

A HUMANISTIC APPROACH TO COACHING WRESTLING

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Both health coaches and psychotherapists have a high regard for the quality of relationship that develops between client and practitioner, and both, in their own way, receive training in developing presence, a trait characterized by caring attention, empathy, connection, active listening, and mindfulness. Case Studies in Sport and Exercise Psychology. Otherwise, we'll assume you're OK to continue. According to the concept of psychological hedonism and the pain-pleasure principle, people are motivated to obtain pleasure and avoid pain. An experienced psychotherapist employs these nuances as a means for enhancing interpersonal effectiveness or psychosocial adjustment and increasing capacity for emotional self-regulation.

Physiology of Sport and Exercise. Between-session Communication It is customary at this stage, the person is trying to process information in an attempt to cognitively understand the requirements and parameters of motor movement.