Practitioners in helping professions have recognized the importance of philosophy of service as a fundamental factor driving the process of behavior change. This article explores professional philosophy as an underlying element of successful sport psychology service delivery. A hierarchical structure of professional philosophy is proposed that delineates important components both overtly discussed and implied in the sport psychology literature. These components—arranged from the most stable and internal to the most dynamic and external—are (a) personal core beliefs and values, (b) theoretical paradigm concerning behavior change, (c) models of practice and the consultant’s role, (d) intervention goals, and (e) intervention techniques and methods. Each component is examined from the perspective that philosophy guides practice. The resulting conceptualization of professional philosophy may be used for both didactic and research purposes aimed at furthering consultant effectiveness in sport settings.

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Youth Sports Psychology. Coaches Focused on Wrong Goals. All coaches dream of having an amazing team. Taking Action Against Bully Coaches. A coaching philosophy is a tool to help guide coaches in their process of coaching. It provides clear guidance on the objectives to be pursued for clients. Though the coaching profession is highly unregulated, training opportunities adhering to ICF standards are creating quality in the profession. Coaches who are taught to develop their personal coaching philosophy will serve their clients with increased self-awareness, confidence, and ethical integrity. Here are some principles that every coach, in every modality, should hold true for themselves and their practice:

- Living life well is a responsibility to the gift of life itself.
- Purpose is found in the pursuit of a life well-lived.
- Understanding and Building Team Cohesion
- Providing Social Support

Part 6: Concluding Thoughts


Introduction. In the service delivery model, which ensures that athletes who switch consultants as they progress to more elite levels in their sport experience a similarity in the approaches encountered at different levels. The Team Denmark Sport Psychology Professional Philosophy of the Team Denmark. Sport psychology team.