

## Welcome to the ACBS Sport, Health, and Human Performance SIG!

The ACBS community is wonderfully diverse, and our Sport, Health, and Human Performance SIG is no exception. This welcome letter is intended to help meet our members' needs and introduce anyone and everyone to the perspective of contextual behavior science and its applications to sport, health, and human performance. It is updated and sent to the listserv quarterly, and to new members directly. Below you will find categorized resources and information based on feedback and insight gathered from our members. This list is by no means comprehensive, and as you will see, comes from all sorts of information platforms, peer reviewed journals, books, podcasts, and youtube name a few. This list is intended to be a starting point. For more information the Association for Contextual Behavior Science's main page, <https://contextualscience.org/>, as well as this listserve contains hundreds of information sources and professionals ready and willing to answer your questions. Please reach out any time.

### Mission

The mission of the Sport, Health, and Human Performance SIG is to promote the practice and research of contextually supported interventions within populations seeking higher levels of performance. This sport, health, and human performance SIG will meet these goals by creating an open, collegial, and supportive environment for all members. This SIG seeks to contribute to the growing body of work in the area of contextual behavior sciences to human performance and healthy living. The SIG encourages its members to creatively apply contextual sciences to their work, trainings, clinical practice, and research.

### Introductory Resources for Contextual Behavior Sciences and ACT:

- Hankinson, L., Hui, A. (2021, Oct). The ACT matrix: A simple perspective taking exercise [Video]. Theoxfordpsych. <https://www.youtube.com/watch?v=cCCSpOtDPV0&t=2s>
- Abrams, D. (2018-Present). #130 Dr James Hegarty - ACT in Sport: Improve Performance through Mindfulness, Acceptance, and Commitment [Audio Podcast]. The Sport Psych Show. <https://podcasts.apple.com/gb/podcast/the-sport-psych-show/id1434313037?i=1000510110384>
- Harris, R. (2008). *The Happiness Trap: How to stop struggling and start living*. Shambhala Publications Inc. (Also available in a Cartoon version!)
  - [https://www.amazon.com/Happiness-Trap-Struggling-Start-Living/dp/1590305841/ref=asc\\_df\\_1590305841/?tag=hyprod-20&linkCode=df0&hvadid=312178271755&hvpos=&hvetw=g&hvrnd=12162754619605023650&hvnone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9028071&hvtargid=pla-457216148394&psc=1&tag=&ref=&adgrpid=60258871377&hvnone=&hvptwo=&hvadid=312178271755&hvpos=&hvnetw=g&hvrnd=12162754619605023650&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9028071&hvtargid=pla-457216148394](https://www.amazon.com/Happiness-Trap-Struggling-Start-Living/dp/1590305841/ref=asc_df_1590305841/?tag=hyprod-20&linkCode=df0&hvadid=312178271755&hvpos=&hvetw=g&hvrnd=12162754619605023650&hvnone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9028071&hvtargid=pla-457216148394&psc=1&tag=&ref=&adgrpid=60258871377&hvnone=&hvptwo=&hvadid=312178271755&hvpos=&hvnetw=g&hvrnd=12162754619605023650&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9028071&hvtargid=pla-457216148394)
  - Cartoon version: [https://www.amazon.com/Illustrated-Happiness-Trap-Struggling-Living/dp/1611801575/ref=sr\\_1\\_1?crd=6820QJXBLA4Y&dchild=1&keywords=the+happyness+trap+cartoon&qid=1634920841&s=books&sprefix=the+happyness+trap+cartoon%2Cstripbooks%2C97&sr=1-1](https://www.amazon.com/Illustrated-Happiness-Trap-Struggling-Living/dp/1611801575/ref=sr_1_1?crd=6820QJXBLA4Y&dchild=1&keywords=the+happyness+trap+cartoon&qid=1634920841&s=books&sprefix=the+happyness+trap+cartoon%2Cstripbooks%2C97&sr=1-1)

## Information and Resources specifically for:

### Athletes

- Hayes, S.C. (2016, Jul). Mental brakes to avoid mental breaks [VIDEO]. TEDX conferences. [https://contextualscience.org/mental\\_brakes\\_to\\_avoid\\_mental\\_breaks\\_steven\\_hayes\\_1](https://contextualscience.org/mental_brakes_to_avoid_mental_breaks_steven_hayes_1)
- Harris, R. (2011). *The confidence gap: A guide to overcoming fear and self-doubt*. Trumpeter
  - [https://www.amazon.com/Confidence-Gap-Guide-Overcoming-Self-Doubt/dp/1590309235/ref=sr\\_1\\_1?dchild=1&keywords=the+confidence+gap&qid=1634235469&sr=8-1](https://www.amazon.com/Confidence-Gap-Guide-Overcoming-Self-Doubt/dp/1590309235/ref=sr_1_1?dchild=1&keywords=the+confidence+gap&qid=1634235469&sr=8-1)
- White, R.G., Bethell, A., Charnock, L., Leckey S., Penpraza, V.(2021). Session guides. A flexible Mind. Retrieved 15, October, 2021, from <https://www.flexiblemind.co.uk/session-guides>

