

Professional Practice in Sport Psychology

A review

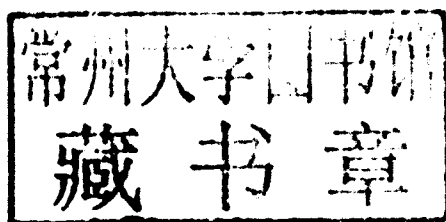
Edited by
Sheldon Hanton and
Stephen D. Mellalieu



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Professional Practice in Sport Psychology

Sport psychologists working with athletes, teams and sports performers are only as effective as their professional techniques and competencies will allow. This is the first book to offer a detailed and critical appraisal of the conceptual foundations of contemporary professional practice in sport psychology. The book presents a series of reviews of the most up-to-date academic and professional literature on professional practice, exploring issues that all psychologists face when working with clients in sport, and offers important evidence-based recommendations for best practice. Key topics covered include:

- models of practice and service delivery
- counselling and clinical intervention
- working with teams
- working with young performers
- providing life skills training
- managing career transitions
- working with special populations
- enhancing coach–athlete relations.

With contributions from leading sport psychology consultants in the UK, the US, Canada, Australia and continental Europe, this is a comprehensive and thought-provoking resource that bridges the gap between research and application. It is vital reading for all advanced students, researchers and professionals working in sport psychology.

Sheldon Hanton is a Professor of Sport Psychology in the Cardiff School of Sport at the University of Wales Institute, Cardiff. He has published over 200 peer-reviewed journal articles, edited texts, book chapters and refereed conference papers. He is also the Professional Practice Editor of *The Sport Psychologist*, on the Advisory Board for the *Journal of Sports Sciences* and on the editorial board for the *Journal of Applied Sport Psychology*, the *Journal of Imagery Research in Sport* and *Physical Activity and Qualitative Research in Sport and Exercise*.

Stephen D. Mellalieu is a Senior Lecturer in Applied Sport Psychology in the Department of Sports Science at Swansea University, where he is Director of Postgraduate Studies. He has published over 50 research papers and is currently Associate Editor of the *Journal of Applied Sport Psychology*, a member of the editorial board of *The Sport Psychologist* and regularly reviews for a number of journals in the field of sport psychology.

Biographies

Editors

Sheldon Hanton, PhD is a Professor of Sport Psychology in the Cardiff School of Sport at the University of Wales Institute, Cardiff (UWIC). He received his PhD in 1996 from Loughborough University, and is currently the Director of Research for his institution. Sheldon is the Professional Practice Editor of *The Sport Psychologist*, on the Advisory Board for the *Journal of Sports Sciences*, and on the Editorial Board for the *Journal of Applied Sport Psychology*, the *Journal of Imagery Research in Sport and Physical Activity* and *Qualitative Research in Sport and Exercise*. He is also a member of the Economic and Social Research Council's Peer Review College. Professor Hanton lists his interests as stress and anxiety, mental toughness, organisational psychology, sports injury and reflective practice. Sheldon has published over 200 peer-reviewed journal articles, edited texts, book chapters and refereed conference papers. He has advised on 12 PhD completions, examined internationally, and is currently supervising nine Doctoral candidates. Sheldon is an Accredited Sport Scientist with the British Association of Sport and Exercise Sciences, a Registered Olympic Psychologist, and a Certified Consultant and Fellow with the Association for Applied Sport Psychology. He is also a Chartered Psychologist with the British Psychological Society and Registered with the United States Olympic Committee. Sheldon regularly works with elite populations on psychological preparation, and supervises trainee sport psychologists to attain professional status. As a former National High Performance Centre Psychologist, he advised the England Swim Team and consulted at international training camps and competitions.

Stephen D. Mellalieu, PhD is a Senior Lecturer in Applied Sport Psychology in the Department of Sports Science at Swansea University, where he is Director of Postgraduate Studies. He received his PhD in 2000 from the University of Gloucestershire, and has since published over 50 research papers in a wide range of international sport and social psychology journals and texts, together with the supervision of over ten postgraduate

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Contributors

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Brendan Cropley, PhD is a Lecturer in Coaching Science and Sport Psychology at the University of Wales Institute, Cardiff (UWIC). Having received his PhD from UWIC in 2010 in the area of reflective practice and consultant effectiveness, his current research interests include reflective practice, professional training and development, and the psychology of sports coaching. Brendan gained accreditation as a Sport and Exercise Scientist (sport psychology) from the British Association of Sport and Exercise Sciences (BASES) in 2007, and has since provided a range of support to a variety of both elite and non-elite individual and team sport participants, teams, sports coaches and sports officials. Brendan has also provided supervision to three BASES supervised experience candidates, and is involved in the delivery of professional development workshops focusing on reflective practice for UK Sport and BASES.

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Nicholas L. Holt, PhD is an Associate Professor in the Faculty of Physical Education and Recreation at the University of Alberta, where he directs the Child and Adolescent Sport and Activity (CASA) lab. Research conducted in the CASA lab focuses on psychosocial aspects of youth sport and physical activity, with a particular focus on peer and parent interactions. He has published over 70 articles/book chapters and edited two books. He currently holds grants from the Social Sciences and Humanities Research Council of Canada and the Canadian Institutes of Health Research to investigate ways in which youth sport can be provided to promote positive development among youth from low-income communities. He was Associate Editor of *The Sport Psychologist* from 2007 to 2011, and is a Certified Consultant with the Association for Applied Sport Psychology. He primarily provides sport psychology consulting services to young athletes, sports clubs, and sport governing bodies.

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