
Hanrahan, Stephanie J.


Table of Contents

Section I Counseling 1  Chapter 1 Therapeutic Relationships in Applied Sport Psychology Mark B. Andersen and Harriet D. Speed  Chapter 2 Attending and Listening Shane M. Murphy and Annemarie I. Murphy  Chapter 3 Training and Professional Development in Applied Sport Psychology David Tod  Chapter 4 Challenging and Confronting Clients with Compassion Sam Zizzi and Jessica C. Peacock  Chapter 5 Working with Reluctant and Resistant Clients Julia Shiang and Lisa Mitze  Chapter 6 Records: Purposes, Characteristics, and Contents for Protecting our Clients and Ourselves Ellen T. Luepker

Section II Assessment 11  Chapter 9 The Applied Sport Psychology Intake Jeff Simons  Chapter 10 Individual and Group Observations: Purposes and Processes Jack C. Watson and Vanessa Shannon

Section III Theoretical and Therapeutic Models 187  Chapter 17 Psychodynamic Models of Therapy Mark B. Andersen  Chapter 18 Sport as a Context for Teaching Life Skills Kathryn A. Conley, Steven J. Danish, and Cassandra D. Pasquariello  Chapter 19 Family Systems Interventions in Sport Michael Zito  Chapter 20 Acceptance-Based Behavioral Therapies and Sport Frank L. Gardner and Zella E. Moore

Section IV Individual Issues 253  Chapter 22 Referring Clients to Other Professionals Judy L. Van Raalte  Chapter 23 Drug Use and Abuse by Athletes Jason Mazanov  Chapter 24 Male and Female Athletes with Eating Disorders Trent A. Petrie and Christy Greenleaf  Chapter 25 Adherence to Sport Injury Rehabilitation Britton W. Brewer  Chapter 26 Career Termination David Lavallee, Sunghee Park, and David Tod  Chapter 27 Depression Kate Hays  Chapter 28 Anxiety Daryl Marchant  Chapter 29 Sleep Glenn S. Brasington and Chris Goode  Chapter 30 Identity Foreclosure in Sport Albert Petipas and Thaddeus France  Chapter 31 Overtraining and Recovery Michael Keillmann  Chapter 32 Working with Adult Athlete Survivors of Sexual Abuse Trisha Leahy

Section V Team-related Issues 309  Chapter 33 Constructive Communication Kevin L. Burke  Chapter 34 Developing a Shared Identity/Vision: Benefits and Pitfalls Traci A. Statler  Chapter 35 Conflict Management Clifford J. Mallett  Chapter 36 Itâ€™s Nice to Go Traveling, BUT... Peter C. Terry  Chapter 37 Bullying and Hazing in Sport Teams Leslee A. Fisher and Lars Dzikus  Chapter 38 Death of a Teammate Ruth Anderson

Section VI Working with Specific Populations 335  Chapter 39 Children Melissa A. Chase  Chapter 40 Masters Athletes Nikola Medic  Chapter 41 Professional Athletes Pippa Grange  Chapter 42 Working at the Olympics Ken Hodge  Chapter 43 Diverse Sexual and Gender Identities in Sport Kenrie Kauer and Vikki Krane  Chapter 44 Psychological Services for Rural Athletes Jack C. Watson and Damien Clement  Chapter 45 Athletes with Physical Disabilities Jeffrey J. Martin  Chapter 46 Athletes with Intellectual Disabilities Melanie Gregg  Chapter 47 Athletes who are Blind/Visually Impaired or Deaf/Hard of Hearing Jennifer E. Vose, Rebecca A. Clark, and Michael L. Sachs  Chapter 48 Culturally Competent Practitioners Stephanie J. Hanrahan

Section VII Mental Skills 361  Chapter 49 Activation/Arousal Control Robert Weinberg  Chapter 50 Imagination Tony Morris  Chapter 51 Motivation and Goal Setting Glyn Roberts and Elsa Kristiansen  Chapter 52 Concentration/Attention Aidan Moran  Chapter 53 Self-talk Judy L. Van Raalte  Chapter 54 Confidence Robin Vealey and Dan Vernau  Chapter 55 Time Management Edward Etzel and Samantha Monda  Chapter 56 Pre-Performance Routines Ronnie Lidor  Chapter 57 Mental Toughness Daniel F. Gucciardi and Clifford J. Mallett