

Artifact Review and Analysis

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Throughout my course studies, I have completed assignments and contributed to my growth. The MS Sport and Performance Psychology program handbook (2025) outlines the mission statement and driving force behind our curriculum. It explains that the program's mission is to "develop competent sport and performance psychology practitioners, able to effectively apply theoretical principles within their chosen profession, implement evidence-based interventions in a variety of performance domains, and improve the performance and mental well-being of individuals through self-reflection, professional consultation, and an affirmation of the uniqueness and value of all people." Program Learning Outcomes (PLO) further assist students in assessing their progress and growth in this endeavor. The following reflections connect the chosen assignments to applicable PLOs and analyze how I plan to modify them. Edits and changes are based on instructor feedback and experience gained since completing the assignment. This exercise identifies areas for growth related to the program's PLOs.

PLO #1

Evaluate the predominant theories and emergent trends within the discipline of Sport and Performance Psychology

- SPP 6550 Sport Psychology: *Bull Durham* Film Analysis
- SPP 6215 Applied Sport Psychology: Personal Performance Enhancement Project

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PLO #1 asks students to evaluate predominant theories and emergent trends. Some of these principles include self-identity, performance anxiety, goal orientation, focus, and functional self-talk. These principles are introduced early because they are common subjects in mental

skills training. Studying these concerns and the theories that address them provides students with a strong foundation for recognizing and formulating effective intervention plans.

The *Bull Durham* Film Analysis was a worthwhile opportunity to find Sport and Performance Psychology (SPP) principles within a fictional space. While I did not like the film, I seized the opportunity to look for these principles in the story. This paper was a culmination of weekly assignments throughout the term. I was able to implement my professor's suggestions and modifications. My dislike for the film inspired me to stretch beyond the assignment. For each principle, I found a better representation from other films and television shows.

My Personal Performance Enhancement Project (PPEP) provided me with the opportunity to experience SPP mental skills training firsthand. I set a goal, identified performance breakdowns, and used evidence-based strategies to achieve it. This experience also allowed me to participate in assessments. While assessments do not create a whole picture, they offer important self-awareness through data. Some of the strategies implemented during my PPEP targeted focus, functional self-talk, stress management, imagery, and mindfulness. Since completing this project, I have deepened my understanding of each principle. I believe I would have been able to implement them more effectively. Nevertheless, this is a good representation of a systematic approach to applying SPP principles to a film.

PLO #2

Distinguish between various ethical codes within the mental health counseling and performance consulting professions, and articulate the rationale for disparities among them.

- COUN 6101 Ethics and Professional Identity: Advocacy Plan
- COUN 6101 Ethics and Professional Identity: Ethical Case Study Part II

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Our ethical codes “specify the boundaries of ethical conduct” (Association for Applied Sport Psychology, 2024). Ethical practices increase trust, credibility, and safety for practitioners and clients. The American Psychological Association (APA, 2017) ethics code “provides a common set of principles and standards upon which psychologists build their professional and scientific work.”

My Advocacy Plan demonstrates a strong application of ethical guidelines to professional plans. This paper outlines advocacy opportunities and the ethical support for each area. It also compares ethics codes from three organizations: the American Counseling Association (ACA), the Association for Applied Sport Psychology (AASP), and the US Center for SafeSport (SafeSport). Comparing these ethics codes benefits professionals because they compare practice from three different contexts. ACA promotes the “development of professional counselors” (American Counseling Association, 2014). AASP “strives to ensure that every performer has the resources to strengthen their mental skills and psychological flexibility” (Association for Applied Sport Psychology, 2024). The US Center for SafeSport focuses on the safety of Youth athletes across the nation.

The Ethical Case Study provides an in-depth application of ethics to a case study surrounding a licensed counselor named Elliot. His actions presented several ethical violations, including breaches of confidentiality, operating outside of competencies, and pressures from supervisors and directors. This paper followed the ACA Practitioner’s Guide to Ethical Decision Making, which provided an opportunity to approach ethical considerations systematically. The analysis identified specific ethical code violations from ACA and AASP. These two ethical codes differ in their specificity. ACA applies to licensed counselors, whereas AASP focuses on the mental skills needed for performance.

PLO #3

Demonstrate, through presentation and in writing, the development of a professional consulting philosophy integrating the disciplines of psychology, sport science, and counseling.

