



Routledge Handbook of Applied Sport Psychology: A Comprehensive Guide for Students and Practitioners (Routledge International Handbooks)

Stephanie J. Hanrahan

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The *Routledge Handbook of Applied Sport Psychology* is a definitive guide to the theory and practice of applied sport psychology. It goes further than any other book in surveying the full variety of issues that practising sport psychologists will confront in their working lives. It introduces the most important tools and skills that psychologists will need to be truly helpful to their clients, and it also adopts a holistic definition of the role of the sport psychologist, explaining how effective counselling, assessment, and therapeutic models can add important extra dimensions to professional practice. The book is divided into seven thematic sections, addressing:

- counselling
- assessment
- theoretical and therapeutic models
- issues for the individual athlete, from injury and overtraining to depression
- issues for teams, from conflict resolution to travel
- working with special populations
- mental skills, such as imagery, goal setting, and concentration.

Moving beyond the traditional tracks of clinical psychology and performance enhancement, the authors in this book argue convincingly that psychologists would benefit from attempting to understand athletes' social and familial contexts – their health, happiness, and interpersonal dynamics in the broadest sense – if they are to serve their clients' best interests. With contributions from many of the world's leading sport psychologists, and with clear descriptions of best practice in each chapter, the *Routledge Handbook of Applied Sport Psychology* is essential reading for all serious students and practitioners of sport psychology, counselling, applied sport science, health psychology, and related fields.

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