

## Presentation Slide – Sport Psychology Roles

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### **SPORT PSYCHOLOGY ROLES**

- Provide general support through recovery
- Provide education about injury response
- Observe aspects of behavior, cognition and emotions
- Cognitive symptoms may impact interactions with teammates, coaches and sport psychologist
- Deal with maladaptive coping strategies (i.e. energy drinks)
- Deal with challenges to identity, future plans and goals
- Deal with fear of re-injury and CTE worry
- Facilitate treatment adherence and recovery
- Problem solving/resilience
- Identify and treat psychological symptoms and reaction