Psychological Bases of Sport Injuries (3rd Ed.)

Edited by David Pargman. Copyright 2007 by Fitness Information Technology, 262 Coliseum, WVU-PE, PO Box 6116, Morgantown, WV 26506-6116. ($63, 416 pp.)

Reviewed by Lois Butcher-Poffley, SportLogic Consulting, Flourtown, PA.

The third incarnation of Psychological Bases of Sport Injuries is a valuable resource for students, instructors, and practitioners. In each chapter, the reader is presented with research, current applications, and future recommendations written by top researchers in their fields. Covering a range of topics from injury prevention and rehabilitation to legal and ethical issues, this book provides a springboard for rich discussion in the classroom setting and for review and updating of protocols in the professional-practice arena. The application is not limited to sport psychology; programs in coaching, athletic training, and counseling psychology would do well to consider including this text in their courses. Given the small pool of texts devoted exclusively to the topic of injury in the sport psychology literature (cf. Crossman, 2001; Heil, 1993; Taylor & Taylor, 1997), this text is a welcome addition to the library.

With 11 new chapters in the third edition, injury prevention is the initial focus, with the entire first section of the book devoted to the topic. The first three chapters are new to this edition and present valuable insights into the emerging area of psychosocial antecedents and injury-prevention interventions as lines of inquiry and application. Returning injured athletes to sport is central in several more new chapters, each providing innovative insights for working with athletes in the rehabilitation process.

Some rearrangement of the sections is another change from the second edition. Section 2 examines “Rehabilitation of the Injured Athlete” from a variety of perspectives. The reader is presented with personality correlates, psychological-skills-training techniques (e.g., modeling, imagery), and psychosocial correlates as they pertain to the recovery of the athlete. Programs in athletic training might find content from this portion of the book valuable in their class discussions. Considerable information is presented offering practical applications of techniques such as modeling (see Flint) and imagery (see Green & Bonura) in the recovery process. Section 3 examines “Counseling the Injured Athlete,” with the four chapters contained therein discussing assessment and subsequent delivery of psychological services to the injured athlete. Three of the chapters have been carried over from the second edition (Etzel & Zizzi; Henschen & Shelley; Sachs, Sitler, & Schwille), and their content merits review for athletic trainers and sport psychologists alike. The one new chapter in the section (Petrie) examines the effectiveness of group counseling in injury rehabilitation. This is an important chapter, especially for those working in a college setting. The chapter content would be especially insightful...
for counseling-psychology coursework, and it might also be somewhat important to those in athletic departments who monitor NCAA athletes.

A special grouping of three chapters (section 4) examining “Issues for Coaches” is a valuable resource for those teaching a theory and techniques course in coaching or sport psychology. The authors provide both in-depth research and solid advice for coaches dealing with injured athletes. The final section (section 5) explores special considerations, as well as several case studies. The idea of including legal and ethical issues is both timely and important given the increasing complexity of today’s society. Discussion of “gray areas” allows for more intensive and expressive involvement in the classroom. Students normally reticent about participating sometimes come out of their shells when controversial topics are raised. The content of section 5 is likely to bring forth a more spirited class session, provide deeper insights, and help develop a desire to probe the topics further.

Although it is obvious Pargman has compiled a newer edition simply based on the addition of 11 new chapters, what is less obvious (but probably more important) is the energy in this volume. The content has a sense of immediacy behind it. It is a call to get to work and a call to be mindful of the athletes under our care who are in danger of becoming injured. There is also the sense of “I can use this” when reading about the practical applications of the research. This volume will serve more than one purpose. It is a good classroom text but it is more than that. It is a work that is certain to be referred to often because of the depth of its research and because of its practical nature.

References

