



NATIONAL REGISTER
OF HEALTH SERVICE PSYCHOLOGISTS

CLINICAL WEBINARS

FOR HEALTH SERVICE PSYCHOLOGISTS

TRANSLATING RESEARCH TO PRACTICE

Mental Health With Elite Performers

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(Ramel Smith, PhD, LP)
University of Wisconsin

Webinar Tips for Attendees

Please review our webinar guidelines for frequently asked questions:
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1 CE Credit, Instructional Level: Intermediate

1 Contact Hour (New York Board of Psychology)

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Ramel L. Smith, PhD, LP



Dr. Ramel Smith was born and raised in Milwaukee, Wisconsin. He is a proud product of Milwaukee Public Schools. He continued his education at the University of Wisconsin Whitewater, where he earned a Bachelor of Science in Psychology. He later went on to the University of Wisconsin-Milwaukee, and graduated with a Masters of Science in Educational Psychology and Doctorate of Philosophy in Urban Education with an emphasis in School Psychology. Dr. Smith is a licensed psychologist in the state of Wisconsin. A clinical psychologist by trade, Dr. Smith has had the opportunity to develop his skill set in varying arenas through out his career: correctional facilities, hospitals, secondary and higher education. Since 2007, Dr. Smith has been the President of BLAQUESMITH Psychological Consultative Services, LLC.

Disclosures/Conflicts of Interest

I have no conflicts of interest to disclose

Learning Objectives

1. Describe the origins of Sport Psychology and how the field is consistently evolving for those interested in working with this sub-population.
2. Identify the most common mental health issues experienced by elite performers (e.g., athletes, entertainers, C-Suite executives) and how treatment varies for these populations.
3. Demonstrate psychological interventions for diverse populations (e.g, race, gender, sexual orientation, nationality).

References

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Origins of Sport Psychology

- Indiana psychologist (1898), Norman Triplett credited with being the first to conduct an experiment on athletes.
- **Coleman Griffith, University of Illinois, widely recognized as the father of Sport Psychology) wrote The Psychology of Coaching (1926) and The Psychology of Athletics (1928). Did work with the Chicago Cubs.**
- Kinesiology v. Licensed Clinician
- APA Division 47, Exercise and Sport Psychology: Sport, Exercise and Performance Psychology
- **Association for Applied Sport Psychology *(CMPC- Certified Mental Performance Coach)**
- International Society of Sport Psychology (ISSP)

MORE THAN A GAME

ATHLETES, ACTIVISM, & VIOLENCE INTERRUPTION

**Nov 14th
12pm - 2pm**

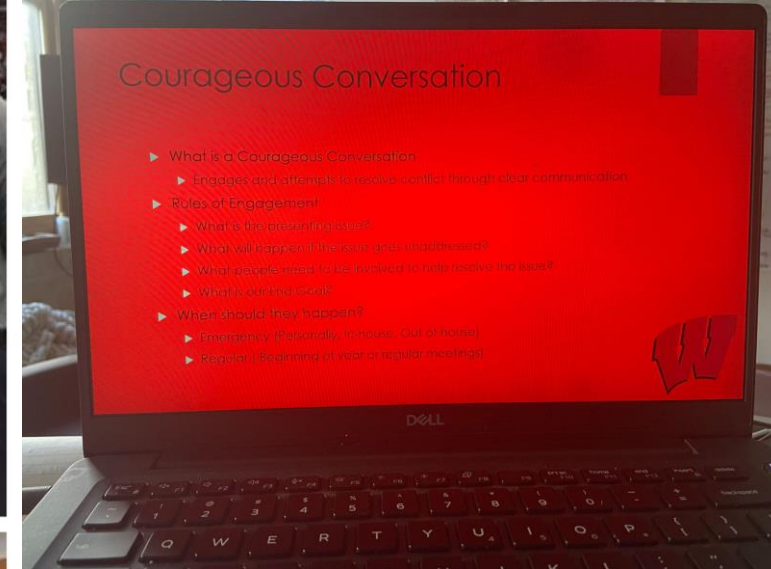
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CRAIG HODGES
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VIOLENCE INTERRUPTER,
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Mental Health Prevalence in Athletes

1. Anxiety
 2. Depression
 3. Eating Disorders
 4. Domestic (Interpersonal Violence)
 5. Injuries
 6. Burnout
 7. Familial Matters
 8. Locker-room Issues
 9. Academic Demands
 10. NIL
 11. Social Media
 12. Suicide
- Relationships with Teammates
 - Relationships with Coaches
 - Relationships with Staff
 - Relationships with Peers
 - Above the Law status
 - Nefarious Elements
 - Post Career Re-Entry
 - Vocations
 - Injuries (e.g., CTE, Emotional)

Considerations for Elite Diverse Athletes

- Black Athlete
- Female Athlete
- LGBTQ+ Athlete
- International Athlete

Counseling Elite Performers (Joes v. Pros)

➤ JOES

- ❖ Traditional Challenges
- ❖ Time Specific
- ❖ Strict Boundaries

PROS

- Sporadic, time limited, time restricted meetings.
- Flexible
- Bubble/Fishbowl effect
- Gray Boundaries
- TRUST
- State to State/Country Boundaries
- X (Changes in Owners, Management, Coaches, Schools)
- Payment
- WHO IS THE CLIENT

The White Elephant of Sport Psychology

CHEERS

Access

Affiliation

Appetite

JEERS

Outside Jealousy

Time Consuming

Sacrifices

Q&A With Dr. Smith (Amoasi)



- Dr. Sammons will read select questions that were submitted via the Q&A feature throughout the presentation.
- Due to time constraints, we will not be able to address every question asked.