Developing a Sports Psychology Relationship with the Athlete
Developing a Sports Psychology Relationship with the Athlete

- Understanding your limitations as the coach
- Know when to call the professional
- You are a facilitator and an advocate
- Listen
“Peoples’ health and wellness cannot be commanded.” Dawn Lucci
Take PRIDE

Purpose
Relationships
Individuality
Diversify
Empathy
• Psychological skills are the foundation of mental wellness.
• As we train the body, tune the boat, and trim the sails we need to train the mind.
Licensed Sports Psychologists

Sport psychology is a proficiency that uses psychological knowledge and skills to address optimal performance and well being of athletes, developmental and social aspects of sport participation, and systemic issues associated with sports settings and organizations. APA recognizes sport psychology as a proficiency acquired after a doctoral degree in one of the primary areas of psychology and licensure as a psychologist. www.APA.org
The Crying Chair

Create a safe place

Trust and respect

Empathy and understanding

Vulnerability
Active Listing

- Invite communication
- Your body language / their body language
- Create dialog
- Ask questions and listen for the answer
- Remove distractions (close the screen)
- Provide feedback
- Defer judgement
- Respond appropriately
- Show empathy
  - “Wow that sounds challenging”
Teach Team Support

Teammates should be “filling each other’s tanks”
Additional Resources


The JED Foundation; National Alliance for Mental Illness, NAMI.org


National **Suicide Prevention Lifeline**: Call 1-800-273-TALK (8255)

**Crisis Text Line**: Free counseling via text messaging! Text “HOME” to 741741 ([https://www.crisistextline.org/](https://www.crisistextline.org/))

National **Sexual Assault** Hotline: 24-Hour online hotline: [https://ohl.rainn.org/online/](https://ohl.rainn.org/online/) 1-800-656-HOPE (4673)
Any questions?

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