Sports Psychiatry: Strategies for Life Balance & Peak Performance

Although psychiatrists and other mental health clinicians interested in sports practice already have the necessary general skills to help competitive athletes deal with adversity and the multitude of emotions that sports can elicit, most typically they lack the sports-specific knowledge necessary to truly help these patients and clients. This seminar will provide mental health providers interested in sports practice with the necessary tools to improve life balance and achieve peak performance in athletes and other high achievers. Using the expanding evidence-base from neuroscience and sports medicine and case studies from all competitive levels, eight core competencies as well as important dimensions of sports culture, team structure and function, and the shifting intensity and pressure of competition will be covered.

Psychologists
Therapists
Social Workers
Counselors
Nurses

Course Level: Intermediate

Learning Objectives

1. Describe the scope of practice of applied sports psychiatry & psychology
2. Utilize a five-step model of peak performance and life balance
3. Implement stress control & sleep-energy management routines
4. Discuss common athletic substance problems & interventions
5. Utilize a four-step model of injury recovery

Outline

Begin 10 AM ET
Mental Aspects of the Game
Injuries
Break 11:30-11:45 AM ET
Performance Enhancement
Response to Trauma
Peak Performance Game Tips
Cultural Awareness
Break 3:30-3:45 PM ET
Mental Preparation Training
Youth Sports Concerns
Stress Recognition and Control
Gender and Sexual Orientation
Energy Regulation
Substances and Sports
End 5:45 PM ET

Our seminars are available in two formats: The first is a live, interactive webinar— if the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE’s for both the live webinar and the Home Study version.

The Presenter

Dr. David McDuff is a nationally known addiction, trauma, and sports psychiatrist and a retired Army Colonel. He holds faculty appointments at the University Of Maryland School Of Medicine in Baltimore (clinical professor) and the Uniformed Services University in Bethesda (adjunct associate professor). He is the founder of the University of Maryland’s Division of Alcohol & Drug Abuse and its Addiction Psychiatry Fellowship and Sports Psychiatry Programs and has three times been selected by Baltimore Magazine as it Top Doc in Addiction Psychiatry. He is an active clinician, teacher, speaker, and writer who has given more than 100 lectures at national and international conferences and published 60 journal articles, book chapters & reviews, manuals and monographs including his highly regarded book entitled “Sports Psychiatry: Strategies for Life Balance & Peak Performance (2012, American Psychiatric Press).” He is one of America’s leading Sports Psychiatrist serving as the team psychiatrist and mental skills trainer for the Baltimore Orioles (1996-present) and Ravens (1996-2013) and as the performance medicine physician for the Indianapolis Colts (2015-2018). He is now working with the University of Maryland’s football team. Dr. McDuff has been married since 1978 to Marie Sanders McDuff and has four children and four grandchildren.

General Information

The T2Kseminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar. Individuals with a disability or special need can go to tzkseminars.com and find how they can participate. The seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

To cancel a registration, go to the Contact page. You will be charged $30 for any cancelled registration. If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:

Tzkseminars
6030 Daybreak Circle, Suite A150/355
Clarksville, Md – 21029

Register On-Line at tzkseminars.com for only $89

Continuing Education Credit

To earn CE’s, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 8 CE’S for attending once they have completed their requirements. PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content. SOCIAL WORKERS: tzkseminars (Provider #1242) is approved to offer social work continuing education by the Association of Social Work Boards (ASWB). Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: 3/29/2019 to 3/28/2022. Social workers completing this course receive 6 general continuing education credits.

COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs. tzkseminars is approved by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #0024. tzkseminars is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0054. tzkseminars is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0033. tzkseminars is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychologists #0041. tzkseminars is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists #0055. tzkseminars is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.