### Coaches

- Shaw, T.A., Juncos, D.G., Winter, D. (2020). *Piloting a new model for treating music performance anxiety: Training a singing teacher to use acceptance and commitment coaching with a student*. Frontiers in psychology.
  - <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00882/full>
- Hegarty, J., Huelsmann, C. (2020). ACT in sport: Improve performance through mindfulness, acceptance, and performance. Dark River.
  - <https://www.amazon.com/ACT-Sport-Performance-Mindfulness-Acceptance/dp/1911121383>
- Steinfeld P. (2020-present) Flexibility comes first: From panic disorders to player development- Steven Hayes (Psychology) and Ben Freakley (MLB) [Audio Podcast]. Toughness. <https://toughness.podbean.com/e/flexibility-comes-first-from-panic-disorders-to-player-development-steven-hayes-psychology-ben-freakley-mlb/>

### Parents

- Hayes, S.C. (2021, March 15). *How my son's black belt reveals the biggest scientific error*. Psychology Today. <https://www.psychologytoday.com/us/blog/get-out-your-mind/202103/how-my-son-s-black-belt-reveals-the-biggest-scientific-error> .
- Starley, D. (2020). *Challenging Perfectionism: An integrative approach for supporting young people using ACT, CBT and DBT*. Jessica Kingsley Publishers.
  - <https://www.amazon.com/Challenging-Perfectionism-Integrative-Approach-Supporting-ebook/dp/B0872JN7K1>
- Coyne, L., Murell, A.R., (2009). *The Joy of Parenting: An Acceptance and Commitment Therapy Guide to Effective Parenting in the Early Years*. New Harbinger Publications.
  - [https://www.amazon.com/Joy-Parenting-Acceptance-Commitment-Effective-ebook/dp/B006X0EIX6/ref=sr\\_1\\_1?dchild=1&keywords=The+Joy+of+Parenting%3A+An+Acceptance+and+Commitment+Therapy+Guide+to+Effective+Parenting+in+t](https://www.amazon.com/Joy-Parenting-Acceptance-Commitment-Effective-ebook/dp/B006X0EIX6/ref=sr_1_1?dchild=1&keywords=The+Joy+of+Parenting%3A+An+Acceptance+and+Commitment+Therapy+Guide+to+Effective+Parenting+in+t)

[he+Early+Years.+New+Harbinger+Publications.&qid=1634140925&s=digital-text&sr=1-1](https://www.researchgate.net/publication/330610709)

## **Practitioners**

- Lundgren, T., Reinebo, G., Näslund, M., Parling, T. (2019). *Acceptance and commitment training to promote psychological flexibility in ice hockey performance: A controlled group feasibility study*. Journal of Clinical Sport Psychology. 14. 1-22. 10.1123/jcsp.2018-0081.
  - <https://www.researchgate.net/publication/330610709> Acceptance and Commitment Training to Promote Psychological Flexibility in Ice Hockey Performance A Controlled Group Feasibility Study
- Villatte, M., Villatte, J., Hayes, S.C., (2019). *Mastering the clinical conversation: Language as an intervention*. The Guilford Press.
  - [https://www.amazon.com/Mastering-Clinical-Conversation-Language-Intervention/dp/1462542166/ref=sr\\_1\\_1?dchild=1&gclid=Cj0KCQjwqp-LBhDQARIsAO0a6aKXicA9tkLkpi-ZLi9zaLVaevHcdzidNGnEXFtuw9UKMnmcmg6XuSm8aAgewEALw\\_wcB&hvadid=241621695786&hvdev=c&hvlocphy=9028071&hvnetw=g&hvqmt=e&hvrnd=16516624833369093397&hvtargid=kwd-297702387778&hydadcr=22596\\_10356297&keywords=mastering+the+clinical+conversation&qid=1634234146&sr=8-1](https://www.amazon.com/Mastering-Clinical-Conversation-Language-Intervention/dp/1462542166/ref=sr_1_1?dchild=1&gclid=Cj0KCQjwqp-LBhDQARIsAO0a6aKXicA9tkLkpi-ZLi9zaLVaevHcdzidNGnEXFtuw9UKMnmcmg6XuSm8aAgewEALw_wcB&hvadid=241621695786&hvdev=c&hvlocphy=9028071&hvnetw=g&hvqmt=e&hvrnd=16516624833369093397&hvtargid=kwd-297702387778&hydadcr=22596_10356297&keywords=mastering+the+clinical+conversation&qid=1634234146&sr=8-1)
- Sally Pears & Stephen Sutton (2021) *Effectiveness of Acceptance and Commitment Therapy (ACT) interventions for promoting physical activity: a systematic review and meta-analysis*, Health Psychology Review, 15:1, 159-184, DOI: 10.1080/17437199.2020.1727759
  - <https://www.repository.cam.ac.uk/bitstream/handle/1810/302063/Pears%20%20Sutton%202020.pdf?sequence=1>

