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**New Issue of *Journal of Sport Psychology in Action*  
Offers Insight into Athlete Motivation, Behaviors and Thoughts**

Indianapolis (April 4, 2018) – Case studies in the new issue of the [\*Journal of Sport Psychology in Action\* \(JSPA\)](#) offer insight for sport psychology consultants to foster positive athlete-coach relationships and gain an understanding of athletes' thoughts and behaviors. JSPA—an official publication of the [Association for Applied Sport Psychology](#) (AASP)—provides sport psychology practitioners with sound information and informed guidance that is directly applicable to their work.

JSPA research highlights include:

**Setting the SCENE: Developing a caring youth sport environment**

Quality coaching practice has many intricacies. One important component is developing a caring sport environment, which has been shown to foster positive athlete-coach relationships, enhance motivation, promote positive youth development, and encourage sport commitment. This article shared a collection of strategies based on philosophical frameworks, i.e., the caring relationship and ubuntu, insight from practitioners, and empirical work, to set the SCENE for developing a caring sport environment (i.e., supporting athletes, connecting with players, empowering athletes, nurturing care, and establishing a safe environment).

**Models of performance excellence: Four approaches to sport psychology consulting**

This article presented the models of practice of four sport psychology consultants (Jon Metzler, Mark Aoyagi, Alex Cohen, and Artur Poczwardowski). While each model is distinct, collectively they illustrate the benefits of theoretically-grounded foundations to practice. The practitioners represented derive their models from multiple disciplines associated with sport psychology. Pure Performance emphasizes precise definitions of key terms and components while utilizing deliberate practice to develop authentic skills. Mental FITness is based on focus, inspiration, and trust to conceptualize and facilitate performance excellence. The P.A.C.E. model incorporates Perception, Activation, Concentration, and Execution and applies these elements to Performance Readiness Planning. The "5 Rs" model is comprised of Respond, Release, Replay, Recharge, and Refocus. The models are presented here for the purpose of demonstrating the breadth with which performance excellence can be conceptualized and facilitated. Implications for practitioners include examples of how theory guides the development of service delivery programs.

### **Phenomenological consulting: A viable alternative for sport psychology practitioners**

This study presented a consulting framework grounded in existential phenomenology that provides sport psychology consultants a vehicle for gaining an in-depth understanding of athletes' thoughts, feelings, and behaviors. This framework, known as "phenomenological consulting," encourages sport psychology consultants to resist *a priori* assumptions about athletes' experiences and to view them more as co-consultants than as clients. Phenomenological consulting emphasizes the value of athletes' voices during the consulting process and encourages them to develop self-awareness, control, and ownership of mental training.

Additional studies in this issue look at "The mental workout: Implementing phase 1 of the Ten-Minute Toughness mental training program"; "Working in Danish ice hockey: Psychological services derived from the context" and "PYDSportNET: A knowledge translation project bridging gaps between research and practice in youth sport".

**To request full copies of the studies or to schedule an interview with the authors, please contact Lindsay Spivak at [lindsay@rosengrouppr.com](mailto:lindsay@rosengrouppr.com).**

#### **About Association for Applied Sport Psychology ([www.appliedsportpsych.org](http://www.appliedsportpsych.org))**

*Founded in 1985, the Association for Applied Sport Psychology (AASP) has been the preferred organization for sport psychology consultants and professionals who work with athletes, coaches, non-sport performers (dancers, musicians), business professionals, and tactical occupations (military, firefighters, police). AASP administers the Certified Mental Performance Consultant<sup>®</sup> (CMPC) program, the leading competency-based credential which designates the most capable sport and performance psychology professionals. AASP currently has over 2,500 members in 55 countries worldwide, with backgrounds in a variety of areas including sport science, social work, counseling and clinical psychology. Follow AASP on [Facebook](#), [Twitter](#), [LinkedIn](#) and [YouTube](#).*

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