

# Evidence-Based Applied Sport Psychology A Practitioners Manual

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### EVIDENCE-BASED APPLIED SPORT PSYCHOLOGY A PRACTITIONERS MANUAL



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Springer Publishing Company. Paperback. Condition: New. 520 pages. Dimensions: 9.9in. x 8.0in. x 1.3in.Carlstedt makes a compelling argument for the need to be open to new integrative approaches when it comes to applied practice, from initial assessment of an athlete to the final objective assessment of their own work. I would encourage all practitioners to reflect upon their own work. -Journal of Sports Sciences Evidence-Based Applied Sport Psychology is an essential resource for trainees and practitioners of sport psychology In his call to evaluate effectiveness and efficacy at the intra-individual level (using single-case repeated-measures designs), Carlstedt raises a critical point that all applied psychology fields should heed -Archives of Clinical Neuropsychology If you are interested in sport psychology on any level, the manual is well worth the cost and investment of time. --New England Psychologist The presented protocol in this book is a shining example of the scientific rigor that should mark assessment techniques, along with sophisticated intervention efficiency and efficacy testing will certainly inspire dedicated sport psychology practitioners striving for the highest level of evidence-based practice. Richard Temple, PhD. , Neuropsychologist and Board Certified Sport Psychologist Dr. Carlstedts book contains a treasure trove of knowledge for sport psychology practitioners. It challenges us to take our practice to the next level by demanding adherence to gold standard athlete assessment, intervention, and intervention efficacy testing procedures. This book presents a comprehensive analysis of emerging theoretical and conceptual frameworks and an original validated applied sport psychological protocol that all practitioners should use to foster high evidentiary practice. The intellectual rigor and spirit of scientific discovery that it embodies are inspiring, an approach that I used at the 2012 Olympics with my medalist athletes. Vaibhav Agashe,...

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