

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.

Target Audience

Psychologists
Therapists

Social Workers
Psychiatrists

Counselors
Nurses

Course Level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

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

Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

Register On-Line at tzkseminars.com

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Outline

Begin 10 AM ET
Mental Aspects of the Game
Injuries
Traits of High Achieving Athletes
Common Mental Disorders
Eight Core Skills
Working With Teams
Performance Enhancement
Response to Trauma
Break 12-12:15 PM
Peak Performance Game Tips
Cultural Awareness
Mental Preparation Training
Youth Sports Concerns
Break 1:15-1:30 PM ET
Stress Recognition and Control
Gender and Sexual Orientation
Energy Regulation
Substances and Sports
End 2:30 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.

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 4 CE's for attending once they have completed these requirements.

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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 its 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" (2102, 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. For additional information on his work with athletes see his MD Sports Performance website (www.mdsports.net).

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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tzkseminars, LLC
168 West Lake Drive
Annapolis, Md. 21403