**Short Reflective Practical Philosophy to Consultation**

**Gangyan Si**

My major objectives as a sport psychology consultant are to support athletes to grow up in their careers while I develop myself personal/professional growth as well. In order to achieve these objectives, I take the bio-psycho-social model and scientist-practitioner approach as the principles in my work/daily practice. These principles help me cope with various important situations in my career.

After many years’ working in the sports environment, I believe that the goal of consultation and mental training for junior athletes is to construct value/belief on sports, for elite athletes is to pursue excellence, and for athletes in career transition is to establish a continuity of life. Based on bio-psycho-social model, athletes’ development should be supported not only by physiological and psychological training, but also from social and cultural aspects. In other words, our psychology services delivery should be cohered with the local sport culture (i.e., the Chinese Whole-Nation system and Chinese traditional culture).

I developed a three stage model of adversity coping in which Chinese athletes were categorized into three stages: climb, plateau, and enlightened stage. Specific, stage-related, sport psychology services are recommended under the consideration of Chinese social-cultural environment in this model. Particularly, sport psychology practitioners are encouraged to assist climb stage athletes with mental skills and achievement motivation, and help coaches establish an empowering motivational climate. Rational emotive behavioral therapy and acceptance and mindfulness skills are recommended to help plateau stage athletes overcome irrational and negative beliefs and habits. Finally, sport psychology services provided to enlightened stage athletes should focus on developing an appreciation of the meaning and value of a sporting career, as well as enhancing work-life balance.

In applied sport psychology, the scientist-practitioner model describes the idea that trained sport psychology consultants should be knowledgeable in both research and practice. Emphasis should be placed on the successful integration of science and practice, where the relationship between the two variables is carefully considered. In addition to fully absorbing the advanced research results of our international counterparts (via conference, workshop, professional journal etc.), I have also taken advantage of my academic background (my professorship in both mainland China and Hong Kong) to carry out applied researches in order to gain ecologically validated knowledge in sport psychology. My great efforts seem to get fruitful rewards and enable me to serve athletes and coaches further and deeper (see Si and colleagues, 2008, 2014, 2015, 2016, 2017).

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