

WORKING WITH A SPORT & EXERCISE PSYCHOLOGIST

INTRODUCTORY
INFORMATION AND
FREQUENTLY ASKED
QUESTIONS



My Professional Philosophy

My role is to support sportspeople to perform better, and thrive mentally, within their chosen career or vocation. I see such clients as the experts to their own lives with my aim to work collaboratively with them. You always have a choice therefore to actively engage in this work and can withdraw from it at any time.

How does the work start?

The work begins with a needs analysis of the issue(s) you wish to explore. The initial 'intake' session you will attend will look to collect background information on you both personally and professionally. This information ensures we can set a goal for our work together.

What do the sessions look like?

Each session may have a certain educational theme that explores strategies for you to reach your goal e.g. emotional regulation or fostering concentration. Also between sessions certain activities may be suggested for you to complete e.g. workbooks, things to watch/listen to, readings etc. You also will be actively encouraged to go and find your own answers to your concerns.



How often do sessions occur?

Sessions occur every week or two weeks and can last from 1 hour to 1.5 hours. It is important that the sessions are regular, occurring at a set date and time on a given week. At the moment, sessions will only be online (Zoom, Skype etc)

What does 'change' look like?

The length of time for change to occur can vary depending on the person and the goal. Even if the desired behavioural change is not achieved in the set time the aim will be for you to identify specific strategies that will help you to work towards this change.

Are the sessions confidential?

What is discussed personally in session is not shared externally. Only if there was a fear of harm is this confidentiality broken. However I am obliged to keep session records. Also sport psychologists do get asked what athletes etc are working on by coaches and others – to ensure practitioner collaboration I may disclose the *generic* performance goal we are working towards e.g. regulating emotions during performance etc.



CONTACT INFORMATION:

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My regular working hours are Monday to Friday 9am to 6pm. If you contact me after 6pm or on the weekends I will look to respond on the next available working day.

If you need to cancel/move a session please give 24 hours notice – this also applies if I need to do the same. Anything less than this time may still result in your governing body or yourself personally being charged.

