

Contents

Preface ix

Acknowledgments xi

PART I Theoretical and Scientific Foundations 1

Chapter 1 Introduction to Clinical Sport Psychology 3

History of Sport Psychology 4

Development of Theory and Practice 6

Clinical Sport Psychology 9

Final Thoughts 11

Chapter 2 Integrating Clinical and Sport Science 13

Understanding Athletic Performance 13

Integrative Model of Athletic Performance (IMAP) 15

IMAP Practice Implications 26

Final Thoughts 27

PART II Assessment and Classification 29

Chapter 3 Multilevel Classification System for Sport Psychology (MCS-SP) 31

Classification Systems 31

Developing a Conceptual Consensus 32

Multilevel Classification System for Sport Psychology (MCS-SP) 33

MCS-SP Implications for Sport Psychology 41

Final Thoughts 42

Chapter 4 Assessment in Clinical Sport Psychology 43

Assessment Strategies 43

Steps in the Assessment Process 49

MCS-SP Assessment 50

MCS-SP Semistructured Interview 57

Final Thoughts 60

PART III Interventions in Clinical Sport Psychology . . . 63

Chapter 5 Evaluating the Efficacy of Traditional Performance Enhancement Interventions 65

Traditional Performance Enhancement Interventions 65

Evidence-Based Practice 66

Meta-Analyses, Case Studies, and Anecdotal Reports	70
Applying the Empirically Supported Treatment (EST) Criteria to Psychological Skills Training Procedures	73
Implications for Professional Practice	83
Final Thoughts	83
Chapter 6 Mindfulness-Acceptance-Commitment (MAC) for Performance Development (PD)	97
History of Psychological Skills Training	97
Alternative Approaches to Performance Enhancement	98
New Theoretical Constructs	100
Mindfulness-Acceptance-Commitment (MAC) for Performance Enhancement	102
Empirical Status of MAC	104
Final Thoughts	110
Chapter 7 Performance Dysfunction (Pdy)	113
Dispositional Variables	115
Performance Dysfunction-I (Pdy-I)	117
Performance Dysfunction-II (Pdy-II)	122
Final Thoughts	131
Chapter 8 Performance Impairment-I (PI-I)	133
Anxiety Disorders	135
Mood Disorders	143
Eating Disorders	150
Attention-Deficit Hyperactivity Disorder	153
Final Thoughts	155
Chapter 9 Performance Impairment-II (PI-II)	157
Anger and Impulse Control Disorders	158
Alcohol and Drug Use Disorders	161
Personality Disorders	165
Final Thoughts	169
Chapter 10 Performance Termination (PT)	171
Performance Termination-I (PT-I)	173
Performance Termination-II (PT-II)	176
Integrating Intervention Considerations	183
Final Thoughts	183
Chapter 11 Case Formulation in Clinical Sport Psychology	185
Conceptualizing the Athlete	185
Assessing the Athlete	186
Case Formulation Variables	186
Case Formulation Example for PD	190
Case Formulation Example for Pdy	192
Case Formulation Example for PI	194
Case Formulation Example for PT	195
Final Thoughts	196

PART IV Special Considerations 197

Chapter 12 Ethics in Clinical Sport Psychology 199

Confidentiality 200

Informed Consent 204

Practicing Within Areas of Competence 206

Terminating the Practitioner–Client Relationship 208

Balancing Multiple Roles, Relationships, and Organizational Demands 210

Final Thoughts 217

Chapter 13 Professional Development and Supervision in Clinical Sport Psychology 221

Professional Development 221

Supervision in Clinical Sport Psychology 228

Final Thoughts 237

Chapter 14 Future Directions 239

Subclinical Barriers 240

Uses of Assessment 241

State of Efficacy Research 241

Future Research 244

Education, Training, and Supervision 247

Role of the Clinical Sport Psychologist 248

Final Thoughts 248

References 251

Index 273

About the Authors 283