

### International Society of Sport Psychology Registry (ISSP-R)

This document describes the **individual application** route to the ISSP-R status as an emerging practitioner.

In order to gain status of ISSP-R you will need to personally submit a substantive portfolio that provides evidence of knowledge, experience, supervision and underpinning philosophy required in order to meet the standards for ISSP-R.

Below you will see specific requirements and how to evidence these in your application. You will need to provide evidence of:

#### 1 –Educational Qualifications

A substantive knowledge base, including academic knowledge of sport psychology theories and models, is a core component of effective practice.

*More specifically you will need to provide evidence of:*

- A Bachelors degree in psychology, sport science or a related field (if not psychology or sport science then assessors will pay careful attention to your further CPD in sport and exercise psychology, so please make this clear)
- A Master of Science/Arts degree in an area directly related to psychology or sport science (e.g., sport and exercise psychology). It is expected that **at least 1/3<sup>rd</sup> of postgraduate taught module credits/courses** should pertain **directly to sport and exercise psychology**.
- Successful completion of three modules of Continuing Education workshops offered by the ISSP: (1) The Cultural Competence Module, (2) the Ethics Module, and (3) the Mental Health Module. More information about these can be found on the ISSP website.

*In your application, please provide evidence of this in the form of:*

- A short summary that presents your formal educational experiences (including years of graduation, name of university and program)
- Diplomas to provide evidence of academic degrees.
- A presentation of the module titles and the learning outcomes/content of modules that comprise the sport and exercise psychology content of your Postgraduate education. This is critical for those applicants who have not studied a specialised MSc degree in Sport and Exercise Psychology. Lesser courses or short courses will be not be acceptable replacements.



- Diplomas to provide evidence of completing the three ISSP continuing education modules
- Diplomas for any other relevant professional courses and a short (5-10 lines) description of the relevance for your sport psychology work.

## **2 - Applied Experience**

To obtain ISSP-R you need to have a solid experience as a sport psychology practitioner, having worked with teams and individual athletes on relevant themes.

*More specifically you will need to provide evidence of:*

- A minimum of 250 hours of independent practice. “Independent practice” means direct, face to face, service delivery to athlete clients/teams while under the guidance of a supervisor /mentor and *after* the completion of a Masters degree (**see below for clarification**). More specifically these hours must include: a *minimum of 150 hours of one to one work* and a *minimum 25 hours of team/group-based work*. The hours should be within at least two different sports or two different teams in the same sport.
- These 250 **contact hours** will normally be work conducted **after completing postgraduate study**. Voluntary internships or placement experience while studying for a Masters degree may be beneficial, but these neophyte experiences do not count for the ISSP-R as independent practice. Where highly applied postgraduate programmes exist over two or more years (e.g., MSc, Psy.D, Ed.D) and include supervision of independent ‘professional practice’ over an extended period time (e.g., graduate programmes in USA; Australia) then these programmes will be taken into consideration at the discretion of the committee. Applicants who want to claim independent practice hours as part of a postgraduate programme should provide appropriate supporting evidence from their supervisor or programme director as to the exact nature of their services and competencies developed from such experience (**see section on supervision**).

*In your application, please provide evidence of this applied work in the form of:*

- A list of applied work summing up to at least 250 hours of contact hours (for each separate entry on the list, please provide the dates/period of work, number of contact hours, how these hours are divided into work with team and individual athletes, and whether the work was supervised (yes/no).
- A list of four examples of specific work you have done. For each project you must specify and describe in less than 400 words:



- What was the sport
- Number of *contact* hours, and how these hours are divided into work with team and individual athletes.
- Main themes of the work (e.g., team communication, goal setting, confidence-building, identity development, organisational culture, coach-athlete relationship). Use citations to illustrate your knowledge of the applied literature
- A critical reflection on the effectiveness of the work (e.g., performance outcomes in competitions, improvements in psychological processes, improved engagement and mental health).
- Two letters of reference from a previous or current employer (or contracted party, e.g., a coach or sport manager), where the reference outlines years/months of contribution, areas of strength, and contributions to clients' experiences and performances.
- Applied experience during post-graduate course, that does not count as independent practice, but is relevant for the overall evaluation (word limit = 150 words)

### **3 - Supervision**

Supervision is a very important part of professional development. To obtain ISSP-R you need to demonstrate, that you have received competent supervision from an ISSP-R approved supervisor (or an accredited supervisor from a National organisation that has an appropriate education and training programme)

*More specifically you will need to provide evidence of:*

- A minimum of 40 hours of supervision in relation to the independent practice described above.
- This supervision can be in an individual or group setting, but the 40 hours must refer to supervision of your own practice (for example, the parts of a group supervision that relates to your own cases = 40 hrs; this is important and applications will be rejected if this is not clear)

*In your application, please provide evidence of this work in the form of:*

- A description of your supervision experience (evidencing at least 40 hours) related to the sports/clients that you work with. This should include:
  - The names and key areas of expertise of your different supervisors (if applicable)
  - How the different supervision experiences were organized (in person or via video, team or individual setup).



- Key learning points from your supervision in the form of a 100 words reflection for each supervisor.
- Completion and submission of ISSP supervisory meeting record forms evidence your supervision content
- At least one supervisory endorsement from your supervisor using the ISSP Supervisor Endorsement Template. This endorsement should state the supervisor's evaluation of your professional competence in the following specific areas as denoted in the template:
  - Ethical practice
  - Assessment and case formulation
  - Intervention skills
  - Relationship-building
  - Monitoring and Evaluation skills

#### **4 - Consulting Philosophy and Case Studies**

Having a rooted professional philosophy is a key to effective practice. You will need to demonstrate your philosophy and how this has informed your practice. You should outline your philosophical approach to practice with individual clients and broader organizations using appropriate literature to illustrate your reading and knowledge of professional philosophy.

*In your application, please provide evidence of this in the form of:*

- A 500-750 word synopsis of your consulting philosophy and approach to practice with clients. This should include discussion of your basic beliefs and values, how your approach to practice has evolved over time, main theories of intervention, models of practice, and vision of how you will continue to grow in the field. Please use appropriate citations from your MSc degree or supervision process that informs your philosophy and demonstrate your knowledge
- Two client case studies that illustrate competency in your ways of working in terms of assessment, case formulation, and interventions with two different clients including critical reflections on challenges or lessons learned (500-750 words each, not including citations). These case studies need to be concise, but informative in showing your approach.

#### **Application Process**

Your application and supporting documents should be submitted to the ISSP registry email [registry@issponline.org](mailto:registry@issponline.org)