

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

PERFORMANCE CONSULTANT | EXECUTIVE COACH | PSYCHOTHERAPIST

dradamwright.com

PROFILE

Performance consultant, executive coach, and clinician with more than two decades of experience across elite sport, leadership, medicine, law, finance, tactical settings, and the arts. Former Director of Mental Performance for the Washington Nationals. Doctoral training in applied sport and exercise psychology; graduate clinical training in counseling and psychoanalytic psychotherapy; credentialed as a CMPC, PCC, and Licensed Associate Counselor in New Jersey.

Work integrates performance science, applied physiology, executive coaching, and psychoanalytically informed clinical practice for individuals and teams operating under pressure, visibility, transition, and responsibility.

SELECTED EXPERIENCE

Experience includes work with professional and elite amateur athletes, MLB All-Stars, national-team athletes, world-tour golfers, senior executives, founders, investors, physicians, attorneys, surgeons, tactical professionals, and award-winning performers.

Selected organizational and institutional contexts include the Washington Nationals, Puerto Rico Women's National Lacrosse Team, NJ/NY Gotham FC, New York Giants leadership, Meta, Sony, Ropes & Gray, the United Nations System Staff College, Goldman Sachs, McKinsey, and Department of Defense personnel.

PROFESSIONAL EXPERIENCE

Strata Performance, New York, NY

Mental Performance Coach | 2025-Present

- Deliver individual mental performance coaching to professional athletes, executives, and high performers within a multidisciplinary performance practice.
- Design and facilitate group programming and workshops for corporate and institutional clients, including elite professional services firms.
- Integrate attention, arousal regulation, confidence, pressure management, and recovery into client-specific coaching plans.

Areté Fitness and Performance Training Inc., New York, NY

Founder | Mental and Physical Performance Consultant | 2000-Present

- Founded and sustained a private consulting practice serving professional, collegiate, high school, and elite youth athletes and coaches across baseball, football, golf, soccer, and Olympic-pathway sport.
- Consult with executives, entrepreneurs, tactical professionals, performing artists, and physicians on performance, emotional regulation, leadership, communication, recovery, and sustainable excellence.
- Integrate physiological readiness, recovery, breathing, and arousal-regulation practices when appropriate, while referring to licensed medical, rehabilitation, or nutrition providers when needs fall outside scope.

Performance Optimal Health Physical Therapy Clinics, CT/FL

Senior Mental Performance Consultant | 2022-Present

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

Washington Nationals, Washington, DC

Director of Mental Performance | 2022-2026

- Built and directed the organization's mental performance program across four MLB seasons, serving players and 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.
- Designed mental components of rehabilitation and return-to-play programs and supported recovery, sleep, and readiness practices for players and coaches.
- Established external referral and EAP coordination pathways connecting players to licensed mental health care.

The Antifragile Academy

Co-Founder | Mental Performance Consultant | 2023-2026

- Co-founded a performance coaching and consulting company delivering psychoeducational programming for athletes, executives, and emergency first responders.
- Co-developed the firm's antifragility framework and co-authored its peer-reviewed foundation, a scoping review in *Psychological Reports* (2026).
- Exited the business through a negotiated divestiture of ownership to co-founder in 2026.

Empire Elite Track Club, New York, NY

Mental Performance Consultant | 2016-2023

- Delivered mental skills coaching to professional distance runners preparing for major competitions.

Puerto Rico Women's National Lacrosse Team

Director of Mental Conditioning | 2020-2022

- Directed mental conditioning programming for international competition, including focus, resilience, recovery, and team culture.

Flow Research Collective

Advisor | Senior Performance Coach | 2020-2021

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

CLINICAL EXPERIENCE

Union Square Practice, New York, NY

Psychotherapist | 2026-Present

- Provide outpatient psychotherapy to adults within an integrated group practice of psychologists, psychiatrists, and therapists.
- Integrate ACT, CBT, mindfulness-based, relational, and psychodynamic approaches via in-person and telehealth modalities.
- Coordinate care with psychiatric prescribers and multidisciplinary treatment teams when clinically appropriate.

Lukin Center for Psychotherapy, Hoboken, NJ

Psychotherapist | 2025-2026

- Manage a hybrid outpatient caseload using ACT, CBT, mindfulness-based, relational, and psychodynamic interventions.
- Provide culturally responsive therapy and coordinate care with external professionals as needed.

New Jersey Consultation Center, Livingston, NJ

Psychotherapist / Counseling Intern | 2023-Present

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

EDUCATION

- **Temple University**, Philadelphia, PA - PhD, Kinesiology; Applied Sport and Exercise Psychology, 2015
- **Boston Graduate School of Psychoanalysis / BGSP-NJ**, Livingston, NJ - Advanced Psychoanalytic Candidate, In Progress
- **Boston Graduate School of Psychoanalysis / BGSP-NJ**, Livingston, NJ - Post-Graduate Certificate, Psychoanalytic Psychotherapy (30+ credits), 2026
- **Boston Graduate School of Psychoanalysis / BGSP-NJ**, Livingston, NJ - MA, Clinical Mental Health Counseling, 2024
- **University of Texas at Dallas**, Dallas, TX - Graduate Certificate, Organizational Behavior and Executive Coaching, 2021
- **Temple University**, Philadelphia, PA - MEd, Kinesiology; Applied Sport and Exercise Psychology, 2004
- **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 - BA, Philosophy; Maxima Cum Laude; Psi Chi Honor Society; Pi Kappa Phi Fraternity, 1994

LICENSES AND 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 and Conditioning Specialist (CSCS), National Strength and Conditioning Association
- Registered Provider, U.S. Olympic and Paralympic Committee Mental Health and Performance Registry

SELECTED PUBLICATIONS

- Holton, N., Cottin, J., Wright, A., et al. (2026). Antifragility and Growth Through Adversity: 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

Co-Instructor, Neuropsychoanalysis | Current

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

Applied Sport and Performance Psychology for Therapists

Creator and Co-Instructor, Lukin Center for Psychotherapy | Year-Long APA-Approved Continuing Education Course

- Created and taught a year-long APA-approved course preparing licensed clinicians to work with athletes and high-performance populations, co-taught with Tim Herzog, PhD.

Graduate and Early-Career Mentorship

Mentor - Temple University; Manhattan College | 2015-Present

- 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 and Sport, Lakewood, NJ (2015-2018)
- Mercer County Community College, Department of Psychology, West Windsor, NJ (2011-2013)
- Bucks County Community College, Department of Health and Physical Education, Newtown, PA (2006-2010)

SELECTED MEDIA AND 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 and Mental Health Group.