

## Sport Psychology Consultants

### Julie A. Isaac

BA, MA Sport Psychology  
Member of AAASP



- 10 years counselling, Team leading and consulting
- 17 Years competitive figure skating
- 17 Years coaching [Figure Skating, Ringette, Power Skating]
- NCCP Level II [partial Level III]
- Member of AAASP  
[Association for the Advancement of Applied Sport Psychology]
- Critical Incident Stress Debriefing/Management Training
- Solution Focused Therapy Trained
- Performance Enhancement, Visualization, Imagery, Goal Setting, Desensitization, Activation Management, Concentration, Focus, Centering, Self-Affirmation, Refocusing, Pre-competitive and Competitive Routine, Exploration, Organization, Time Management, Relaxation, Transitioning



## Price List

55 minute session.....\$90  
Group or Team Rate.....\$150/hr

All psychology session prices plus gst

*\*Prices subject to change*

# Sport Psychology Consultants



PHYSIOTHERAPY - ATHLETIC THERAPY - MASSAGE THERAPY  
SPORTS PHYSICIAN - SPORTS PSYCHOLOGY - SPORT NUTRITION



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“Official Off-Site Supplier of Therapy Services for the Red Deer Rebels”

**For Individual or Group  
Appointments call:  
403-314-4458**

## What is Sport Psychology?

Sport Psychology is the study of people's behavior in sport. It is also a specialization within brain psychology and kinesiology (the study of movement). Sport Psychology examines psychological factors that affect performance in sports, physical activity and exercise. It is used to enhance athletic performance and deals with increasing performance by managing emotions and minimizing psychological effects of injury and poor performance. Sport Psychology Consultants teach important skills athletes can use to better their performance. Some of the most important skills taught include:

- Goal Setting
- Mental Imagery
- Relaxation
- Visualization
- Self Talk
- Awareness & Control
- Concentration
- Using Rituals
- Attribution Training
- Periodization



## How Sport Psychology Helps

Our Sport Psychology Consultants work with athletes to educate them on area such as:

- Self Awareness
- Confidence Building
- Attention Control (ex. Focus)
- Arousal Control
- Self-talk
- Imagery
- Motivation
- Team Building
- Performance Routines
- Career Transitions

In many ways these are life skills that can apply to a wide variety of performance domains like work, school, and sport.

## Cognitive-Behavioral Approach

One prominent approach to working with athletes is called Cognitive-Behavioral Therapy (CBT). A central aspect of CBT is that it examines thought processes and their impact on behavior. This philosophy focuses on how thoughts and information processing can become distorted and leads to maladaptive emotions and behaviors (Anderson, 2000).

A core feature of CBT, Psychological Skills Training (PST), includes a number of tools and techniques designed to facilitate the athlete in restructuring his/her thoughts in a more positive manner. This increased optimism helps alter emotions and behaviors into a more productive direction. Two very important PST tools that are used by most, if not all, high-performance athletes are goal-setting and mental imagery.

## Goal Setting

Goals have been found to be beneficial for motivation, confidence and task-performance. When setting goals, it is important to ensure that they are *S.M.A.R.T.*:

**S**pecific  
**M**easurable  
**A**greed upon  
**R**ealistic  
**T**ime based

In addition, goals may be either *process-oriented* or *outcome-oriented*. Process goals reflect personal performance and outcome goals involve comparisons to others.



## Mental Imagery

Mental imagery (M.I.) can be helpful in skill-development, decreasing anxiety and improving self-confidence. Following are a few important points regarding M.I.:

- 1) Get into a relaxed state (if possible) prior to doing M.I.
- 2) Learn how to incorporate all the senses
- 3) Make it as specific as possible
- 4) May be done in 1<sup>st</sup> person (as if actually performing what is being imaged) or 3<sup>rd</sup> person (as if watching oneself on T.V.)