- COUN6110 Personality and Counseling Theories - Theoretical Orientation Paper
- COUN6115 Human Growth and Development – Developmental Case Conceptualization

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Developing a professional consulting philosophy is a difficult yet essential process for practitioners. It connects personal experience and values to evidence-based applications. A casual approach to defining a person's professional and theoretical orientation can create confusion and ineffective interventions.

My theoretical orientation paper presents my background, values, and experience. Then it presents my theoretical orientation as Solutions-Focused Brief Therapy (SFT). SFT relies on Person-Centered methods such as Motivational Interviewing to help the client present their unique perspective. During the explanation, the paper compares SFT with another common SPP approach, Cognitive-Behavioral Therapy (CBT). CBT includes a more direct approach from the practitioner, while SFT relies on the client's ability to establish needs. This paper laid the foundation for my Theoretical Orientation for Performance Excellence (TOPE).

The Developmental Case Conceptualization added a new element to theoretical approaches: development. This case centered on Cecily, a woman suffering from PTSD. This conceptualization used Social Learning Theory (SLT) and Psychosocial Development Theory to identify symptoms and suggest treatment options for Cecily. The paper also considers how each theory may be applied in relation to Cecily's cultural factors. The highlight of this artifact is that theories and approaches should consider the client's goals. In developing my professional

philosophy, I have maintained this belief. The client's well-being and goals should strongly influence the intervention approach.

PLO #4

Develop culturally responsive consulting strategies based upon the relationships, issues, and trends within a multicultural society.

- SPP 6155 Sport in Society: Sport Matters Cultural Plunge Project
- COUN 6150 Multicultural Counseling and Advocacy: Cultural Self Project

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When professionals consider and implement multicultural strategies, they provide clients with better interventions. Multiculturalism adds additional insight and clarity to a client's goals, background, and perspective. Ignoring these key qualities in a person can result in loss of trust, narrowed intervention approaches, and ineffective interventions.

The Sport Matters Cultural Plunge Project allowed me to analyze hockey through a cultural lens. Before this project, I had little knowledge and experience with the sport. It was an opportunity for growth with an added benefit of enjoyment. I attended a Vegas Golden Knights hockey game with my son, who had never watched hockey. We asked questions of the fans around us and learned about the culture of hockey. I admit that his perspective of the sport differed from mine by the end of the night. While he saw only community, loyalty, and fun, I also recognized violence, privilege, and lack of multicultural representation. I found the experience interesting and eye-opening because I saw how sports culture has the power to challenge or support behaviors and beliefs.

My Cultural Self Project analyzed my life experience using the ADDRESSING model. The ADDRESSING model considers a person's age, age, disability, religion, ethnicity, social

status, sexual orientation, indigenous heritage, national origin, and gender. This analysis created a significant breakthrough in self-awareness. Through it, I realized some internalized shame and hurt related to my cultural background. This paper also allowed me to research culturally sensitive approaches and theories. I have become more aware of these considerations as I have interacted with more clients.

PLO #5

Create performance enhancement interventions incorporating a variety of research-supported techniques to enhance performance and improve overall wellness.

- COUN 6145 Psychopathology and Appraisal: Applied Case Study- Sheila
- COUN 6110 Personality and Counseling Theories: Applied Theory Case Study – Sasha

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Creating performance enhancement interventions can be a powerful experience for clients. Using evidence-based techniques provides a systematic approach to each client. These projects required a solid formulation informed by diagnosis, theoretical frameworks, and intervention planning. While each step is important, they must work together to benefit the client.

The Applied Case for Sheila includes a Mental Health Assessment. She appears to be a woman who struggles with body dysmorphia. The intervention design immediately refers Sheila to a mental health counselor who specializes in eating disorders and body dysmorphia. From a consultant's perspective, intervention design includes techniques and methods grounded in CBT. This exercise proved to be an important growth moment for me. While I will not diagnose future clients, this paper helped me practice identifying clues and signs that require referrals. I also designed an intervention that stayed within my competencies and role as a consultant.

The next artifact is an Applied Case Study focused on Sasha. This paper examines two different applied theories that could be helpful for Sasha's intervention. The theories were CBT and Rational-Emotive Behavior Therapy (REBT). Comparing these two theories helped me understand how interventions can change based on the approach, even when the strategies and goals are the same. For example, Sasha needs positive self-talk and mindfulness strategies. But a CBT approach would differ from an REBT approach. This paper helped me understand important principles that I can use as I work with clients.

References

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