**Artifact Review and Analysis**

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Sport and Performance Psychology: University of Western States

SPP6570: Capstone

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

**Artifact Description:** Purpose of these artifacts was to initially start providing education on mental skill training, being able to determine type of diagnoses if needed based on an athlete’s perception, developing creativity, and providing stories for real-life examples to build connection.

**Artifact Objectives:** Mental skill training education, firsthand experience on videos to athletes, breaking down steps for athletes physical and mental performance.

The purpose of selecting these artifacts was to provide the opportunity of my learning and first-hand experience in demonstrating mental skills training. In addition, being able to determine how to understand a client or athlete whether they are considered in a DSM category and if I need to refer out. I chose a lot of the videos and multicultural issues and trends to be able to showcase my initial applied practice.

The knowledge and skills that I developed and acquired throughout this program was creativity and understanding based on listening what types of mental skill training to apply. The contribution of these artifacts provided the ability to educate regarding mental skills techniques and determine the flow of an athlete’s mental state. Education was the main piece of vital information where I can bring up issues and connect it through story.

The videos that I performed gave me a basic understanding on my own verbiage and the ability to connect certain mental skill tactics to get a story out of the athlete. For example, when speaking to a kicker in football where he explained “not caring what other people say” and not allowing the outside noise to affect his performance. Another example was determining the athlete’s pre-game and during-game routine prior to kicking a football. It has guided me to image what athletes must go through to be physically and mentally ready. Potential impact is leading an athlete in the wrong direction. Luckily, this was not the case during my artifacts, and I stayed within I understood. But one of the ways to counteract this issue is through active listening.

My strengths through these artifacts were gaining confidence the more I explained a topic especially mental skill. The one mental skill that comes natural for me to provide explanation is imagery. One of the things that was hard to manage was the age groups of providing mental skill training. Age groups of multiple different ethnic groups will be invested but some were distracted. I found that the distraction is lack of focus or not enough creativity to meet their attention span. Understanding my audience has been very beneficial for me so far.

Luckily my background in physical performance has provided me to slightly bridge the gap. During my time with tennis athletes, some suffered a shoulder injury from constant overuse. The combination of sport and performance psychology and mechanics of the shoulder has led me to explain provide knowledge on the physical attributes and how to improve skill acquisition and other ways to improve their mental performance while they continue to heal from injury. One example was an athlete not using his legs during his serves which was causing him to become frustrated. Instead of mental skill techniques I found benefit from explaining why I mentioned “using his legs” and “it’s alright to fail when trying a new movement”.

Receiving a lot of feedback from my instructor and the tennis coach encouraged me to provide better examples of stories and reinforce the advice to the next session of tennis athletes. I am more confident when I first started this program and more aware of an athlete’s mental state during stressful situations. Watching more videos on how sport psychology consultations should be like and understanding body language, demeanor, calling on athletes specifically to provide examples are valuable when considering mental skill techniques.