



Emily B. Klueh, LMSW, MSW, CMPC

Emily Klueh is a Clinical Mental Health and Sport Performance Clinician. She is currently the Manager of Psychological Services withing the National Team Department at USA Swimming. Within this role, Emily is responsible for providing direct clinical care using evidence-based practices with athletes across the spectrum of care from mental health diagnosis to performance work, consulting with coaches, conducting educational programming, working interactively with support staff within the USA Swimming organization. She also owns her own business and private practice Elite Performance and Consulting Services, LLC (EPCS). She was previously contracted with the USOPC, hiring the Director of Mental Health, creating the mental health registry and helping create a Mental Health emergency Action Plan and was one of the first mental health officers to attend the 2021 Tokyo Games.

Emily received her BA in Psychology in 2010 from the University of Michigan. After taking some time to compete professionally for the United States in swimming she then went on to complete her Master's in Social Work in 2016 from the University of Michigan. During this degree, she had an emphasis on social work in sports, working directly with student athletes to improve their mental health, well-being, and overall functioning. Emily received training at the University of Michigan Athletic Department as a member of the Athletic Counseling Team for two years as part of her Master's degree. Through her work in the athletic department her aim was too de-stigmatize and normalize help seeking behaviors among the athlete population. She has helped build preventative and proactive programs in order to support mental health and sport performance. Emily has also completed her Certified Mental Performance Consulting training, in order to be recognized as proficient and able to conduct sport psychology support to athletes, teams, and coaches.

Originally hailing from Kentucky, Emily attended the University of Michigan for her undergraduate degree in psychology on a swimming scholarship. While at Michigan, she became a NCAA champion in the 1650 freestyle, Big Ten Swimmer of the Year, and is the former Michigan and Big Ten record holder in the 500, 1000, and 1650-yard freestyle events. Emily went on to have an illustrious professional swimming career, competing for the United States in 14 different countries. She was a member of the US National Team for 10 years and competed at multiple World Championships, the Pan Pacific Championships, the Pan American Games, and the World University Games. Ultimately becoming the first American to win the FINA World Cup Circuit in the 10k event.

Emily is a member of National Association of Social Workers, the Alliance of Social Workers in Sport, the College Association of Sport Psychology, and the Applied Association of Sport Psychology. Emily is a certified mental performance consultant, trained in Restorative Yoga, Trauma Focused Cognitive Behavioral Therapy and specializes in Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, athletic and performance optimization, anxiety disorders, depression disorders, confidence building, as well as stress management.