

# 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

Begin 10AM EST and end 2:15 PM, with a 15 minute break at 12 PM ET.

Register On-Line at [tzkseminars.com](http://tzkseminars.com)  
for only \$79

## 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 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 (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](http://www.mdsports.net)).

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This 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.

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