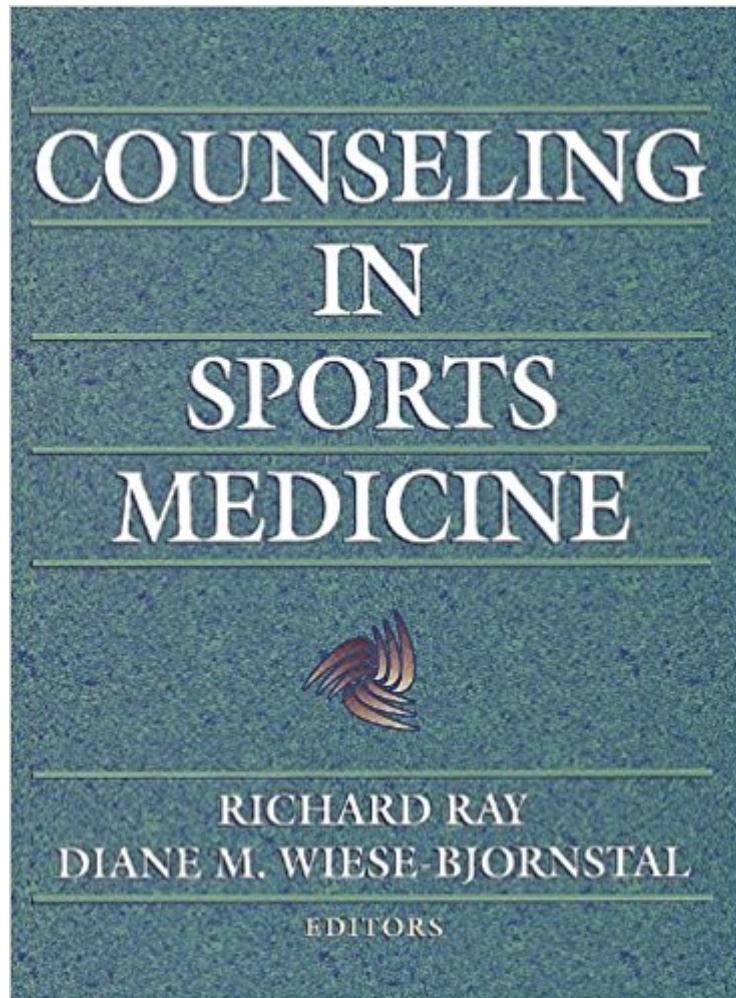




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# Counseling In Sports Medicine



## Synopsis

Sports medicine professionals are trained to be keenly aware of an athlete's physical state. But what of the athlete's emotional needs? *Counseling in Sports Medicine* identifies the special psychological needs of athletes and demonstrates the important role sports medicine professionals play in counseling. The book will help you empower athletes to cope with many psychological issues, including the impact of injury, and will enable you to use appropriate psychosocial interventions. Build your interaction and communication skills while you learn to equip yourself to conduct effective assessment interviews. *Counseling in Sports Medicine* offers-counseling concepts and how and when to apply them;-specific case studies, with an extensive glossary and chapter objectives that make the theoretical concepts tangible;-practical recommendations on how to improve counseling skills;-chapters on counseling athletes with specific problems such as substance abuse, eating disorders, stress and anxiety, and catastrophic injury and illness;-examples of situations that warrant a referral to other health professionals; and-documentation issues and ethical considerations. Recognized sports medicine authority Richard Ray joins co-editor Diane M. Wiese-Bjornstal and 20 contributors to offer wide-ranging practical applications drawn from years of hands-on experience and research in athletic training and sport psychology. Helping athletes thrive isn't simply a matter of addressing their physical needs. This handy reference recognizes the importance of athletes' psychological needs and enables you to help them to a healthy outlook.

## Book Information

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## Customer Reviews

Richard Ray, EdD is coordinator of the athletic training program and associate professor of kinesiology at Hope College in Holland, Michigan. He has directed the school's sports medicine program since 1982 and is a recognized leader in the field of athletic training. Counseling in Sports Medicine is the third Human Kinetics offering from Ray who also penned the popular texts Management Strategies in Athletic Training and Case Studies in Athletic Training Administration. Beginning in 1999, Dr. Ray will serve as editor of Athletic Therapy Today, and he has served as associate editor of the Journal of Athletic Training. He was chair of the National Athletic Trainers Association (NATA) Education Task Force and is a member and past president of both the Great Lakes Athletic Trainers Association and the Michigan Athletic Trainers Society (MATs). In 1993, Ray was named to the Educational Advisory Board of the Gatorade Sport Science Institute. Ray received an MA in physical education from Western Michigan University in 1980 and an EdD in educational leadership from WMU in 1990. He graduated Summa Cum Laude in both graduate programs and was honored as a Graduate Research and Creative Scholar by the school in 1990. In 1995, Ray received the Distinguished Athletic Trainer Award from the MATs. Diane M. Wiese-Bjornstal, PhD is an associate professor and director of Graduate Studies for the School of Kinesiology and Leisure Studies at the University of Minnesota. Dr. Wiese-Bjornstal has taught and conducted research in sport psychology since 1989. Prior to that she was the head softball and volleyball coach at Northwestern College, Orange City, Iowa, and head softball coach at the University of Wisconsin-River Falls. She is an editorial board member of the Journal of Sport and Exercise Psychology, The Sport Psychologist, Journal of Applied Sport Psychology, and Research Quarterly for Exercise and Sport. Her research on the psychological and sociological aspects of sport injury has been published in a variety of academic journals. She is a member of the Association for the Advancement of Applied Sport Psychology (AAASP) and the American Alliance of Health, Physical Education, Recreation and Dance. In 1993, she received the Dorothy V. Harris Young Scholar/Practitioner Award from the AAASP. Wiese-Bjornstal earned an MS in physical education from Springfield College in 1983 and a PhD in physical education from the University of Oregon in 1989.

This book offers the Athletic Training and other Sports Medicine Professionals good advice when working with athletes who need guidance. It is not easy to educate and counsel athletes. Too often

athletes hear only what they want and not what they need to hear. Since athletes are highly motivated to achieve success in competition, they tend to focus on their problems and how it affect them, not others. Athletes have multiple problems, just like the rest of the population, the difference is, that most will try to work on their issues if they are identified and given strategies that work. Ray and Wiese-Bjornstal do a good job of presenting problems and solutions. They have identified the sound techniques and theories that work in the counseling arena. The authors are quick to point out the dangers of uneducated counseling and the warning signs of potential serious disorders. It is fair to assume that the reader should have some understanding of basic psychology, and human behavior. The reader should also understand sport and the different circumstances it presents to daily living. I have been a professional in Athletic Training for over 30 years and found the text to be very helpful. It is succinct and to the point but also in detail and complete on the topics discussed. I highly recommend the text for the Sports Medicine Professional.

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