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**New Issue of *Journal of Sport Psychology in Action*
Provides Guidance for Sport Consultants**

Indianapolis (March 16, 2017) – The [Association for Applied Sport Psychology](#) (AASP) today released the current issue of the [Journal of Sport Psychology in Action](#) (JSPA), an official publication dedicated to providing sport psychology practitioners with sound information, as well as informed guidance, that is immediately applicable to their work. Studies in the recent issue provide a framework for certified consultants to address issues confronting the evolving industry and adapt concepts into their own practice.

JSPA research highlights include:

- **[Talent development recommendations for coaches to consider.](#)**
The purpose of this article is to discuss critical issues surrounding talent development, specifically sport specialization, and the implications for coaches to consider. Talent and talent development are defined, as well as factors associated with the merits of sport specialization or diversification. While there is not a one-size-fits-all approach for all athletes in weighing the multitude of personal, environmental, and contextual factors that facilitate athletic development, previous research does provide several guiding principles for coaches. Based on this literature, four recommendations for coaches (evaluate your beliefs, discuss motives with athletes, strive for balance, and create a culture) are proposed to help coaches create a more effective environment for athletes.
- **[Running a psyching team: Providing mental support at long-distance running events.](#)**
Psyching teams provide brief psychological support to participants before, during, and after long-distance running events such as marathons. Developed and refined over the past 30 years, psyching teams benefit runners themselves, provide mental skills training and hands-on experience to team members, and help demystify sport psychology. Using one particular model, this article is designed to describe both the content and process of psyching teams and offer information for others' development of similar volunteer programs.
- **[Developing imagery ability effectively: A guide to layered stimulus response training.](#)**
The ability to generate and control images is an important factor in determining the effectiveness of imagery interventions. Despite evidence that imagery ability improves with practice, until recently, few established ways for its development existed. This

article describes the application of layered stimulus response training (LSRT), a technique based on Lang's bioinformational theory: what is LSRT, why it works, and how it can be evaluated with a detailed case study. What are the variations to LSRT for overcoming common imagery problems experienced by clients?

- **[Integrating life skills into Golf Canada's youth programs: Insights into a successful research to practice partnership.](#)**

This article offers insights into a successful research to practice partnership created between the University of Ottawa and Golf Canada, who worked together over the span of two years to integrate a life skills curriculum within two national programs for young golfers: (a) Golf in Schools and (b) Future Links Learn to Play. More specifically, the purpose of this article is to (a) describe how the partnership was created, (b) explain how the life skills curriculum was developed, and (c) share lessons learned from establishing a successful partnership with a national sport organization.

- **[Helping to build a profession: A working definition of sport and performance psychology.](#)**

Practitioners in sport psychology have long sought the establishment of a viable profession. Professions develop best when they have a standardized system to train and validate the learning of the knowledge and skills delineated for the profession. Although sport psychology is an emerging profession, challenges remain in part because of no formal answer to the question, "What does the practice and profession of sport psychology entail?" To provide clarity, a definition of applied sport psychology is offered as a subfield of performance psychology. This definition creates a consistent core identity by putting the focus on the purpose of the profession's work.

- **[Performance blocks in sport: Recommendations for treatment and implications for sport psychology practitioners.](#)**

Sport psychologists are increasingly confronted with performance difficulties where athletes mysteriously lose the ability to execute automatic movements. Traditionally referred to as the yips or lost move syndrome, the generic term performance blocks has recently been put forward to encompass these types of problems that manifest in locked, stuck, and frozen movements, loss of fine and/or gross motor control, and debilitating anxiety. Two recent investigations examined the effectiveness of eye movement desensitization and reprocessing with graded exposure to treat two performance block-affected individuals. Evaluation of the interventions showed improved performance of the affected skills and reduced anxiety in both cases. Interview data collected on completion of each intervention confirmed that associated symptoms were also alleviated.

To request full copies of the studies or to schedule an interview with the authors, please contact Abby Cohen at abby@rosengrouppr.com.

About Association for Applied Sport Psychology (www.appliedsportpsych.org)

Founded in 1986, 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 currently has over 2,400 members in 50 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](#).