

What is Sports Psychology?

- Deals with the practice of helping children and adolescents participate in and benefit from sport and exercise activities in both team and individual environments.
- There are two major objectives:
 - o To understand how psychological factors affect an individual's physical performance and
 - o To understand how participation in sport and exercise affects a person's psychological development, health, and well-being
- Helps to increase athletic performance by helping individuals better manage their stress and emotions and minimize the psychological effects of injury and poor performance.

What type of services do sports psychologists offer?

- Services will typically involve individual and group consulting or counseling. The goals of counseling include:
 - o Teaching mental skills necessary to perform consistently in training and competition
 - o Increase adherence to exercise programs
 - o Help individuals realize their athletic potential
 - o Identifying specific behaviors and emotions that impede performance
 - o Facilitate adjustment and coping with changes and/or challenges of having an injury that affects ability to participate in sports or exercise activities

What are common activities in these counseling sessions?

- Common activities typically include:
 - o Anxiety or Energy management using breathing exercises, progressive relaxation skills, meditation training, guided imagery/visualization, cognitive technique
 - o Attention and Concentration Control using attention control training to avoid distractions and techniques to expand self-awareness
 - o Imagery, Visualization, and Mental Practice using all of the mind's senses to re-create or create an experience in the mind
 - o Self-talk which prompts specific behaviors and improves self-confidence using attention control, motivation, and arousal control

Grace Mucci, Ph.D., ABPdN
Neuropsychologist

Sharonne Herbert, Ph.D.,
Pediatric Psychologist