



Counseling and Psychological Services for College Student-Athletes


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This book provides numerous practical and effective ways to assist individuals of this growing on-campus population meet the issues and personal challenges they face today. Chapters address a wide range of topics: general consultation; ethics; life skills; approaches to counselling specific groups; women student-athletes; male student-athletes; African-descendent student-athletes; GLBTQ student-athletes; approaches to counselling on special concerns college student-athlete experience and academics transitions; disordered eating; clinical depression; the athlete student-to-be and the new student-athlete; learning disabilities; injury and disability; alcohol and drug use. This comprehensive, insightful view of the increasingly demanding intercollegiate athletics environment will be particularly useful for university-based and private practice counsellors and psychologists, student service professionals, CHAMPS/Life Skills co-ordinators, intercollegiate athletics academic advisors, graduate students in counselling and psychology, coaches, and athletic trainers.

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