



PHILOSOPHY OF PRACTICE

LOGAN MYERS



2026

WHAT I DO

BRIDGE ELITE PERFORMANCE WITH COMMON HUMANITY.

I utilize Positive, Humanistic psychology principles help athletes/performers **self-actualize**. I facilitate this work through an adaptable CBT/ACT approach that leverages tangible mental skills to scaffold skill development

MY VALUES

AS A FORMER CLUB, COLLEGIATE, AND SEMI-PROFESSIONAL SOCCER PLAYER:

I know how hard it can be to open up

I understand the skepticism behind mental services

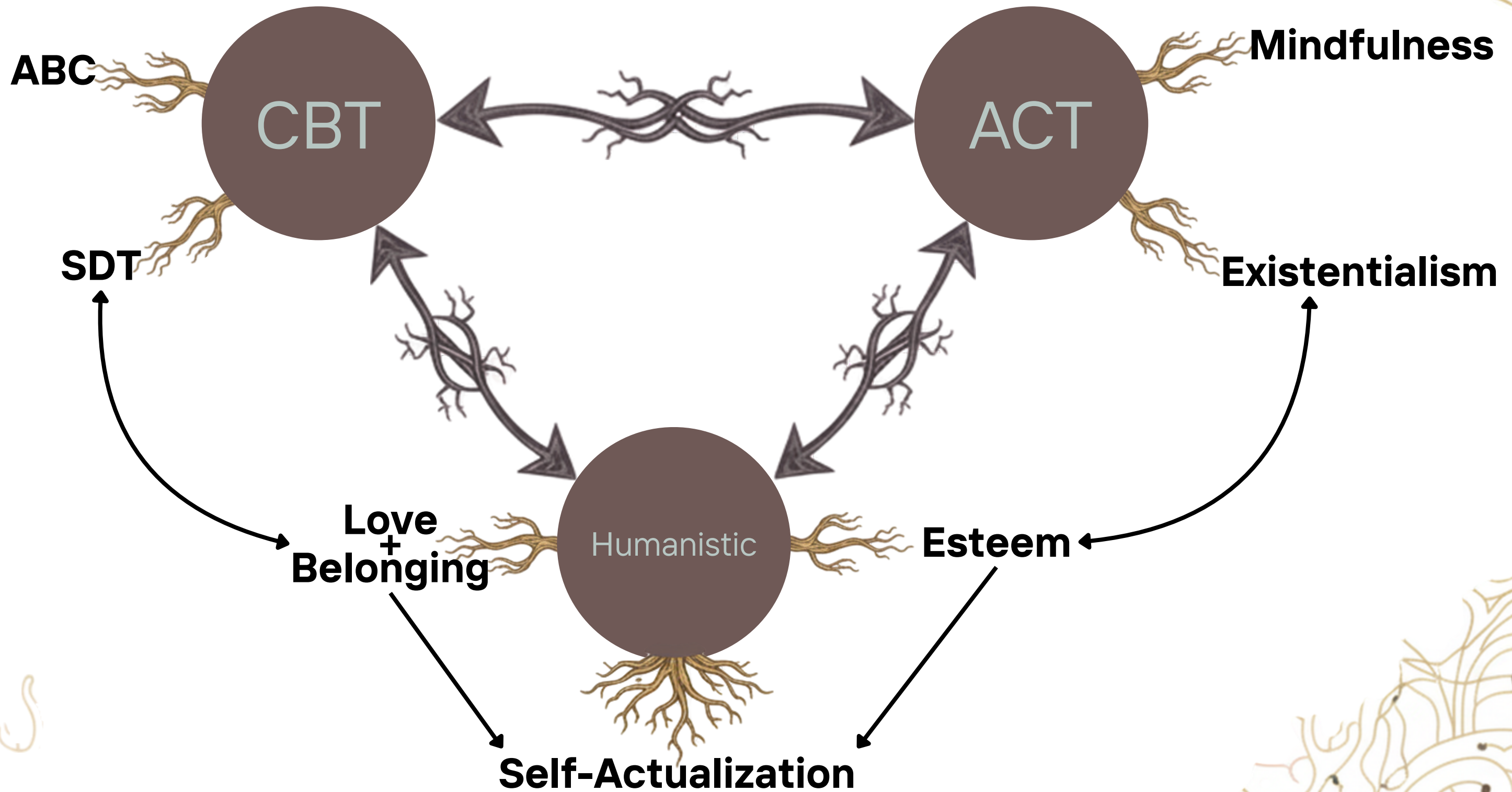
I can empathize with the intense Ebbs and Flows of elite performance environments (Highs and Lows)

