

Major Rotation

MS State Athletics

(8 hours: 6.0 direct service; 1.0 supervision; 1.0 documentation/case management)

Program Description: This major rotation allows interns to receive experience embedded within the MS State University Athletics Department working directly with individual athletes as well as coaches, training staff, and teams.

Program Requirements: Interns are expected to work directly with clients referred by the MS State University Department of Athletics under the direction of the Director of Counseling and Sport Psychology. Interns will have the opportunity to gain a greater understanding of the unique needs and appropriate interventions when working with this population as well as group and team level interventions. Additionally, interns will be expected to work collaboratively and consult with staff within this office and other campus partners. Interns will also provide group therapy, psychoeducational workshops, and/or outreach to students and as directed by the Director of Counseling and Sport Psychology. Opportunities for assessment experience may also occur dependent on the needs of clients.

The expected breakdown of the total number of weekly hours for this rotation is as follows:

Therapy Supervision:	1.0 hour
Individual Therapy:	5.0 hours
Workshop/Group/Outreach:	1.0 hour
Documentation/case management:	<u>1.0 hour</u>

Total: 8 hours

Training/Supervision Provided: Weekly 1 hour of individual supervision with additional consultation available as needed

Supervisors: Angel Brutus, PsyD, LPC & Aaron Goodson, PhD, P-LPC



Welcome

COUNSELING SPORT PSYCHOLOGY

*"You don't have to be sick to get better."
~ Michael Josephson*

College is a critical transition period moving from adolescence to young adulthood. There's an expectation to adjust while away from family, assume more responsibility, perform academically and athletically at higher levels, and prepare for the future while acquiring basic emerging adult skills.

Our full-time staff members are dually trained as clinicians & as certified mental performance consultants, giving the unique qualifications to address the needs of MSU student-athletes operating in high performance situations through our 3-dimensional approach:

1) **Education**; 2) **Prevention**; & 3) **Intervention**

This major site rotation allows interns opportunity to receive experience within our department working directly with student-athletes, student workers, and teams with oversight/supervision. Interns are expected to engage and initiate the following:

- ~ Study/research best practices for modifying interventions to meet the unique needs of sport-competitors
- ~ Develop cultural competency related to sport culture in addition to traditional cultural identifiers
- ~ Engage in learning opportunities relevant to understanding the stress-response to injury and return to competition
- ~ Facilitate/Co-Facilitate at minimum 1 psychoeducational/support group for student-athletes
- ~ Willingness and availability to work non-traditional hours during site rotation assigned days