



USOC BIOGRAPHY

KAREN D. COGAN

Sport Psychologist for Acrobat and Combat Sports

Dr. Karen Cogan is a licensed psychologist and certified consultant, AASP and currently serves as the sport psychologist for acrobat and combat sports at the United States Olympic Committee. In her current role, she consults with athletes and teams, including the U.S. Freestyle Moguls Ski team and the U.S. Taekwondo Team. She has attended four Olympic Games (2002, 2006, 2008, and 2012) as the sport psychology consultant for several Olympic medalists and their coaches.



In 2000, she published her first book, *Sport Psychology Library: Gymnastics*, and her work has appeared in sport related journals.

She is a member of the American Psychological Association, where she has served as the secretary treasurer and council representative for the Exercise and Sport Psychology Division 47 of APA. She also is a member of the Association for Applied Sport Psychology, where she has served on the executive board.

Cogan earned her Ph.D. in counseling psychology from Ohio State University and completed her clinical internship at the University of California, San Diego. She earned her master's in kinesiology and B.A. from the University of California at Berkley, where she was a member for the nationally ranked gymnastics team.

She is the mother of two children, Kyla and Braeden.