

Dr. Cody Commander: Pioneering Sport Psychology and Mental Health in Athletics

Transforming Minds and Performance Across Elite Sports and Beyond



New York City, New York Mar 25, 2025 ([Issuewire.com](https://www.Issuewire.com)) - For over two decades, Dr. Cody Commander has been a transformative figure in the field of sport and performance psychology, empowering elite athletes, teams, and professionals to reach their highest mental potential. His contributions extend from the Olympic Games to groundbreaking psychological assessments,

influencing both the world of athletics and mental health significantly.

Before embarking on his professional journey, the doctor's educational journey began with a Bachelor of Arts from Southeastern Oklahoma State University in 2002, followed by a Master of Behavioral Studies in 2004. He further honed his expertise by earning a Doctorate of Psychology (PsyD) from Wright State University in 2010. His educational foundation set the stage for a career dedicated to enhancing the mental resilience of athletes and professionals alike.

As the Mental Health Officer for Team USA during the 2021 Tokyo Olympic Games, Dr. Commander played a pivotal role in ensuring athletes were equipped with essential psychological tools to manage the pressures of competition at the highest level. His expertise led to a partnership with the United States Olympic & Paralympic Committee (USOPC), where he helped design innovative mental health programs that are setting new benchmarks for excellence in elite sports.

Dr. Commander's extensive experience includes being the Director of Sport Psychology at the University of Oklahoma Athletics Department, where he worked for 12 years. There, he worked with Division I athletes across various sports, influencing both their mental well-being and performance. He also developed the nation's first fully integrated doctoral internship in sport psychology that was housed in an athletics department and private practice. His mentorship and direct supervision have shaped the careers of over 50 professionals, many of whom now serve in leading positions within the NBA, NHL, MLB, Division 1 athletic programs, and other premier athletic organizations.

Furthermore, he is an active member of several professional organizations, including the American Psychological Association - Division 47 (APA-Div 47), the Clinical/Counseling Sport Psychology Association (CCSPA), the Association for Applied Sport Psychology (AASP), and the Oklahoma Psychological Association (OPA).

In addition to his work in sport psychology, Dr. Commander is a leader in psychological assessment, founding Commander Counseling & Wellness, which boasts a team of 22 professionals. His new venture, the Rock Springs Psychological Testing Center in Colorado, aims to provide innovative psychological testing measures tailored specifically for athletes. He is also the creator of Peregrine, an advanced report-writing software that enhances the accuracy and efficiency of psychological assessment reports.

A sought-after speaker and thought leader, Dr. Commander frequently presents at national conferences on mental performance, athlete mental health, and psychological testing. He has authored three books on performance psychology, making vital mental skills training accessible to athletes and coaches alike.

Dr. Commander's commitment to advancing mental health services extends to his work as a former Board Director of the Oklahoma Psychological Association, where he advocated for improved psychological practices and policies.

Learn More about Dr. Cody Commander:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/57040-Cody-Commander-Psychologist> or through his websites, <https://www.commandercw.com/drcodycommander>, <https://www.rockspringtesting.com>, <https://www.commandingperformance.com>.

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

*****@yourhealthcontact.com

Source : Dr. Cody Commander

[See on IssueWire](#)