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words

What do psychiatrists have to offer sports competitors?

Steve Peters

The psychiatrist in elite sport has an eclectic role to play. Apart from the specialist detection and treatment of mental illness, the psychiatrist can employ various psychotherapeutic techniques, within their skills, such as CBT, counselling or brief dynamic therapy. Giving athletes, and all team staff who support them, insight into the workings of the mind and application of this can significantly enhance performance in sport. Mental skills for dealing with lifestyles filled with unique stressors, and acting as a sounding board and facilitator can be invaluable to the team and individual. Being an advocate strengthens and clarifies the athlete's voice.

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