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Sport Psychological Interventions in Competitive Sports xi  
psychological support presented in chapter 1. Sometimes psychological interventions may consist of aiding clients in understanding their problem situation and finding solutions themselves. Chapter 8 presents impact interventions, including clinical hypnosis, which have proven to be

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## Sport Psychological Interventions in Competitive Sports

Sport psychological interventions can compensate a lack of adequate self-regulatory strategies. 29 To avoid the drop out of young athletes who have not learned to manage their emotional state,...

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Sport psychological training, an important part of athletes' preparation, can give them the final edge in competition. This

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book provides a systematic structure for conducting sport psychological interventions that can be followed not only by sport psychologists, but also by athletes and coaches. The authors describe sport psychological measures that are based on scientific knowledge and have proven to be valuable in their applied work.

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Sport psychological interventions in competitive sports ...



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The use of psychological interventions in competitive sport to enhance performance has become increasingly popular. However, the effectiveness of these interventions has been questioned by some sports psychologists. In general, educationally-based psychological interventions have produced significant increases in performance.

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## The Effectiveness of Psychological Interventions in ...

Shiba, sport psychological interventions in competitive sports xi psychological support presented in chapter 1 sometimes psychological interventions may consist of aiding clients in

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Understanding their problem situation and finding solutions themselves chapter 8 presents

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## Sport Psychology Interventions [PDF]

Psychological Interventions in Sport. The catalyst for the development and growth of the practice of sport psychology is the intriguing possibility that PST interventions can create psycho-behavioral changes in athletes (Vealey, 1994). Research applications in the area of PST interventions have facilitated the acceptance of SEP professionals into the ranks of other sport-science specialists (e ...

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Evaluation of Psychological Interventions in Sport and ...

components of fitness, overall/competitive sport performance, and technical tasks). 15 Previous reviews of interventions in sport have typical focused solely on 16 psychological techniques, and one of the earliest attempts to synthesize studies examining the 17 effects of these interventions with athletes in competitive situations was conducted by 18 Greenspan and Feltz.

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Running head: PSYCHOLOGICAL INTERVENTIONS AND SPORT ...  
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Sport psychological interventions in competitive sports

Abstract Young competitive athletes are not miniature elite athletes; they are a distinct client group to whom sport psychology practitioners (SPPs) increasingly deliver services. Interventions...

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(PDF) Sport Psychology Interventions With Young Athletes

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Author Notes. Although sport psychologists utilize numerous interventions and techniques intended to enhance the performance of athletes in competition, the selection of those interventions has not always been based on research for which adequate validity has been established. In an attempt to provide sport psychologists with a working body of accurate knowledge and suggestions for future intervention research, an analysis and synthesis of research is presented that addresses the efficacy of ...

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Psychological Interventions with Athletes in Competitive ...  
Background: Psychologists are

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increasingly supporting the quest for performance enhancement in sport and there is a need to evaluate the evidence base underpinning their work.

Objectives: To synthesize the most rigorous available research that has evaluated psychological, social, and psychosocial interventions with sport performers on variables relating to their athletic performance, and to address some of the perplexing issues in the sport psychology intervention literature (e.g., do ...

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Effects of psychological and psychosocial interventions on ...

Only six intervention studies specifically addressed the effectiveness of the psychological

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interventions in the context of psychological rehabilitation from sport injury. Our findings showed that psychological interventions utilizing guided imagery, goal setting, or relaxation are often associated with decreased negative psychological consequences, improved coping, and reduced re-injury anxiety.

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Effectiveness of psychological intervention following ...

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