Managing thoughts and beliefs in sport psychology
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A great deal of sport-psychological interventions is about helping the athletes to keep their thinking functional and sport psychology has many approaches to help the athletes manage their thoughts. The most classical approach is psychological skills training approach (PST), which teaches athletes to recognize their thoughts, identify the negative ones, stop them and turn them into positive ones. Cognitive behavioral therapy approach (CBT) speaks about the effect of thoughts on emotions and actions and places a lot of emphasis on beliefs - CBT proposes techniques to change those beliefs when they are proven to be dysfunctional, such as the Socratic technique. One of the most recent approaches is Acceptance and commitment therapy (ACT), which deals with thinking within the scope of diffusion, which is one of the main 6 concept of ACT and proposes several ways to manage thoughts, which are not relevant for the task at hand. The lecture will present examples of how thinking affects an athlete’s performance and how the dysfunctional thinking patterns can be changed through sport psychological interventions.