

Consultation with an Athlete: Options in the Moment

In previous AASP Conferences, much interest has been shown in presentations that demonstrate different approaches in consulting with athletes. Some have been workshops in which consultants of diverse backgrounds have interviewed individual athletes. Others have been discussions of a single case report by several consultants. There have also been theoretical symposiums in which consultants described the philosophical considerations underlying their consultations. One workshop focused on the consultant's self-awareness, and another, on contrasting styles in working with athletes' emotions. Videotapes have also been produced, in which different consultants interview the same athlete in sequential order, or several consultants conduct brief interviews with various athletes.

The purpose of the present workshop is to allow participants to observe how consultants might differ in their immediate response to an athlete's comments. The format will be unique in allowing two consultants to propose alternative suggestions, ideas, or questions to a third consultant who is conducting an interview with an athlete. These interruptions will occur immediately after the athlete speaks, before the consultant doing the interview has responded. All comments from the two consultants will be made directly to the interviewer, not to the athlete. After considering the suggestion or question, the interviewing consultant will explain to the audience the choice and reason for whatever response he decides to make. This procedure will be described in detail before the interview, so that the volunteer athlete will know exactly what to expect. Following the interview, the audience will have ample time for questions, comments, and discussion.