., Lagos, L., & Herzog, T.P. (2013, March). Applications of Neurofeedback and Biofeedback in Professional, Olympic, and Amateur Sports: Workshop at the *Annual Conference for the Association for Applied Psychophysiology and Biofeedback*- Portland, OR.
- Herzog, T., & Hays, K. F. (2012). Therapist or mental skills coach? How to decide. *Sport Psychologist*, 26(4), 486-499.
- Gapin, J. & Herzog, T.P. (in press). Sailing video-imagery: Impacts on imagery ability. *Journal of Imagery Research in Sport and Physical Activity*).
- Dupee, M., Herzog, T.P., Werthner, P., & Sime, W. (2012, October). Biofeedback techniques for optimal performance: Workshop at the *Annual Association for Applied Sport Psychology Conference*- Atlanta, GA.
- Eiring, K.M., Hays, K.F., & Herzog, T.P. (2012, October). Tele-consultation groups: A model for interprofessional collaboration and continuing education: Symposium at the *Annual Association for Applied Sport Psychology Conference*- Atlanta, GA.
- Gapin, J., & Herzog, T.P. (2012, October). Broadening your mental skills toolbox: Creating and delivering video-imagery interventions: Workshop at the *Annual Association for Applied Sport Psychology Conference*- Atlanta, GA.
- Herzog, T.P. (2012, March). Sailing video-imagery: Impacts on imagery ability. Poster at the *Annual Conference for the Association for Applied Psychophysiology and Biofeedback*- Baltimore, MD.
- Herzog, T.P. (2011, December). *Dissertation*- Sailing video-imagery: Impacts on imagery ability.
- Herzog, T.P., Gapin, J., & Nankin, M. (2011, March). EEG patterns among sailors using a video-imagery performance enhancement intervention. Poster at the *Annual Conference for the Association for Applied Psychophysiology and Biofeedback*- New Orleans, LA.
- Herzog, T.P. (2011, March). Inclusion of biofeedback in a stress-management supportive group for cancer patients, survivors, and caregivers. Poster at the *Annual Conference for the Association of Applied Psychophysiology and Biofeedback*- New Orleans, LA.
- Herzog, T.P. (2009, October). Video-imagery: The empirical study of an integrated performance enhancing technique applied to competitive sailing. Lecture at the *Annual Association of Applied Sport Psychology Conference*- Salt Lake City, UT.
- Herzog, T. (2009). Book and resource reviews. [Review of *The Psychology of achieving sports excellence*, by L. M. Leith]. *Sport Psychologist*, 23(3), 425-426.
- Herzog, T. (2009, Spring). Black belt for life [Review of *Black belt for life: A memoir of personal development and the martial arts* by R. Smith]. *APA Division 47 Newsletter*, 22(1), 15.

Herzog, T.P. (2004, October). Autogenic training use in treating essential hypertension: A case study with a female collegiate athlete. Poster at the *Maryland Psychological Association Graduate Students Fall Internship Fair* at University of Maryland- Baltimore County in Baltimore, MD.

Herzog, T.P. (2001, October). Autogenic training use in treating essential hypertension: A case study with a female collegiate athlete. Invited to address graduate students, for a graduate level biofeedback class at Boston University, Boston, MA.

Herzog, T.P. (2000, May). *Masters Thesis*- How kids become “hooked” on an achievement oriented sport for life and implications for parents: Exploratory research with elite competitive sailors.

Zito, M. D., Herzog, T., & Shipherd, A. M. (2013, Spring). What’s in a name? Some ins and outs of representing yourself. *AASP Newsletter*, 28(1), 17-18.

APPLIED WORKSHOPS AND PRESENTATIONS:

Herzog, T.P. (2013, February). *Moonlight Freeride Mental Skills Talk*. Invited to address Freeride Team and coaches on managing fear, at Moonlight Basin, Big Sky, MT.

Herzog, T.P. (2013, January). *Mental Skills for Optimal Performance in Sailing*. Invited to present a US Sailing Level 3 Workshop for Coaches, in Clearwater, FL.

Herzog, T.P. (2013, January). *Transferable Skills and Happenstance with Sailing*. Invited to present at the US Sailing National Sailing Program Symposium, in Clearwater, FL.

Herzog, T.P. (2012, December). *Sport Psychology Seminar with BSF Olympian Heather McPhie*. Invited to address entire Bridger Ski Foundation Nordic, Alpine, and Freestyle Programs, in Bozeman, MT.

