



Critical Essays in Applied Sport Psychology

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Critical Essays in Applied Sport Psychology is a thought-provoking collection of 16 essays discussing the field's traditions, research models, and practices. The editors have brought together a team of internationally recognized sport psychologists with backgrounds in various disciplines to offer insights into sport cultures ranging from youth sport to professional sport. The authors of these cutting-edge essays ask challenging questions about the current state of applied sport psychology, addressing the priorities of the field, its research methods, and its effectiveness in preparing students for research and consulting.

With ideas that will interest those in the applied sport psychology field as well as psychologists, psychotherapists, and research psychologists, *Critical Essays in Applied Sport Psychology* offers students and practitioners an opportunity to reflect on their own approaches to and assumptions grounding their current or future professional practice. Each essay offers a distinct perspective on applied sport psychology practice that challenges current applied training requirements and practices, with discussion questions at the conclusion of each essay to stimulate in-class discussion and individual reflection. Readers may also use these essays as springboards for pursuing new areas of research.

Part I of the text begins with six essays discussing the possibilities afforded by the use of research and inquiry within applied practice. The authors of these essays explore how stories of self and of others can facilitate an increased appreciation of the complexity of people's lives both inside and outside of sport. The essays in part II concern issues in professional service delivery with special emphasis on alternative ways to conceptualize and practice applied sport psychology. In part III, three essays explore specific topics in sport psychology practice dealing with both sport-specific and general sociocultural contexts.

Critical Essays in Applied Sport Psychology offers valuable perspectives not only for sport psychology professionals, students, and researchers but also for those who work alongside, manage, or employ applied psychology professionals. By looking beyond the traditional psychological skills training model, *Critical Essays in Applied Sport Psychology* offers new ways of uncovering and representing knowledge that will stimulate debate and open discussion on current research, methodologies, practices, and training requirements in applied sport psychology.

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