



Paul Groenewal, PsyD

[Dr. Paul Groenewal](#) is a Licensed Clinical Psychologist and a Sports Psychologist. He completed a Masters and a Doctorate in Clinical Psychology at Fuller Theological Seminary School of Psychology in Pasadena, CA. His clients include teams wanting to increase cohesion and creating an environment that promotes high performance. Dr. Groenewal assists individual performers in understanding their Psychology and developing strategies that lead to elite performances. He is the Sport Psychologist for the [Brooklyn Nets](#), where his job is to educate on, develop and implement a high-performance strategy for elite athletes. He also works with the [NY Liberty](#), the Nets Gaming Crew and serves as a clinical consultant to the [NY Jets](#). Dr. Groenewal is the co-owner of a group psychology practice called [Inspire Wellness](#). His group includes more than 25 clinicians and 3 locations in northern New Jersey. He has worked with athletes at many levels and in various sports.