



What is Sports Psychology and why is it important?

Over the past 40 years, sports have become a major part of our society. While many student-athletes are excelling physically, they struggle to be mentally prepared. Despite sanctioning bodies, there has been an increase in commercialization, exploitation, personal excuses, substance abuse, academic issues, as well as psychological problems.

Sports Psychology is the application of psychology that is sensitive to the student-athlete. The Sports Psychology Division of Lena Pope Home was established with forward thinking to combat issues student-athletes face by focusing on their “mental game.” This enhances their athletic performance and creates a more successful student-athlete.

The three main categories of sports psychology are counseling/clinical, education, and research. Although there is overlap, understanding each component brings clarity to how they all work together to provide comprehensive treatment.

- Counseling/Clinical ~ using the same or similar methods as a regular clinician, but with a unique understanding, sensitivity and specialized approach to athletics.
- Educational ~ teaches mental strategies to bring awareness and knowledge of potential problems before they actually occur.
- Research ~ consists of gathering data from each participating individual by utilizing unique tools such as inventories and assessments.



Did you know....

- ☞ Junior High and High school athletic programs all over the country are involving mental health training through prevention and intervention.
- ☞ Many college athletic programs are now hiring “Personal Development Coaches” to address player improvement.



- ☞ Many professional teams now have licensed clinicians on staff to provide player support.
- ☞ The 2008 U.S Olympic committee has developed the Olympic Ambassador Program to educate and discuss, “What It Means to Be an Olympian.” The program’s goal is to improve all U.S. Olympic athletes’ Olympic ideals, sportsmanship and exemplary behavior on and off the field.

What services are offered?

Prevention: (through seminars and trainings)

- Anger Control
- Substance Abuse
- Character Building
- Performance Anxiety
- Stress Management Instruction
- Goal Setting
- Transitional Resolution

Intervention:

- Crisis Management
- Individual/Family Counseling
- Injury Support
- Team Cohesion



Who can participate?

- Male or female student athletes
- Grades 6-12/Collegiate
- Any sport
- Current athlete
- Strong interest in becoming an athlete
- Tarrant County resident
- Individuals/families
- Specific teams
- Entire school athletic programs
- Select teams

“A student-athlete’s ‘mental health’ might be viewed as secondary to physical health; however, it is every bit as important for healthy performance.”

“Of those who use steroids, more than half say they use them to enhance performance and that their use began before college.”

NCAA: Managing Student-Athletes’ Mental Health Issues

“It is estimated that 10-20% of the 360,000 college student-athletes suffer from depression (Gardiner, 2006) and student-athletes with positive psychiatric symptoms have higher rates of substance abuse (Miller, Verhegge, Linville, & Pumariega, 2002)”

National Association of Social Workers: Mental Health in College Athletics: It’s Time for Social Work to Get in the Game-Commentary

“Alcohol reduces performance potential by up to 11.4% and being drunk from alcohol can affect physical training and performance up to 14 days.”

“Marijuana remains in the brain and central nervous system for up to 30 days, where it reroutes learned skills impulses.”

American Athletic Institute

For additional information, or to schedule an appointment, please contact:

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