



Clinical Sport Psychology

Frank Gardner, Zella Moore

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Clinical Sport Psychology will provide readers with an assortment of tools to use in evaluating and working with athletes. The text addresses a range of athletes' issues in an informed and integrated approach to sport psychology. Rather than focusing on one problem area, one modality of intervention, or one aspect of professional practice, *Clinical Sport Psychology* blends grounded theory and sound research with effective assessment and intervention practices, presenting empirically informed intervention guidelines specific to various needs of athletes.

This text provides the foundation needed for working with athletes experiencing a range of nonclinical, subclinical, and clinical issues. Readers will learn to thoroughly assess athletes, identify and understand their needs, and appropriately intervene with each athlete—unless a referral is necessary to better meet an athlete's individual needs.

Clinical Sport Psychology contains the following features:

- A thorough explanation of the Mindfulness-Acceptance-Commitment (MAC) approach to enhancement of sport performance

- A detailed examination of the empirical support for traditional procedures in sport psychology

- A detailed and practical understanding of the Integrative Model of Athletic Performance (IMAP), which integrates clinical and sport science

- A firm understanding of the Multilevel Classification System for Sport Psychology (MCS-SP), a model to classify the wide range of athletes' issues

- A clear organizational structure from theory through intervention, including special considerations

Clinical Sport Psychology presents a new way of thinking about the psychological processes that are involved in attaining and maintaining sport expertise. The text, based on clinical and sport research, bridges the gap between clinical and sport psychologists by presenting a model that connects athletic performance, basic psychological processes, and relevant empirical findings. This cutting-edge text promotes a greater understanding of the varying dimensions of clinical phenomena and how nonclinical, subclinical, and clinical issues affect athletic performance and the overall well-being of athletes. Whether helping athletes improve competitive performance, adjust to the changing demands of the athletic environment, or clarify clinical issues, sport psychologists will find valuable insight and direction from this text.

Part I integrates relevant knowledge in clinical and sport science, laying the foundation for practice in clinical sport psychology. Part II shows how to assess and classify athletes' issues beyond the traditional assessment approaches in sport psychology. It includes a new and useful approach to the holistic assessment of cases, thereby leading to sound intervention decisions and strategies for case formulation. Part III delves into intervention guidelines for the full range of problems and issues that the practicing clinical sport psychologist will face, and it offers both innovative and empirically informed interventions for a variety of client needs. Part IV examines special considerations in clinical sport psychology, including ethics, professional development, supervision, and future directions for the profession.

With 30 years of ongoing practical experience with professional athletes, the authors present an integrated and holistic approach to clinical sport psychology, guiding readers in understanding, effectively assessing, and appropriately intervening with athletic clientele.

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