

1. Record Nr.	UNINA9910815373703321
Titolo	Clinical sports psychiatry : an international perspective // edited by David A. Baron, Claudia L. Reardon, Steven H. Baron
Pubbl/distr/stampa	Chichester, West Sussex, : John Wiley & Sons, 2013
ISBN	1-118-40493-9 1-78539-346-4 1-118-40490-4 1-299-46469-6 1-118-40492-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (248 p.)
Altri autori (Persone)	BaronDavid A ReardonClaudia L. <1979-> BaronSteven H. <1961->
Disciplina	616.89
Soggetti	Sports - Psychological aspects Athletes - Mental health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	pt. 1. Mental health challenges faced by athletes -- pt. 2. Treatment approaches and therapeutic issues with athletes -- pt. 3. Psychosocial issues affecting athletes -- pt. 4. The field of sports psychiatry.
Sommario/riassunto	This book has it all - written by national and international experts and edited by world authorities, it is the first book on sport psychiatry in over a decade. Dealing with psychopathology, mental health problems and clinical management, it differs markedly from sports psychology books that focus on performance issues. Eating disorders, exercise addiction, drug abuse are all problems that are seen in 'everyday' athletes, not just elite performers. This book shows how to help. This text covers the most important topics in contemporary sports psychiatry/psychology from an international perspe