



Doc Wayne: A Game Changer



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Doc Wayne is an award-winning non-profit leading the field of sport-based therapy and catalyzing a mental health movement. They provide training, tools, and services that address emotional, behavioral, traumatic, racial, gender, and cultural-based barriers by providing equitable access to better mental health for all. Their clinician-led curricula put sport into practice, strengthening social-emotional skills in young learners to build healthier, more resilient global communities.



Their sport-based curriculum is designed with evidence-based frameworks for children and youth, such as Dialectical Behavior Therapy (DBT) and Attachment, Regulation, and Competency (ARC). Created by their team of licensed clinicians, they utilize four fundamental constructs to promote the well-being of youth:

- Teamwork
- Communication
- Resilience
- Confidence

Doc Wayne also provides community-based clinical services including:

- Chalk Talk: A sport-based group therapy program. Their coaches use soccer, basketball, flag-football, and other team sports to support students as they process and persevere through adversity.
- Therapeutic Mentoring: Therapeutic Mentors meet with their mentees 1-2 times per week and provide “structured, one-to-one, strength-based support services.”
- Therapeutic Recess: Youth Coaches facilitate interactions and play that reinforce social-emotional skills for K-8 students at recess. Located throughout Massachusetts.
- Individual Therapy: A sport-based individual therapy program. Their coaches use soccer, basketball, flag-football, and other team sports to support students as they process and persevere through adversity. May include tele-health.

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