Contents

| | Contributors Preface | xi xiii |
|----|---------------------------------------------------------------------------------------------------------------|------------|
| Se | ection I Counseling | 1 |
| 1 | Therapeutic relationships in applied sport psychology Mark B. Andersen and Harriet D. Speed | 3 |
| 2 | Attending and listening Shane M. Murphy and Annemarie I. Murphy | 12 |
| 3 | Training and professional development in applied sport psychology David Tod | 21 |
| 4 | Challenging and confronting clients with compassion Sam J. Zizzi and Jessica C. Peacock | 30 |
| 5 | Working with reluctant and resistant clients Julia Shiang and Lisa Mitzel | 40 |
| 6 | Records: purposes, characteristics, and contents for protecting our clients and ourselves Ellen T. Luepker | 49 |
| 7 | Ethical practice in sport psychology: challenges in the real world Jonah Oliver | 60 |
| 8 | Endings: more than saying goodbye Lynda Mainwaring | 69 |

| Sec | ction II Assessment | 79 |
|-----|-------------------------------------------------------------------------------------------------------------------|-----|
| 9 | The applied sport psychology intake Jeff Simons | 81 |
| 10 | Individual and group observations: purposes and processes Jack C. Watson II and Vanessa Shannon | 90 |
| 11 | Psychological assessment: projective techniques Petah M. Gibbs | 101 |
| 12 | Psychological assessment: objective/self-report measures Daryl B. Marchant | 111 |
| Sec | ction III Theoretical and therapeutic models | 121 |
| 13 | The humanistic/person-centered theoretical model Barbara Walker | 123 |
| 14 | Cognitive-behavioral therapies Emily Claspell | 131 |
| 15 | Positive psychology Gloria Park-Perin | 141 |
| 16 | What happens if you introduce existential psychology into sport psychology? Jeff Greenberg and Dave Weise | 150 |
| 17 | Psychodynamic models of therapy Mark B. Andersen | 160 |
| 18 | Sport as a context for teaching life skills Kathryn A. Conley, Steven J. Danish, and Cassandra D. Pasquariello | 168 |
| 19 | Family systems interventions in sport Michael Zito | 177 |
| 20 | Acceptance-based behavioral therapies and sport Frank L. Gardner and Zella E. Moore | 186 |
| 21 | An Eastern philosophical approach Sam J. Zizzi and Mark B. Andersen | 194 |

| | CONTENTS |
|-----------------------------------------------------------------------------------------|----------|
| Section IV Individual issues | 203 |
| 22 Referring clients to other professionals Judy L. Van Raalte | 205 |
| 23 Drug use and abuse by athletes Jason Mazanov | 214 |
| 24 Male and female athletes with eating disorders Trent A. Petrie and Christy Greenleaf | 224 |
| 25 Adherence to sport injury rehabilitation Britton W. Brewer | 233 |
| 26 Career termination David Lavallee, Sunghee Park, and David Tod | 242 |
| 27 Depression Kate F. Hays | 250 |
| 28 Anxiety Daryl B. Marchant | 260 |
| 29 Sleep Glenn S. Brassington and Chris Goode | 270 |
| 30 Identity foreclosure in sport Albert J. Petitpas and Thaddeus France | 282 |
| 31 Overtraining and recovery Michael Kellmann | 292 |
| 32 Working with adult athlete survivors of sexual abuse Trisha Leahy | 303 |
| Section V Team-related issues | 313 |
| 33 Constructive communication Kevin L. Burke | 315 |
| 34 Developing a shared identity/vision: benefits and pitfalls Traci A. Statler | 325 |

35 Conflict management Clifford J. Mallett

355

| 36 | It's nice to go traveling, BUT Peter C. Terry | 345 |
|-----|---------------------------------------------------------------------------------------------------------------------------|-----|
| 37 | Bullying and hazing in sport teams Leslee A. Fisher and Lars Dzikus | 355 |
| 38 | Death of a teammate Ruth Anderson | 365 |
| Sec | ction VI Working with specific populations | 375 |
| 39 | Children Melissa A. Chase | 377 |
| 40 | Masters athletes Nikola Medic | 387 |
| 41 | Professional athletes Pippa Grange | 396 |
| 42 | Working at the Olympics Ken Hodge | 405 |
| 43 | Diverse sexual and gender identities in sport Kerrie Kauer and Vikki Krane | 414 |
| 44 | Psychological services for rural athletes Jack C. Watson II and Damien Clement | 423 |
| 45 | Athletes with physical disabilities Jeffrey J. Martin | 432 |
| 46 | Working with athletes with intellectual disabilities Melanie Gregg | 441 |
| 47 | Athletes who are blind/visually impaired or deaf/hard of hearing Jennifer E. Vose, Rebecca A. Clark, and Michael L. Sachs | 450 |
| 48 | Culturally competent practitioners Stephanie J. Hanrahan | 460 |
| Sec | ction VII Mental skills | 469 |
| 49 | Activation/arousal control Robert Weinberg | 471 |

| | CONTENTS |
|------------------------------------------------------------------------|----------|
| 50 Imagery Tony Morris | 481 |
| 51 Motivation and goal setting Glyn C. Roberts and Elsa Kristiansen | 490 |
| 52 Concentration/attention Aidan Moran | 500 |
| 53 Self-talk Judy L. Van Raalte | 510 |
| 54 Confidence Robin S. Vealey and Dan Vernau | 518 |
| 55 Time management Edward Etzel and Samantha Monda | 528 |
| 56 Pre-performance routines Ronnie Lidor | 537 |
| 57 Mental toughness Daniel F. Gucciardi and Clifford J. Mallett | 547 |
| Index | 557 |