Herzog, T.P. (2012, December). *Motivation and Communication Skills for Ski Coaches*. Invited to address Bridger Ski Foundation Nordic, Alpine, and Freestyle Coaches, in Bozeman, MT.

Herzog, T.P. (2012, October). *Mental Skills for Ski Coaches*. Invited to address Bridger Ski Foundation Nordic, Alpine, and Freestyle Coaches, in Bozeman, MT.

Lois, G.C. & Herzog, T.P. (2011, October). *The Six-Minute Lawyer and Flow*. Invited to address the Montana State Bar Bankruptcy Section, in Helena, MT.

Herzog, T.P. (2010, January). *The Mind’s Path to Success*. Invited to address WNET in Bozeman, MT.

Herzog, T.P. (2008, November). *Peak Performance Skiing*. Invited to address Bridger Ski Foundation Nordic Ski Team, in Bozeman, MT.

Herzog, T.P. (2008, October). *Peak Performance Taekwondo*. Invited to address Taekwondo West, in Bozeman, MT.

- Herzog, T.P. (2008, March). *Peak Performance Sailing*. Invited to address the University of Washington Sailing Team, in Seattle, WA.
- Herzog, T.P. (2008, March). *Peak Performance Sailing*. Invited to address the Seattle Yacht Club Junior Racing Team, in Seattle, WA.
- Herzog, T.P. (2006, May). *Workshops on Overcoming Fears, Visualization, and Motivation*. Invited to address junior sailing coaches at the Junior Sailing Association of Long Island Sound's All-Instructor Symposium, in Larchmont, NY.
- Herzog, T.P. (2006, January). *Getting Kids Locked into Sailing for Life: A Viewpoint on Optimal Push and an Introduction to Mental Skills to use once they're "Locked In."* Invited for keynote address at the United States Sailing Association National Sailing Program Symposium in Long Beach, CA.
- Herzog, T.P. (2006, January). *The Sailing Psychology Tool Kit: Theoretical Rationale and Applied Sport Psychology Techniques for Sailing Coaches*. Invited to address coaches attending the United States Sailing Association Advanced Coaching Symposium in Long Beach, CA.
- Herzog, T.P. (2005, March). *Transitions: Common Stressors for New College Students*. Invited to address future college students with disabilities, and parents, attending the Project Access College Fair for Students with Disabilities at Howard Community College in Columbia, MD.
- Herzog, T.P. (2004, November). *Sport Psychology Applied for College Sailors*. Invited to address the nationally ranked St. Mary's College Sailing Team at St. Mary's College in St. Mary's City, MD.
- Herzog, T.P. (2003, January). *Sport Psychology and Sailing*. Invited to address coaches attending the United States Sailing Association Advanced Coaching Symposium at Annapolis Yacht Club in Annapolis, MD.

OTHER PUBLICATIONS:

- Herzog, T.P. (2012, Summer). Mountain mindset: Mountain biking tips and tricks. *Outside Bozeman*, 10(5).
- Herzog, T.P. (2012, Spring). Water on the brain: Cutting new channels for mental flow. *Outside Bozeman*, 10(4).
- Herzog, T.P. (2011, October). You're in first. Now what? *Sailing World*, 70-71.
- Herzog, T.P. & Saltz, B. (2009, Fall). Wax on: How taekwondo can make you a better skier. *Outside Bozeman*, 10(3), 50.
- Herzog, T.P. (2009, Summer). Train smarter: Why your mind is your most important muscle. *Outside Bozeman*, 10(2), 44-45.
- Herzog, T.P. (2008, November). The old cliché. *Bozeman Dressage and Combined Training Club Newsletter*.

Herzog, T.P. (2008, March). Peak performance sailing: Communication lessons from families. *Sailing World*, 34-35.

Herzog, T.P. (2005, January/ February). Sport psychology: How I spent my summer vacation. *The Maryland Psychologist*, 50(3), 19.

Herzog, T.P. (2003, May). A review of mindfulness in plain English: *42 Online*. The online journal of Psychologists in Independent Practice, a division of the American Psychological Association. Available at <http://www.division42.org/>

Herzog, T.P. (2003, March). A review of trauma and recovery: The aftermath of violence- from domestic abuse to political terror. *42 Online*. The online journal of Psychologists in Independent Practice, a division of the American Psychological Association. Available at <http://www.division42.org/>

Herzog, T.P. (2001, September). The art of the ooch. *Sailing World*, p. 58-60.

