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**New Issue of *Journal of Sport Psychology in Action*
Explores Case Studies in Self-Talk,
Cognitive Behavior Therapy and Gamesmanship**

Indianapolis (November 9, 2017) – New case studies in the [*Journal of Sport Psychology in Action* \(JSPA\)](#) provide a framework for how athletes, coaches and sport psychology practitioners can implement a variety of performance enhancement strategies and anxiety reducing tools in their practice. *JSPA*—a publication of the [Association for Applied Sport Psychology](#) (AASP) —is designed to provide sport psychology practitioners with sound information, as well as informed guidance, that is immediately applicable to their work.

JSPA research highlights include:

[Self-talk interventions for athletes: A theoretically grounded approach.](#)

Self-talk has been widely endorsed as a performance enhancement tool in sport psychology literature. Implementing self-talk interventions successfully, however, requires some understanding of how, when, why, and for whom self-talk interventions are likely to be effective. This article provides theoretical and empirical information that can help coaches, athletes, and sport psychologists develop and implement effective self-talk interventions. The article explores five key components of the sport-specific model of that are critical to self-talk interventions; decision point questions that can guide the creation of self-talk interventions; and case examples that facilitate application of self-talk theory-to-practice in sport.

[Cognitive behavioral intervention in sport psychology: A case illustration of the exposure method with an elite athlete.](#)

One common method in Cognitive Behavior Therapy (CBT) to treat anxiety problems is exposure, but there are few articles examining its applicability to sport. The purpose of this article is to give a background on the use of exposure in sport and present a case of how it can be used with athletes. The athlete was a 17-year-old female cross-country skier with high levels of performance anxiety. In the case description, common procedures in CBT such as behavioral analysis, psychoeducation, and exposure are presented, as well as how anxiety can be managed. After the intervention the athlete perceived lower levels of anxiety as well as improved behavioral repertoire (e.g., less avoidant behaviors and more functional sport-specific behaviors). This case may be used to help practitioners consider the use of exposure in competitive sports.

Coping with verbal gamesmanship in golf: The PACE model.

Gamesmanship is an act or verbal gesture used to psychologically unsettle opponents to gain an advantage in sport competition. Although verbal gamesmanship, colloquially known as trash talk, is most frequently used in the sports of ice hockey, American football, and basketball, it also has been found to occur in the game of golf. The purpose of this article is to help athletes, coaches, and sport psychologists to understand and develop strategies to cope with verbal gamesmanship in golf. Verbal gamesmanship is described and the acronym PACE, theoretically grounded in a cognitive-behavioral approach, is presented as a tool that golfers can use to respond to verbal gamesmanship. PACE can help golfers to remind themselves to Pause, Assess, Concentrate, and Execute, all of which can be helpful when faced with verbal gamesmanship in golf settings.

Additional studies in this issue look at “Resonant frequency training in elite sport: A case study example”; “Training prospective soccer referees using a deliberate practice perspective: The Israeli Excellence Program” and “Developing a team mission statement: Who are we? Where are we going? How are we going to get there?”

To request full copies of the studies or to schedule an interview with the authors, please contact Lindsay Spivak at lindsay@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](#).

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