



Sport Psychology in Practice

Mark B. Anderson

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Just another applied sport psych book? Hardly. Get ready to take off in uncharted territory with *Sport Psychology in Practice*, which delves into complex, sensitive, and even taboo topics that many other texts have not approached. Compiled by renowned psychologist Mark Andersen, this text presents comprehensive and realistic dialogues between athletes and sport psychologists. These exchanges provide a real-world sensibility to the topics expressed in the book.

The text guides readers through these situations:

- Understanding the dynamics of a variety of issues, including alcohol abuse and violence, referral processes, erotic transference and countertransference, and communication problems between coaches and athletes

- Working with diverse clients, including athletes of color, gay and lesbian athletes, and disabled athletes

- Presenting to and working with entire teams

- Plumbing the depths of several complex topics, including eating disorders and injury and identity issues

In addition to covering some of these complex and deeply personal topics, the text details the fundamental issues of applied sport psychology, including developing the consultant–client relationship and connecting with teams, coaches, and individuals. In dealing with relationships a sport psychologist would typically face, *Sport Psychology in Practice* addresses serious ethical and philosophical issues and asks more general questions about the field and how to work with clients.

Sport Psychology in Practice contains insights from an elite list of contributors who explain, using real-life examples, how they successfully and ethically “do” sport psychology. Methods that have worked for the most respected practitioners in the field are presented with an informal, engaging approach and rely substantially on dialogue and actual experiences.

In addition, the book offers expert commentary after three chapters, expanding on the issues within each of those chapters. It includes an afterword that analyzes the key points in the book. This book is a great starting point for discussion among students and long-time practitioners regarding how the field should evolve and what issues should continue to be debated.

Part I of *Sport Psychology in Practice* addresses the processes of presenting sport psychology to groups, including youths and disabled athletes. Part II tackles the complex issues surrounding athletes' concerns and ethical situations. The authors discuss cases that required great compassion in dealing with athletes in fragile conditions and precarious situations. Part III explores issues related to working with diverse athletes, including athletes of color and gay and lesbian athletes. You will consider the challenges these athletes face, the development of the relationships between the athletes and sport psychologists, and considerations of sport psychologists' own prejudices and human frailty.

Sport Psychology in Practice covers the fundamentals and delves into complex and even threatening areas. It pushes the practice of sport psychology further than most other texts. With its coverage of taboo topics and its occasional use of frank language, it will be sure to provoke debate, discussion, and controversy—and to be a solid resource for students and professionals alike.

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