

**KINESIOLOGY 799. ADVANCED SPORT PSYCHOLOGY**

DATE: Feb. 25, 1998

FACULTY: F. Young, Ph.D., R.Psych.

TITLE OF CLASS: Family and marital factors in the life of the athlete: quality, motivation, support, teamwork, balance, focus, performance. Basis of marital and family therapy theory and intervention, especially in situations involving balance in an optimal quality of life.

PURPOSE/OBJECTIVE:

1. Participants will review and discuss patterns that lead to optimal living in the context of relationships with family and partners. A special focus will be placed on systemic, contextual, and communication factors, including communication, conflict resolution, and gender issues in families. Early patterning, later paths.
2. Participants will be exposed to the major theoretical influences in family therapy, and such formulations as family structure, function, development, dysfunction, assessment, and intervention.
3. After reviewing some of the key concepts that distinguish family therapy from individual therapy, a further discussion will outline how a systemic or contextual intervention could lead to different processes and outcomes from an individual counselling approach. Be prepared to give

case examples and interventions attempted, or alternatives that could be proposed based on what you have learned.

4. The objective is to know the different implications for therapeutic approach when referring to individual, conjoint, family, and group therapy modalities when considering the likely impact and efficacy of interventions based on these models. When to do what and why. Further refinement of decision models in referral of people involved with concerns about athletics, fitness and health.

#### REQUIRED READING:

Nichols, M.P., & Schwartz, R.C. (1995) Family Therapy: Concepts and methods. Boston: Allyn & Bacon, (3rd Ed.). Selected pages of chapters 2 & 3. (see encl. handout)

BIBLIOGRAPHY: A huge list of books and magazines of your choice.