



CANADIAN SPORT PSYCHOLOGY
ASSOCIATION

“An applied sport psychology organization aiming to facilitate the development of mental and emotional skills, attitudes, perspectives, strategies, and processes that lead to optimal performance, well-being, and personal growth.”

www.cspa-acps.ca



How to Find a CSPA Consultant?

**To find professional members
in your area visit**
<http://www.cspa-acps.ca/find-a-consultant.html>

**You can also find student
members
in your area by visiting**
<http://www.cspa-acps.ca/student-members-1.html>

Could you benefit from working with a CSPA Professional Member?

- **Are you looking for a competitive edge?**
- **Do you want to improve your focus during training?**
- **Do you want to increase your confidence during competitions?**
- **Do you want to recover quickly from mistakes?**
- **Are you concerned with your child's experience in organized youth sports?**
- **Do you want to be able to manage your emotions?**
- **Do you want to stay motivated while recovering from an injury?**
- **Are you looking for a way to improve your sport or exercise experience?**



Photos courtesy of Sommer Christie,
CSPA Professional Member

What can CSPA Professional Members offer you?



Professional Role Definitions

The CSPA is comprised of both mental performance consultants and registered psychologists and asks its members to conduct themselves in a manner that is consistent with their training and qualifications.

Mental Performance Consultants (MPC) are extensively trained in the area of sport sciences and have acquired fundamental knowledge in psychology and counselling through university undergraduate and graduate coursework. MPCs provide individual or group consultations geared towards improving sport performance and well-being related issues. They do not diagnose or treat mental health issues.

Psychologists working in the area of sport are extensively trained in clinical or counseling psychology and have acquired fundamental sport science knowledge through university undergraduate and graduate coursework. They provide individual or group consultations geared towards improving sport performance and diagnose and treat a range of mental health issues such as addictions, eating disorders, depression, and anxiety.

What CSPA Members do

CSPA Professional Members are consultants who work with athletes and coaches to assist them in achieving many of the following objectives:

- reach their performance potential in sport and/or other aspects of life
- regulate arousal, stress, and/or emotions
- improve confidence, motivation, and concentration
- manage time effectively
- mentally plan for training and competitions
- create and maintain positive environments
- improve communication skills
- improve recovery and regeneration
- learn specific performance enhancement techniques (e.g. imagery, goal-setting)
- debrief and evaluate performance or programs
- improve decisions making processes
- rehabilitate from an injury
- make a positive transition from sport



CSPA Members

CSPA Professional Members have met a high standard of education and training and have gone through an extensive review process. Professional members abide by the CSPA code of ethics and fulfill the following criteria. They have:

- at a minimum, a Master's degree in sport psychology or related field
- a demonstrated understanding of foundational disciplines such as human kinetics or kinesiology, psychology, and counseling
- extensive consulting experience
- hands on experience in sport
- favorable supervisor and client evaluations

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