

Dr. Jason R. Emery
Clinical & Sport Psychologist

Dr. Jason Emery is a Licensed Clinical Psychologist and Sport & Performance Psychology Consultant. Dr. Emery received his Psy.D. and M.S. degrees in Clinical Psychology from Antioch University New England and his B.S. in Psychology from the University of Michigan. His doctoral dissertation focused on the design and evaluation of programs that facilitate the “coming of age” developmental process for adolescent males, particularly addressing how to activate and nurture their internal motivation. During his doctoral training and beyond, he has sought academic and applied experiences in sport and performance psychology, including establishing multiple relationships with prominent sport psychologists to NCAA Div I hockey teams and professional athletes. Over the past three years in CT, Dr. Emery has increased the number of athletes and coaches he has worked with, culminating this passion by founding and launching the practice, Northeast Psych, in the fall of 2017. Based in West Hartford, CT, this practice is dedicated to enhancing the wellness and performance of individual athletes, coaches, teams, and hockey organizations and training groups, including consulting to Tier I programs and acting as the sport and performance consultant for Procreate Goaltending.

Dr. Emery offers a unique combination of developmental and systems expertise, a fun and charismatic style that helps forge meaningful relationships with his clients, a deep knowledge of the game, a mission to facilitate the self- and character-development of adolescents and young adults, and a drive to teach elite performance enhancement skills, strategies and mindsets. While he has worked with athletes in many sports, Dr. Emery’s true passion is working with players and coaches in the game he has played his entire life, hockey.

While currently active in men’s league play, Dr. Emery’s playing days include: playing travel hockey in Michigan, winning a squirt state championship, 3-time Michigan high school state finalist (one with Detroit Country Day School, two with Birmingham Brother Rice), 1-time Michigan high school state champion (Birmingham Brother Rice’s first), 2-time Michigan high school All-State selection, and Brother Rice hockey team’s Student-Athlete Award winner his senior year. As a student at the University of Michigan, he helped establish Michigan’s first Men’s Club Hockey team, currently a Div II member of the ACHA, and was selected as a Captain both years on the team.

This passion for the game carried over into the coaching world, and Dr. Emery has been actively coaching for 19 years. From leading learn-to-skate programs to coaching at his alma mater with the U of M’s Club team, he has actively sought new challenges and opportunities to learn from others as a lifelong student of the game. During his doctoral training in NH, Dr. Emery was fortunate to spend a season as Head Coach of Proctor Academy’s Boy’s JV hockey team, and then took an opportunity as the Assistant Coach to Mike Walsh with the Boy’s Varsity team that reached the NEPSIHA Finals that season. He is currently a Level 4 coach (USA Hockey) and volunteering as a Head Coach and Coaching Director with a local CT youth hockey association. He and his wife live in West Hartford with their two hockey playing sons.