

Clinical Sports Psychiatry: An International Perspective

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This book has it all - written by national and international experts and edited by world authorities, it is the first book on sport psychiatry in over a decade. Dealing with psychopathology, mental health problems and clinical management, it differs markedly from sports psychology books that focus on performance issues. Eating disorders, exercise addiction, drug abuse are all problems that are seen in 'everyday' athletes, not just elite performers. This book shows how to help.

This text covers the most important topics in contemporary sports psychiatry/psychology from an international perspective. Chapter authors are experts in the field and global leaders in the related professional organizations, including current and past Presidents/Chairs of the International Society for Sports Psychiatry and of the World Psychiatric Association Section on Exercise and Sports Psychiatry. Authors are mainly psychiatrists: the rest are PhD sport psychologists.

The book comprises representative chapter authors from around the world, to an extent unprecedented in this topic. The authors and editors are well-informed in global perspectives, e.g., having served as consultants to numerous Olympic teams, in addition to service on the International Society for Sports Psychiatry's Board of Directors.


Specifically, this book covers four main categories of topics:


- 1) mental health challenges faced by athletes (including substance use disorders, exercise addiction, eating disorders, depression, suicide, and concussion),
- 2) treatment approaches and therapeutic issues with athletes (including different types of psychotherapy for psychiatric disorders, psychotherapeutic performance enhancement approaches, transference and countertransference issues, achievement by proxy, psychotherapeutic issues as applied to a couple of sports that are played around the world, and use of psychiatric medications in athletes),
- 3) psychosocial issues affecting athletes (including sexual harassment and abuse, cultural issues, and ethics issues), and

4) the field of sports psychiatry (including work within one common sports psychiatry practice setting, and current status of and challenges in the field of sports psychiatry).

There is a growing need for this book. Performance-enhancing drugs, use of psychotropics in impaired athletes, head trauma, sexual abuse, eating disorders, ethics, and depression and suicide in athletes, are just a few of the timely subjects addressed in this text. This is the only comprehensive reference available for those working in the field (or merely interested in it) to consult for current information on these topics. The existing sports psychology texts all focus on performance issues, with little, if any, attention paid to these areas of clinical significance. The book addresses the core differences between sports psychiatry and sports psychology, as well as the areas of overlap. Emphasis is placed on how the disciplines should work together in diagnosing and treating athletes dealing with emotional stress and psychopathology.

Chapters include case examples and specific goals listed at the beginning, along with tables and graphs to highlight key concepts.

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Editorial Review

Review

“While there are other books about sports psychiatry, this one provides a panorama of the field. It is unprecedented in its scope and organization. Because sports are universal, this book has particularly broad appeal given the diverse backgrounds of its contributors and its attention to cultural attributespective.”
(*Doody's*, 15 November 2013)

From the Author

Athletes, especially elite competitors, should be viewed as a unique patient population with diagnostic and treatment interventions sensitive to their needs. Just as child or geriatric psychiatrists are knowledgeable about different clinical presentations of and treatments for their patient populations, psychiatrists evaluating and treating athletes should be aware of issues impacting their clinical cohort. After reading this book, we believe the reader will have a better appreciation of these unique concepts.

Few events can match the impact of a world champion national team on the collective psyche of an entire country. Olympic champions in marquee sports are given rock star status after their victory. Youth athletes dream of someday attaining the fame and financial rewards given to elite competitors. However, as all athletes know, success does not come without paying the price. Years of dedication and self-sacrifice are the universal blueprint for victory. Only recently has the impact of emotional stress and physical injury been acknowledged as important to consider. The potential long-term adverse consequences of multiple head traumas are changing the culture of contact sports around the globe. Even non-elite athletes may suffer from sport-related psychiatric conditions such as exercise addiction and eating disorders. Moreover, even after retirement, athletes may be at risk for sport-related psychiatric conditions including depression and substance abuse. Through these topics and many others, we have introduced the reader to the most important contemporary issues in sports psychiatry.

Our goal is to inspire the clinician-reader to engage in the education and research needed to better address the mental health needs of athletes around the world. Additionally, athletes themselves will find the book of interest in learning more about these issues that can plague their profession or their past-time. Sport has many known mental health benefits, and it is the hope of sports psychiatrists to optimize the benefits while successfully preventing and treating psychiatric symptoms and disorders that arise.

This book is endorsed by the two major sports psychiatry organizations: the International Society for Sports Psychiatry (ISSP) and the World Psychiatric Association Section on Exercise and Sports Psychiatry.

From the Back Cover

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Fernando Levering:

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Eric Butler:

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