Zaichowsky, L.D., Hedstrom, R., Herzog, T.P., & Igel, L. (2001, Spring). Parental misconduct in youth sports: Part II. *Side Lines*, 10, 2.

Zaichowsky, L.D., Hedstrom, R., Herzog, T.P., & Igel, L. (2000-2001, Fall/Winter). Parental misconduct in youth sports: Part I. *Side Lines*, 10, 1.

Herzog, T.P. (2000). Like a laser or like a 420? *Vanguard 15 Newsletter*.

PROFESSIONAL DEVELOPMENT:

Sport Psychology

Monthly Telephone Consultation Group with Kate Hays, Ph.D.	11/10-present
Association for the Advancement of Applied Sport Psychology	98,01,03,06,09,12
Sport Psychology Professional Training Workshop with Jack Lesyk, Ph.D.	6/06
Springfield College Let's Play Conference, Life Enhancement Skills through Sport	6/06
Northeast Atlantic Sport Psychology Conference at Temple University	3/03, 3/06

Biofeedback and Neurofeedback

Association for Applied Psychophysiology and Biofeedback	09, 11, 12, 13
Biofeedback Foundation of Europe: Optimizing Performance and Health	10/08
EEG Info Clinical Course in Neurofeedback / EEG Biofeedback	9/08
International Society for Neurofeedback and Research Conference	9/07
Biofeedback Society of California Conference	9/07
Maryland Psychological Association- Workshop on Biofeedback-Psychophysiology	10/04

Mindfulness and Acceptance Approaches

Acceptance and Commitment Workshop with Kevin McCutcheon, Ph.D.	10/11
Introductory Experiential ACT Workshop with Sonya Batton, Ph.D.	5/06
Integrative Treatment of the Anxiety Disorders with Sally Winston, Psy.D.	5/06

Shambhala Level 1: The Art of Being Human, Weekend Meditation Retreat	5/06
Vipassana Meditation Retreat with Matthew Flickstein, Weekend Meditation Retreat	9/06
Qi Gong for Autumn with Ron Davis, Weekend Workshop	9/06
Viniyoga Yoga with Paola Feher, Weekly Class Series	9/06-11/06

Trauma

Traumatic Attachment and Affect Dysregulation with Janina Fisher, Ph.D.	4/11
Complex Trauma and Personality Disorder Workshop with John Briere, Ph.D.	9/06
Traumatic Memory Reconstruction Workshop with Ronnie Berger, Psy.D.	3/03
Maryland Psychological Association- Workshop on Counseling Torture and Trauma	2/03

Personality

Psychotherapy and Personality: Honoring Individuality with Nancy McWilliams, Ph.D.	10/06
Workshop on CBT for Personality Disorders with Judy Beck, Ph.D.	4/05

Other

Creating Connection: The Practice of Emotionally Focused Couples Therapy	4/13
The Nuts and Bolts of Ethical Practice with Ed Zuckerman, Ph.D.	4/12
American Psychological Association Annual Convention in Washington, D.C.	8/05
Maryland Psychological Association Graduate Students- Internship Fair	10/04
Midwinter Research Conference on Religion and Spirituality at Loyola College	3/03

PROFESSIONAL AFFLIATION:

American Psychological Association (currently Division 47 and 42)	2/03-Present
American Mental Health Counselors Association	7/08-Present
Association for Applied Psychophysiology and Biofeedback	1/09-Present
Association for Applied Sport Psychology	10/98-Present
Maryland Psychological Association	11/02-12/07

AWARDS:

Association of Applied Psychophysiology and Biofeedback Travel Scholarship	2011, 2012
Recipient of the Loyola College Merit Scholarship	2005-2006
Recipient of the Loyola College Clinical Training Scholarship	2005-2006
Recipient of the Loyola College Outstanding Coaches Award	2003-2004

PROFESSIONAL LEADERSHIP ROLES:

AASP Ethics Committee Member	12/12-Present
AASP Significant Interest Group in Psychophysiology and Biofeedback: Coordinator	2009-Present
BCIA Optimal Performance Biofeedback Certification Task Force Member	9/12-Present
Reviewer for Women in Sport and Physical Activity Journal	2010-2011
Maryland Psychological Association-Graduate Students: Advocacy Committee Rep.	5/05-5/06
Loyola College PsyD Student Committee: Fourth Year Class Rep.	9/05-1/06