## **Recent publications**

- White. R.G., Bethell, A., Charnock, L., Leckey S., Penpraza, V. (2021). *Acceptance and commitment approaches for athletes' wellbeing and performance: The flexible mind*. Palgrave Macmillan
  - <https://www.flexiblemind.co.uk/>
- Behavior Analysis: Research and Practice. Special issue in health, sport and fitness. (Aug, 2021).
  - <https://psycnet.apa.org/PsycARTICLES/journal/bar/21/3>
- Eugene K., Nicholas P. & Garry K.(2021) The Use of Mindfulness Acceptance Commitment (MAC) Approach For Malaysian Elite Triathletes, Journal of Sport Psychology in Action
  - <https://www.tandfonline.com/action/showCitFormats?doi=10.1080%2F21520704.2021.1920522&area=0000000000000001>

## Frequently Asked Questions:

- **What makes the contextual behavioral science approach to health, sport, and human performance different from other forms of sport and performance psychology?**
  - There are many ways to answer this question. The best place to start may be in the understanding that contextual behavioral approaches look at behavior change from a philosophical (functional contextualism) and theoretical (Relational Frame Theory) perspective. These assumptions approach behavior, cognition, and language with an elaborate appreciation for how a person's history and environment impact automatic psychological experiences. Rather than trying to reduce unwanted psychological events as an outcome, contextual behavioral approaches work to increase the clients desired valued based behaviors. Psychological skills are developed and presented in a way that addresses one's relationship to their own experiences rather than trying to reduce and restructure the experience.
- **How can I get more involved in Sport Psychology?**
  - Joining ACBS and the Sport, Health and Human Performance SIG listserv is a great place to start. Our members represent a wide array of experience and career types. Our monthly SIG networking meetings highlight these options and provide excellent opportunities to connect, reach out, and get involved in sport psychology work. Our meetings are the first Thursday of every month at 7am PST, 10am EST, 3pm GST+1. Links to the meeting are sent every month on the listserv email.
- **Do I have to have clinical licensure to work in Sport Psychology?**
  - Sport Psychology is growing and changing rapidly, and there are currently many sport psychology certifications offered: but to date clinical licensure is not required to work and find incredible career paths in sport psychology. Roles of this nature can typically be found when searching for "sport psychology consultants." Clinical licensure is advantageous for those looking for work within college athletics or in conjunction with sport related disorders.
- **Is this SIG only for sports psychologists?**
  - No. We have a wide range of practitioners in sports, including psychiatrists, sports psychologists, counsellors, coaches, and many more. The term "sport psychology" is used as an umbrella term to describe everything we do in relation to sports but not specifically for sports psychologists.

**Testimonials:** The science speaks for itself; however, field testing and personal perspectives can't be understated. Here are some testimonials on how contextual sciences has impacted their athletics, health, and performance.

- Referring to the Leaves on Stream Mindfulness Exercise *"Before working with you, in college I felt like the leaves would pile up in a dry river bed, and I'd be stuck there knee high in leaves."* (Pro Golf)

- *"I've learned to be able to 'be my own caddie' from an objective perspective to notice the difference between thoughts of doubt and strategy on the course." (Pro Golf).*
- *"I have become less impatient and more accepting of my own judgements and mistakes" (Dance)*
- *"Very interesting, I've been a coach for a very long time, but this has given me a new perspective on my athletes and the problems they are facing". (Coach)*
- *"From the way I complete the small, everyday activities, to how I handle the most stressful situations that I face, the ACT approach has revolutionized my mindset towards every aspect of life—including soccer—and has allowed for not only instant improvement, but also the opportunity to grow into a better person in the future. Without that mindset, and many of the other principles that come with it, I don't think I could be anywhere close to as mentally strong and effective as I am today on the soccer field and elsewhere. It has truly changed me as a person and has allowed me to have a much more powerful viewpoint on many of the difficult scenarios I find myself in both in soccer and life. Almost every action I take is shaped by the ACT approach, and most importantly, it gives me the freedom to adapt to an ever-changing world, thus placing myself in the best position to succeed in everything I do." (Elite youth Soccer)*
- *"The ACT Matrix has been an intuitive tool to help me understand my behavior in a simplified manner. Because of its simplicity, it is easy to recognize what thoughts and behaviors are or are not beneficial, and from there I can easily adapt what I am doing to point me in the best direction to achieve my goals. The ACT Matrix has not only helped me in areas where I have struggled in school and as a track and field athlete, but has been, and will continue to be, useful in all areas of my life." (Collegiate track and field and pre-med student)*

### **ACBS oriented Performance Consultants, Trainers, and Clinicians:**

- The link to our directory is updated monthly:  
<https://docs.google.com/spreadsheets/d/19oqB-4qqlx245Cz91x2JaegSLxnOiNqszXBEJcnvwT4/edit?usp=sharing>
- To be added to our directory click here: <https://forms.gle/vFXLBo3RLfUw32J6>