

Download Counselling Athletes Applying Reversal Theory

Reversal theory is an innovative psychological theory exploring human motivation, emotion and personality. This is the first book in the field to examine how reversal theory can be used by practitioners in applied sport psychology in their counselling work with athletes. Reversal theory is an innovative psychological theory exploring human motivation, emotion and personality. This is the first book in the field to examine how reversal theory can be used by practitioners in applied sport psychology in their counselling work with athletes. Articles from British Journal of Sports Medicine are provided here courtesy of BMJ Group.

Counselling Athletes: Applying Reversal Theory. Each chapter includes real-life case study material from elite performers in sport, as well as guides to further reading and questions for discussion. *Counselling Athletes* is essential reading for all practising sport psychologists and coaches, and for any student of sport psychology.