SPORT PSYCHOLOGY ROLES

- Provide general support through recovery
- Provide education about injury response
- Observe aspects of behavior, cognition and emotions
- Cognitive symptoms may impact interactions with teammates, coaches and sport psychologist
- Deal with maladaptive coping strategies (i.e. energy drinks)
- Deal with challenges to identity, future plans and goals
- Deal with fear of re-injury and CTE worry
- Facilitate treatment adherence and recovery
- Problem solving/resilience
- Identify and treat psychological symptoms and reaction