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Counselling Athletes: Applying Reversal Theory

John H. Kerr

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Reversal theory is an innovative psychological theory exploring human motivation, emotion and personality. This is the first book in the field to examine how reversal theory can be used by practitioners in applied sport psychology in their counselling work with athletes. *Counselling Athletes* explores the key elements of reversal theory, and comprehensively demonstrates how reversal theory can improve understanding in the following key areas:
* athletes' motivational states when performing
* athletes' motivational characteristics
* identifying performance problems
* athletes' experiences of stress
* intervention strategies
* eating disorders
* exercise addiction.
Each chapter includes real-life case study material from elite performers in sport, as well as guides to further reading and questions for discussion.
Counselling Athletes is essential reading for all practising sport psychologists and coaches, and for any student of sport psychology.

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