

Brief Contact Interventions In Sport Psychology

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The DVD shows sport psychology consultants Burt Giges, Kenneth Ravizza, Judy Van Raalte and Len Zaichkowsky working with athletes in natural sport environments. Running length 46 minutes. This DVD features four short vignettes in which sport psychology consultants conduct brief interventions with athlete clients. Hosted by Al Petitpas, Ed.D. (Professor of Psychology and Director of the Center for Youth Development and Research through Sport at Springfield College), the video shows sport psychology consultants working with athletes in naturalistic sport environments. Each of the four segments of the video illustrates an example of the types of spontaneous interaction that can initiate changes in athletes' behavior or perception and interrupt patterns of unconstructive thinking. The DVD provides vivid demonstrations of the sport psychology equivalent of first aid in practice, precompetitive, and postcompetitive contexts. The practitioners featured in the DVD are: Burt Giges, M.D. Dr. Giges is a Clinical Professor of Psychology at Springfield College, a sport psychology consultant for the Westchester Track Club, and a special consultant for USA Track and Field sport psychologists, and a past president of the Association of Applied Sport Psychology. Kenneth Ravizza, Ph.D. Dr. Ravizza, a professor in the Department of Kinesiology and Health Promotion at California State University at Fullerton, has served as sport psychology consultant to a number of Olympic, college, and professional sports organizations, including the Anaheim Angels, the New York Jets, University of Nebraska football, and the U.S. water polo team. Judy Van Raalte, Ph.D. Dr. Van Raalte is Professor of Psychology at Springfield College and served as sport psychology consultant for the United States delegation at the 16th World Maccabiah Games. Len Zaichkowsky, Ph.D. Dr. Zaichkowsky is a Professor of Education at Boston University and a sport psychology consultant for the Boston Celtics. Customer Review "This video lends itself to a variety of educational uses. Sport psychology graduate students who are learning how to translate classroom theories and concepts to real life situations will benefit from seeing how these experts ply their trade. Experienced professionals will find the video a stimulus for sharpening their conceptualizations and enhancing their intervention skills. Finally, the video may be helpful to high school and undergraduate college students who are considering possible careers in sport psychology. I have often been asked by

such students if they could shadow me for a day and observe how I work with clients. Unfortunately, this is usually impossible for reasons of client confidentiality and possible interference with the process. Viewing this tape, in many cases, would be the next best possible means of seeing sport psychology consulting in action. All in all, Brief Contact Interventions lives up to the high standards set by its predecessors. It is definitely a two-thumbs up production." Jack Lesyk PhD, The Sport Psychologist

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