



THE INSTITUTE OF **SPORTS** PSYCHOLOGY

"Robert Andrews' sports psychology work is profound and most of all, highly effective. Robert is doing cutting edge work that can help athletes with any type of injury or set back, or anyone wanting to reach new levels of performance. I highly recommend Robert Andrews."

Kevin Mazeika
U.S. Men's Olympic Gymnastics Coach
2004 & 2008



The Institute's founder and director Robert B. Andrews MA, is a certified sports counselor, and licensed therapist. Robert has woven his passion for sports and experience as an athlete, together with 18 years of experience in personal empowerment. He has created a dynamic facility for athletes desiring to break through performance ceilings, and maximize their athletic potential.

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The Institute of Sports Psychology was created with two primary areas of focus in mind; 1) to help the injured athlete overcome the mental, emotional, and spiritual trauma associated with sports related injuries, and 2) to enhance peak athletic performance by strengthening the heart, mind and spirit of the athlete.

Sports Performance

Robert works with the inner world of the athlete. He helps the athlete achieve a state of mental strength, clarity, and focus and build resilience, and competitive fierceness. Athletes remove blocks that inhibit peak performance and unleash the natural power of the athlete. With a clear mind, heart, and spirit athletes break through performance ceilings and achieve flow athletic experiences consistently.

Athletic Injuries

After an athlete has rehabilitated from an injury and is cleared to play they are labeled as 100%. Many expect the athlete to quickly return to their previous level of performance. If the athlete is slow to come around they are sometimes labeled as "head cases", or written off, which can lead to more trauma. Unresolved issues from the injury and fear of re-injury are the key components that must be addressed for an athlete to be truly "100%" fit to perform. This dynamic has been neglected in the recovery process for decades. It is the mission of ISP to help the athlete heal on all levels, not just the physical.



"Robert's work is revolutionary as it inspires athletes to make significant advances in their careers. He works closely with athletes and is able to bring out their maximum potential. Because of our work together, I am now an Olympic Medalist."

Raj Bhavsar

2008 Olympian and Bronze Medalist

US Olympic Team Member 2004

2 time World Championship Silver Medallist

NCAA Champion and 10 time All American

Creating Breakthroughs with Athletic Performance and Sports Injury Trauma