

ADAM R. WRIGHT, PhD, CMPC, PCC, LAC

High Performance Coach and Psychotherapist

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PROFILE

High performance coach and psychotherapist integrating applied sport psychology, clinical mental health counseling, and exercise physiology across 25 years of practice. Former Director of Mental Performance for the Washington Nationals (MLB). Clients span professional sport, Fortune 500 leadership, elite law, finance, and emergency services. Doctorate in Kinesiology, licensed counselor, ICF-credentialed executive coach, and AASP Certified Mental Performance Consultant.

Selected engagements: Meta, Sony, Ropes & Gray, NJ/NY Gotham FC (NWSL), and the United Nations System Staff College. Individual clients include MLB All-Stars, national-team athletes, world-tour golfers, and senior leaders from the New York Giants, the NFL and NWSL, Goldman Sachs, McKinsey, and the Department of Defense.

PROFESSIONAL EXPERIENCE

Strata Performance, New York, NY 2025–Present

Mental Performance Coach

- Deliver individual mental skills coaching to professional athletes, executives, and high performers across industries within a multidisciplinary performance psychology firm.
- Design and facilitate group programming and workshops for corporate and institutional clients, including elite professional services firms.
- Integrate evidence-based mental performance frameworks (attention, arousal regulation, confidence, pressure management) into client-specific coaching plans.

Areté Fitness and Performance Training Inc., New York, NY 2000–Present

Founder | Mental & Physical Performance Consultant

- Founded and have sustained a private consulting practice for 25 years, serving professional, collegiate, high school, and elite youth athletes and coaches across MLB, the NFL, the European PGA, MLS, and Olympic-pathway sport.
- Coach executives, entrepreneurs, first responders, performing artists, and physicians on emotional regulation, leadership, communication, resilience, and recovery.
- Integrate wearable and biofeedback technologies (Whoop, Oura, HeartMath, NeuroPeak Pro) into readiness monitoring, tactical breathing, and arousal regulation training.

Performance Optimal Health Physical Therapy Clinics, CT/FL 2022–Present

Senior Mental Performance Consultant

- Provide mental skills and health coaching to recovering athletes, integrating psychological readiness strategies with physical rehabilitation and return-to-play protocols.

Washington Nationals (MLB), Washington, DC 2022–2026

Director of Mental Performance

- Built and directed the organization's mental performance program across four MLB seasons, serving the full 40-man roster and coaching staff from spring training through the 162-game season.
- Embedded mental performance into player development in collaboration with the front office, field staff, and performance departments, delivering individualized development plans based on mindset and behavioral patterns.
- Designed and led the mental components of rehabilitation and return-to-play programs and installed evidence-based recovery and sleep protocols for players and coaches.

- Established the club's external referral and EAP coordination pathway connecting players to licensed mental health care.

The Antifragile Academy 2023–2026

Co-Founder | Mental Performance Consultant

- Co-founded and scaled a performance coaching and consulting business delivering psychoeducational programming for athletes, executives, and emergency first responders, with engagements including the United Nations System Staff College, Sony Music, and Meta.
- Co-developed the firm's antifragility framework and co-authored its peer-reviewed foundation, a scoping review in *Psychological Reports* (2026); delivered keynotes, workshops, and national podcast and publication content.
- Successfully exited the business through a negotiated divestiture of ownership to co-founder (2026).

Empire Elite Track Club, New York, NY 2016–2023

Mental Performance Consultant

- Delivered mental skills coaching to professional distance runners, building strategies for mental toughness and performance under pressure in major competitions.

Puerto Rico Women's National Lacrosse Team 2020–2022

Director of Mental Conditioning

- Led mental conditioning programming for international competition, delivering workshops on focus, resilience, recovery, and team culture.

Flow Research Collective 2020–2021

Advisor | Senior Performance Coach

- Collaborated with cognitive scientists to develop flow-state-based coaching programs; delivered high-performance seminars for law enforcement and military professionals.

CLINICAL EXPERIENCE

Union Square Practice, New York, NY 2026–Present

Psychotherapist

- Provide outpatient psychotherapy to adults within an integrated group practice of 60+ psychologists, psychiatrists, and therapists.
- Deliver evidence-based treatment blending ACT, CBT, and psychodynamic approaches via in-person and telehealth modalities.
- Coordinate care with psychiatric prescribers and multidisciplinary treatment teams to tailor individualized treatment plans.

Lukin Center for Psychotherapy, Hoboken, NJ 2025–Present

Psychotherapist

- Manage a hybrid outpatient caseload using an eclectic blend of ACT, CBT, and psychodynamic interventions.
- Deliver culturally sensitive therapy to a diverse population; coordinate care with external professionals and maintain comprehensive records.

New Jersey Consultation Center, Livingston, NJ 2023–Present

Psychotherapist (Counseling Intern, 2023–2024)

- Provide community-based outpatient therapy across a hybrid caseload, integrating ACT, CBT, and psychodynamic approaches with coordinated external care.

