



## Being a Sport Psychologist

*Richard Keegan*

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# Being a Sport Psychologist

*Richard Keegan*

## **Being a Sport Psychologist** Richard Keegan

What makes a great sport psychologist? Is there an ideal style or approach? What do you need to consider when working with a client?

In this practical guide, Richard Keegan presents a user-friendly model of the sport psychologist's consulting processes and offers a framework for understanding best practice. Whether you are a trainee or a qualified sport psychologist, this book will help you to deliver a consistent, transparent, effective and ethical service at all levels of sport.

Being a Sport Psychologist:

- provides a clear and coherent model which accommodates different styles, philosophies and experience levels;
- contains worksheets to help you record, evaluate, understand and reflect;
- offers a range of useful case studies and examples;
- is the first book to describe the process of being a sport psychologist from beginning to end.

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