MY VALUES

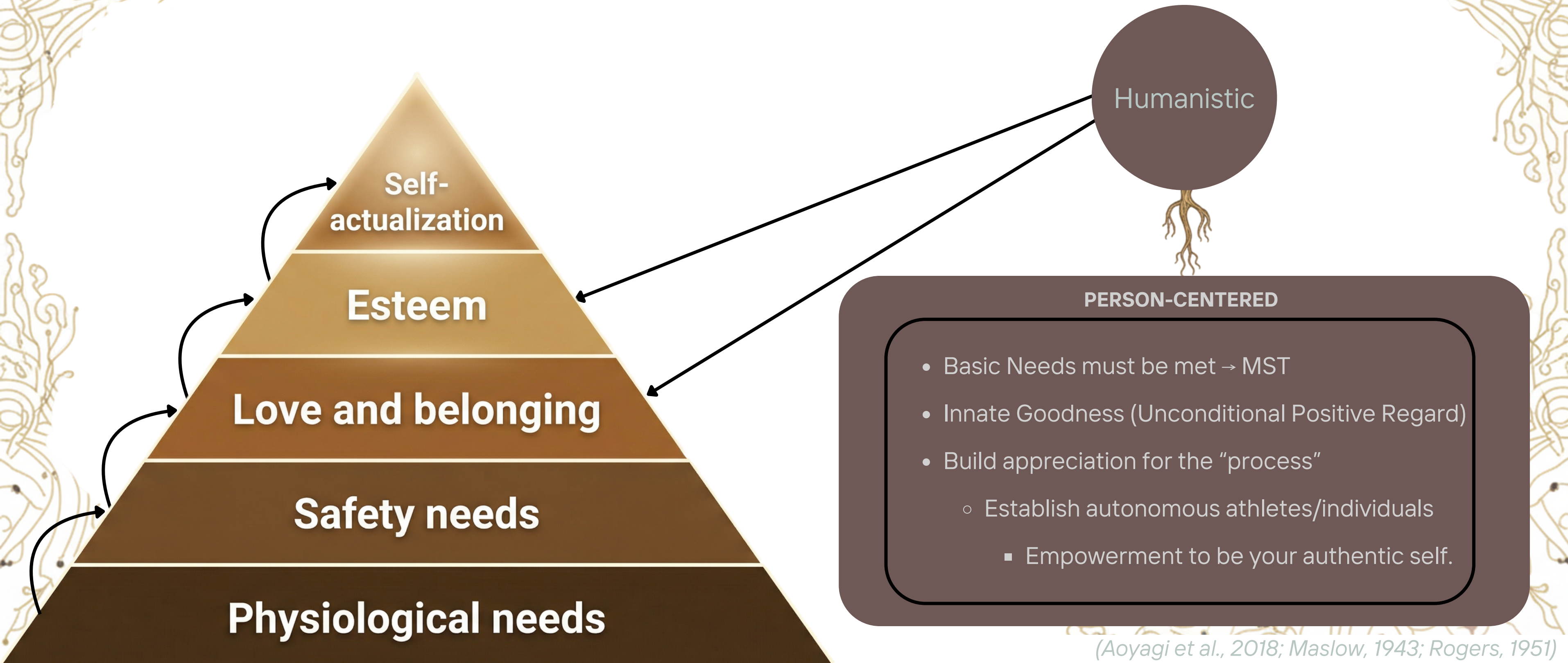
AS A RESULT OF MY EXPERIENCES, I RESPECT AND HAVE A CONCERN FOR:

- Unconditional Positive Regard
- Individuality
 - Autonomy
- Confidentiality
- Performance Forward Consulting
 - Demonstrate Value
- Holistic Development
- ★ Adaptability (Flexible Counseling Approach)
- Cultural Humility
 - Leading with Curiosity and Openness
- Challenge!

THEORETICAL FOUNDATION



THEORETICAL FOUNDATION



(Aoyagi et al., 2018; Maslow, 1943; Rogers, 1951)

THEORETICAL FOUNDATION

ABC → D → E:
Reframing Technique
Enhance Competence
Enhance Autonomy
Relate with oneself

CBT

SDT:
CBT is the “How”
SDT is the “Why”
-Motivational lens

THOUGHTS IMPACT FEELINGS, WHICH IMPACT BEHAVIOR... CYCLICALLY

CORE IDEA

Challenging beliefs and thoughts.
Provide structured, actionable MST
for learning, and skill acquisition



IN-ACTION

Build awareness of thoughts,
emotions, physiology. Implement
adaptive strategies to cultivate
present moment focus, perspective
taking ability, and utilization of skills
in-action.

Key: Reps + Sets!

