



Developing Sport Psychology Within Your Clinical Practice: A Practical Guide for Mental Health Professionals

Jack J. Lesyk

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Revitalize your current practice! Dr. Lesyk has drawn masterfully from the helping professions and the exercise sciences to present a detailed map of the intersections of psychotherapy, exercise, mental skills, and athletic performance. Above all, this is a useful' book. -Mark B. Andersen, coordinator, Post Graduate Research Studies, Centre for Rehabilitation, Exercise, & Sport Science, Victoria University, Melbourne, Australia Apply the winning techniques of sport psychology to your current practice - and in so doing, attract a new population of clients, including both serious and recreational athletes, women, seniors, and kids at all levels of skill and experience. The author, a successful clinical and sport psychologist, gives detailed advice on the best way to include sport psychology in an existing practice. He also demonstrates how to apply cognitive-behavioral and social learning theories within a sport psychology context. Filled with illustrative examples, this book provides suggestions for using sport psychology techniques when working with common nonsport-related issues, such as depression, anxiety, and low self-esteem. Also covered are clinical techniques for sport-specific issues, including training, competition, injury, failure, and success.



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