EDUCATION

Temple University, Philadelphia, PA

2015

PhD, Kinesiology — Applied Sport & Performance Psychology

The Academy at BGSP-NJ, Boston Graduate School of Psychoanalysis, Livingston, NJ In Progress
Advanced Psychoanalytic Candidate

Boston Graduate School of Psychoanalysis (BGSP-NJ), Livingston, NJ 2026
Post-Graduate Certificate (30+ Credits), Psychoanalytic Psychotherapy

Boston Graduate School of Psychoanalysis (BGSP-NJ), Livingston, NJ 2024
MA, Clinical Mental Health Counseling

University of Texas at Dallas, Dallas, TX 2021
Graduate Certificate, Organizational Behavior & Executive Coaching

Temple University, Philadelphia, PA 2004
MEd, Kinesiology — Applied Sport & Performance Psychology

Ferkauf Graduate School of Psychology, Yeshiva University, Bronx, NY
Doctoral Studies, Clinical Psychology

Teachers College, Columbia University; Long Island University, New York, NY
Graduate Coursework, Applied Physiology

La Salle University, Philadelphia, PA 1994
BA, Philosophy — Maxima Cum Laude; Psi Chi Honor Society; Pi Kappa Phi Fraternity

LICENSES & CREDENTIALS

- Licensed Associate Counselor (LAC), New Jersey — #37AC00846600. Practicing under approved supervision in accordance with NJ licensure requirements.
- LMHC Limited Permit, New York — #P140010. Practicing under approved supervision in accordance with NY licensure requirements.
- Certified Mental Performance Consultant (CMPC), Association for Applied Sport Psychology
- Professional Certified Coach (PCC), International Coaching Federation
- Certified Exercise Physiologist (EP-C), American College of Sports Medicine
- Certified Strength & Conditioning Specialist (CSCS), National Strength and Conditioning Association
- Registered Provider, U.S. Olympic & Paralympic Committee Mental Health and Performance Registry

SELECTED PUBLICATIONS

- Holton, N., Cottin, J., Wright, A., et al. (2026). Antifragility in sport and performance psychology: A scoping review. *Psychological Reports*.
- Wright, A. R. (2015). The development, implementation, and evaluation of an exercise psychology workshop for health and fitness professionals: A mixed methods approach [Doctoral dissertation, Temple University]. Temple University Libraries.
- Shore, S.M., Sachs, M.L., Lidicker, J.R., Brett, S.N., Wright, A.R., & Libonati, J.R. (2008). Decreased academic achievement in overweight middle school students. *Obesity*, 16(7), 1535–1538.

SELECTED PRESENTATIONS

- Keynote: Burnout in the Law Profession. Day Pitney LLP Partner Retreat, Newport, RI (2023).
- Mental Performance Training in the Big Leagues. NSCA NJ State Meeting, Georgian Court University, NJ (2023).
- Youth Athlete Recovery. Next Up Sport Management Conference, New York, NY (2023).
- Youth Athlete Suicide Prevention. Next Up Sport Management Conference, New York, NY (2022).

TEACHING EXPERIENCE

Boston Graduate School of Psychoanalysis (BGSP-NJ), Livingston, NJ Current
Co-Instructor, Neuropsychanalysis

- Co-lead a weekly course for advanced clinical candidates at the intersection of psychoanalytic theory and affective neuroscience.

Applied Sport & Performance Psychology for Therapists Current
Co-Instructor (with Tim Herzog, PhD)

- Co-teach an APA-approved continuing education course preparing licensed clinicians to work with athletes and high-performance populations.

Graduate & Early-Career Mentorship 2015–Present
Mentor — Temple University; Manhattan College

- Mentor graduate students and early-career sport psychology consultants and therapists entering high-performance and clinical practice.

Prior adjunct faculty appointments:

- St. Joseph's University (formerly University of the Sciences), Department of Kinesiology, Philadelphia, PA (2019–2020)
- Georgian Court University, Department of Exercise Science, Wellness & Sport, Lakewood, NJ (2015–2018)
- Mercer County Community College, Department of Psychology, West Windsor, NJ (2011–2013)
- Bucks County Community College, Department of Health & Physical Education, Newtown, PA (2006–2010)

SELECTED MEDIA & PODCAST APPEARANCES

- High Performance Mindset with Dr. Cindra Kamphoff, Ep. 606 — How to Be Antifragile
- Way of Champions Podcast — Antifragility and Mental Performance
- Do Good to Lead Well with Craig Dowden — Authority, Pressure, and the Inner Work of Leadership
- The Darin Olien Show — Applying the Antifragile Athlete Mindset
- Flourish FM — Sustainable Excellence and Well-Being
- Quiet & Strong, Ep. 182 — Thriving Through Adversity: Building Antifragility

Full media archive at dradamwright.com.

PROFESSIONAL SERVICE

- Mentor, AASP CMPC Mentor Program (Current)
- NSCA Advisory Board (2022–Present); Exercise Science Advisory Committee, Raritan Valley College (2019–Present)
- Consultant, MedalBound.org (2017–2022)
- Psyching Team, New York City Marathon (2015) and Novo Nordisk New Jersey Marathon (2016)

PROFESSIONAL AFFILIATIONS

American Counseling Association • Association for Applied Sport Psychology • APA Division 47 • National Strength and Conditioning Association • American College of Sports Medicine

Past memberships: Professional Baseball Mental Performance Society (2022–2025) • Professional Baseball Strength & Conditioning Coaches Society (2022–2025)