



Practitioners Guide to Evidence Based Golf Psychology

John Pates

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The practitioners guide will teach you the strategies used by psychologists working with elite golfers. The guide also provides practitioners with a comprehensive communication and profiling system that identifies the strengths, skills and needs of golfers playing in competitive environments. The consultancy approach highlighted in the guide are strength-based and client-centered. Both methods are known to maximize the performance of golfers. The guide also offers practitioners a number of intervention strategies. The interventions are used on the European Golf Tour by chartered golf psychologists and are specifically designed to help golfers improve their performances and trigger mental states such as flow and the zone. Taken together, the content of this guide has been used to help golfers win Majors, World titles and European tour events.



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