



Sport Psychology Interventions

Shane M. Murphy

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About the Product

Sport Psychology Interventions shows professionals how to help athletes get the most out of their sport experience and maintain a healthy lifestyle. Edited by Shane Murphy, former sport psychologist for the United States Olympic Committee, this practical guide explains how to assist athletes at all levels in facing the special challenges and unique problems that are common in today's sports world.

Unlike texts that discuss psychological interventions aimed directly at improving athletic performance, *Sport Psychology Interventions* focuses on helping athletes enjoy their participation more and, as a result, perform better and achieve their goals by

- managing their lives successfully,
- growing and developing as individuals, and
- experiencing sport as a positive learning process.

This book is written by internationally recognized sport psychologists—experts who are familiar with the struggles and triumphs of athletes. Using real-life examples, these contributors address issues that are typically encountered by physicians, athletic trainers, psychologists, counselors, and health care professionals working with athletes. They use case studies extensively throughout the book to bring these issues to life.

Part I presents a variety of intervention models. By studying each model in the context of its application to a particular kind of athlete, the contributors are able to address specific issues related to

- child athletes,
- competitive recreational athletes,
- student athletes,
- female athletes,
- elite athletes, and
- other sport groups.

The book explains all of the prevalent intervention models in modern sport psychology:

- Life development
- Educational
- Multisystemic
- Family systems
- Organizational
- Developmental
- Marital therapy
- Cognitive-behavioral

Each chapter begins with one or more case studies that show how each intervention applies to sport psychology and

how that intervention is used.

Part II examines issues commonly encountered by many helping professionals in the sport setting. Case studies illustrate how sport psychology can be used in counseling athletes who are experiencing special circumstances, including

- injury,
- alcohol and drug use,
- eating disorders and weight management,
- career transitions, and
- overtraining and burnout.

About the Editor

Throughout his career, **Shane M. Murphy, PhD** has helped hundreds of elite athletes with performance and personal concerns. From 1987 to 1994 he served as the sport psychologist for the United States Olympic Committee (USOC). While with USOC, Dr. Murphy began a career-counseling program for elite athletes, initiated a counseling program available to all athletes at the Olympic Training Center in Colorado Springs, organized a national conference on alcohol abuse education in sport, and produced a variety of educational programs in sport psychology for coaches and athletes. In 1992 he was appointed associate director of USOC's Division of Sport Science and Technology, a position he held until 1994, when he left the organization to pursue his writing and consulting interests.

Dr. Murphy was the U.S. team sport psychologist at the Olympic Games in Seoul and Albertville and at the 1987 U.S. Olympic Festival. He is a certified consultant of the Association for the Advancement of Applied Sport Psychology and has served on the editorial board of *The Sport Psychologist* since 1989. He has also published numerous articles and chapters on sport psychology.

Born and reared in Australia, Dr. Murphy earned his doctorate in clinical psychology from Rutgers University in 1985. He and his wife, Annemarie, have two children, Bryan and Theresa. He is an avid sports fan—baseball, football, soccer, rugby, cricket, and Australian football rank among his favorites—and participant, preferring a competitive game of tennis or golf.

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Text for graduate courses in sport psychology as well as an essential resource for sport psychologists, clinical psychologists, academic counselors, and other professionals who want to help athletes gain the maximum benefit from their sports participation.

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For example, sport psychology interventions have primarily focused on sport performance enhancement (Vealey, 2007), and the focus of exercise psychology interventions has been on increasing physical activity and self-regulating exercise habits (Buckworth, Dishman, & Connor, & Tomporowski, 2013). Although the two fields have different objectives, it can be argued that sport psychology interventions—specifically psychological skills training (PST) In the past, sport psychology interventions and mental training programs usually focused on competing athletes who were coping with competition stressors. Less attention was paid to high-quality practices and prevention of overtraining, staleness, burnout, and injuries. Therefore, a most urgent and promising area of research and applications in sport psychology now and in the future should be the optimal performance of coaches and their coping skills for handling short- term and long-term chronic (e.g., burn-out) stresses. *Psychology of Sport and Exercise*, 12, pp.83-92.

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