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Psychological Skills Used by Sport Psychology Consultants to Improve Their Consulting

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The purpose of this study was to qualitatively examine self-practice by identifying the psychological skills that sport psychology consultants (SPCs) used to improve their consulting as well as where, when, why, and how they used those skills. The participants were eight Canadian-based SPCs (3 male, 5 female) that had between 4 and 23 years of consulting experience ($M = 10.5$, $SD = 6.74$). The SPCs reported using deep breathing, goal setting, self-reflection, time management, imagery, mindfulness, self-talk, and bio-neurofeedback with themselves. They practiced these psychological skills at different times (e.g., when needed, before a session), in a variety of ways (e.g., spontaneously, deliberately, applying specific techniques), and for various purposes (e.g., refine their service delivery, achieve a work-life balance). As such, SPCs should be encouraged to “practice what they preach”, given the range of potential benefits associated with the use of psychological skills (e.g., foster the consultant-client relationship, understand the psychological skill, enhance psychological constructs).