Question: What is the scope of training and intervention for a sport psychologist?

Answer: Although sport psychologists can have differing backgrounds, CHAMPS sport psychologists are clinical or counseling psychologists who are trained to work in a variety of capacities. Equally important to the CHAMPS sport psychologist is helping to promote athletes’ personal development and life satisfaction. CHAMPS sport psychologists also help athletes find ways to cope with stressors outside of sport—including problems with relationships, eating disorders, substance use, depression, anxiety, anger management, and learning problems.

What is CHAMPS?

CHAMPS is a KSU-Counseling Services program staffed by 2 licensed psychologists, 2 pre-doctoral psychology interns, and a kinesiologist specialized in sport and performance strategies. It is one of this country’s few comprehensive sport psychology programs to exist at a university counseling center. CHAMPS specialists are available for coach consultation, team consultation, small group discussions, individual counseling, and biofeedback training. We can also work with intercollegiate athletic staff, trainers, and professors when needed. Additionally, CHAMPS offers special sections applicable to athlete needs in credit courses on career and life planning as well as on academic and sport performance enhancement. Finally, watch out for CHAMP’s monthly newsletter with tips on integrating sport psychology into your training program and on living a healthy balanced life as a top-level competitor!

CHAMPS Specializations:

- Goal-Setting
- Concentration and Attention
- Leadership Skills
- Body Image Concerns
- Balancing Life
- Stress Management
- Self-Confidence
- Emotional Concerns
- Performance Anxiety
- Team Building
- Relaxation and Imagery
- Coping with Injury
- Communication
- Biofeedback
- Academic issues
- Alcohol and Drug Use

CHAMPS Specialists:

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Dana Wyner

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