

Do We Really Need Sport Psychologists? Facilitators and Barriers to Sport Psychology Development



Rui Gomes
Universidade do Minho
Escola de Psicologia Braga,
Portugal rgomes@psi.uminho.pt
www.ardh.pt



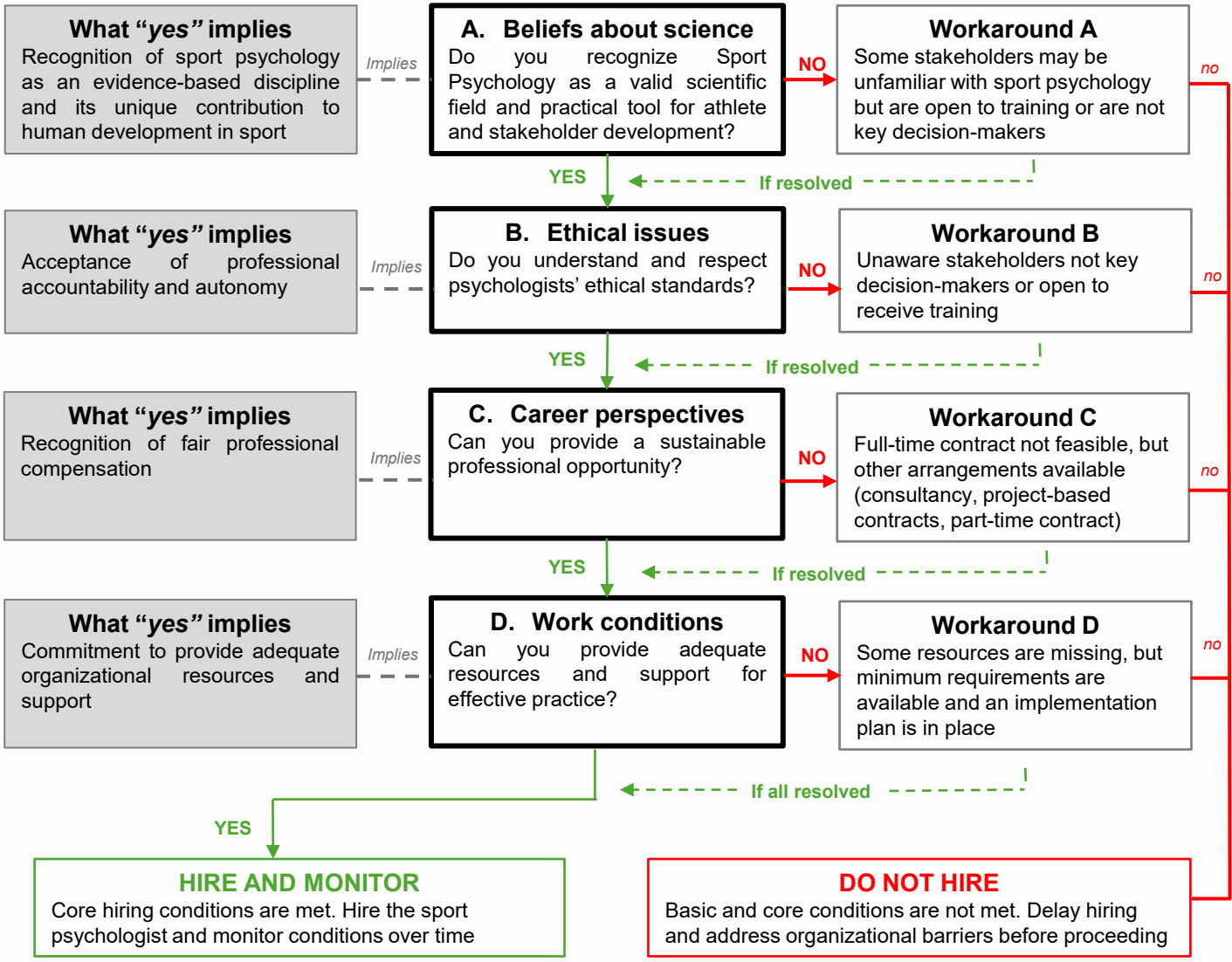
Catarina Morais
Universidade Católica
Portuguesa, Porto, Portugal.
ctmorais@ucp.pt
www.ardh.pt

INTRODUCTION

Even though sport psychology is an **established** field of Psychology, with over a century of research and well-defined practice, there are still questions about the **added** value of these professionals.

Sport Psychology VALUE	Sport Psychology BARRIERS
○ Sport Psychology is Evidence-Based Science! ○ Sport Psychology is Psychological Expertise! ○ Sport Psychology is about Wellbeing and Performance!	• Specialized Professionals are Expensive • Alternative Professionals and Knowledge • Lack of Opportunities

A GATED DECISION-TREE FRAMEWORK FOR (NOT) HIRING SPORT PSYCHOLOGISTS



Conclusion

Sport psychology is a **fascinating** topic with substantial **implications** for practitioners, sports agents, and all individuals interested in comprehend the “mental side of sports”.

Funding