THEORETICAL FOUNDATION

Mindfulness:
Cultivate present
moment focus
Enhance state Flow

ACT

Existentialism:
Unburdening tool
Cognitive Defusion
And/or Detachment

ESTABLISH VALUES, AND COMMIT TO THEM DESPITE INTERNAL/EXTERNAL "WEATHER"

BUILDING PSYCHOLOGICAL FLEXIBILITY

- The "**Willingness**" Variable: Shifts the goal from "feeling good" to the capacity to carry the "heavy backpack" of competition.
- Values-Based Action: Uses perspective-taking to unburden athletes from "ironic processes" → commit to their Optimal Self rather than their temporary emotions.
- Metric of Success: Reducing "Gap Time"—the interval between a perceived error and the next productive technical action.

ADAPTIVE COMPETENCE

HELPING ATHLETES EFFECTIVELY INTERACT WITH, AND ADAPT TO THEIR ENVIRONMENT

PERFORMANCE = SKILL X WILLINGNESS

Skill (Competence): This represents the athlete's training, physical ability (SDT), AND mental skills.

NUANCE

If Willingness is zero (i.e., the athlete refuses to perform unless they feel "good"), performance drops to zero. If the athlete is willing to carry the "heavy backpack" of suffering and still do their best, the Skill can be expressed.

Willingness (Mindfulness/ACT): This is the ability to experience difficult emotions (anxiety, frustration, "unfairness") without trying to delete them, while still executing the skill.
Willingness (applicable to all levels) to:

- Experience discomfort/pain
- Be exhausted
- Be challenged/contradicted
- Make mistakes



INTERVENTION GOALS

1. **Establish** strong **Rapport** with client (athlete/performer/coach etc.)
2. **Build awareness** (of strengths and maladaptive processes)
3. **Identify** what **MST** to implement through triangulation of assessment
 - a. **Multicultural Considerations**
 - b. Build Skill, Willingness, or a combination?
 - i. Self-report, Observation, Quantitative Inventories
 1. ACSI-28, MAAS, Needs Assessment, etc.
4. **Enhance performance (Challenge)**
5. **Personal Growth**
6. **Autonomous Empowerment**

INTERVENTION GOALS

Cultural Humility in-action: Being aware of my assumptions

My Assumption: Detachment from worry-inducing stimuli unburdens the athlete for peak performance.

- **National or Religious Expectations:** Developing the capacity to carry the "heavy backpack" while remaining committed to value-based technical actions.
- **Linguistic Adaptation:** Tailoring "Willingness" terminology to align with professional identity to enhance intervention buy-in.
 - With professional athletes: "Accept your feelings" → "Professional Duty"
- **Perspective-Taking:** Detaching self-worth from performance outcomes in high-stakes environments where sport is the primary driver of social status and ego-identity.
 - Victim → Observer

INTERVENTIONS/TECHNIQUES

"SKILL" BUILDERS

- **Attentional Control** Training (Attentional Model/Nideffer, 1976).
- **Arousal Regulation & Optimal Zones** (Inverted-U/Yerkes & Dodson, 1908; IZOF/Hanin, 2000).
- **Goal-Directed & Instructional Self-Talk** (Dual-Process Theory/Kahneman, 2011; Hardy, 2006).
- **Cognitive Restructuring & ABCDE Reframing** (CBT/Beck, 2011; REBT/Ellis, 1994). **ACT BRIDGE**
- **Imagery & Coping Rehearsal** (PETTLEP/Holmes & Collins, 2001; Joseph et al., 2018).
- **Growth Mindset** Cultivation (Implicit Theories/Dweck, 2006).

"WILLINGNESS" BUILDERS

- **Mindfulness & Present-Moment Focus** (Mindfulness/Kabat-Zinn, 1994; MSPE/Kaufman et al., 2018).
- **Acceptance & Cognitive Defusion** (ACT/Hayes et al., 2012).
- **Existential Unburdening & Detachment** (Existentialism/Nesti, 2004; Aggerholm, 2014).
- **Self-as-Context & Perspective-Taking** (ACT/Hayes et al., 2012).
- **Values Identification & Committed Action** (ACT/Hayes et al., 2012).
- **Breath-work** (Physiological Sigh/Balban et al., 2023).
- **Progressive Muscle Relaxation** (PMR) (Relaxation Theory/Luthfi et al., 2024).
- **Unconditional Self-Acceptance** (REBT/Ellis, 1994).

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TESTIMONIALS

"Logan approaches his role with humility, curiosity, and a clear commitment to professional growth."

"Logan genuinely cares about the athletes he works with, and his passion for this field is evident in his preparation, delivery, and follow-through."

"One of Logan's greatest strengths is his ability to read the room. He shows a natural awareness of team dynamics and individual emotional states, allowing him to manage team energy appropriately and respond with empathy and intention."

-Executive Director of SRU

