**Artifact Review and Analysis**

Oliver Billon

Sport and Performance Psychology: University of Western States

SPP6570: Capstone

Dr. Wendell Otto

August 20, 2023

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

**Artifact Description:** Purpose is to take the time to understand athletes on a deeper level, gain knowledge of other ethnic groups, deciding types of therapy, approaches, and techniques that would be most beneficial, understanding how to make decisions.

**Artifact Objectives:** Understanding an athlete to be a better decision maker, understanding culture, how past can play in the present athlete, consideration of my own and athletes’ values.

The purpose of selecting these artifacts is to take cognitive psychology and counseling to understand the deeper meaning of an athlete, not by just what they come in for in a consultation session but who they are as humans. Then, it provides me with the tools needed for proper scientific selections of approaches and interventions that would be most useful. One of the ways that I have improved not only in my personal life but in my career is the explanation of culture and that you can learn or acquire through socialization (Wong et al., 2021).

The knowledge and skills throughout the graduate program has guided me to be aware of my own cultural values, scientific approaches, and building a better opportunity to have a better worldwide view (Cole et al., 2014). I understand that through my academic career within this program that the learning curve for athletes or client may be based on the parents and their showing of attachment at a young age (Hunt et al., 2021). With understanding the lifestyle it’s possible to discover patterns and therapy methods that would best support the athlete such as exposure therapy to reduce depression, anxiety, and related disorders, and existential therapy witnessing someone you love to go through a significance.

The interesting part of these artifacts is that a systemic therapy approach to best used when attempting to examine and listen to family issues may impact the athlete’s identity (Norcross and Prochaska, 2018). I’ve started to master certain areas through mental skill techniques and the relatedness towards therapies that will ultimately reduce psychological distresses which can amp up anxiety levels.

The potential impacts of not understanding the value in cultural athletes and education on the ability to understand modern or old school coaching can be detrimental to an athlete’s performance. If there is a group team, they mainly rely on the coaches to provide them guidance. Part of sport psychology training shouldn’t just be athletes but with the coaches where they are able to work a more holistic approach. The potential limitations are the inability for multicultural athletes to get along and specific mental skills training techniques unable to provide much help not only with a team but with a sport community.

I’ve come to terms with my own cultural values and my time growing up as a child. This meaning that I’ve had to experience other views of the world in other’s perspectives. The mental game is not only part of counseling and in sport but personal life. Through research there is evidence to back up a athlete’s anxiety level and emotional arousal impacting their performance (Weinberg and Gould, 2019). To best achieve these uncomfortable and stressful situations mental skill training has been impactful.

I tend to improve using these artifacts by integrating real-life scenarios and personal stories regarding my own background without deterring the session away from my own personal life. These artifacts offer guidance towards knowing the clientele and demographic with the use of continuing education courses to better my knowledge.

Other information from other courses have gifted me more knowledge when making this artifact of understanding the value in athletes and how they tend to operate. Taking the necessary steps of listening, communicating appropriately will lead me to processing information for better trial and error decision making.

Ethical considerations were making decisions when I don’t understand the whole picture of the athlete where I only treat the symptom not the root.

The feedback from the instructors mostly described my interconnections between paper framework and PowerPoint slides. Also, my relatedness when making decisions and maintaining professionalism throughout my artifacts.

Creating this artifact has provided me insightful knowledge on assessing cultural athletes, finding the deeper meaning within the athlete and how they are driven, the reasons for making specific decisions, and being flexible on dealing with a consultation session. This capstone experience contributed to my personal and professional growth understanding different types of philosophy styles with the ability to gain information from an athlete.

**References**

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