**Client-Practitioner relationship Case study [insert title]**

Whilst many case studies tend to be focused on the monitoring and evaluation of improvements in ‘x’ from ‘a’ to ‘b’, it is often the process of the relationship development between the client and the practitioner that determines the relative success of any work that takes place. Adopting this stance, many SEPAR candidates will be familiar with the work of Professor Mark Andersen (e.g., texts entitled ‘*Doing Sport Psychology*’, ‘*Sport Psychology in Practice*’) who in a recent blog also wrote about ‘being a sport psychologist’ and the importance of the relationship between the client and the practitioner.

https://idrottspsykologi.info/2018/03/14/who-do-you-think-you-are-reflections-on-the-foundations-of-being-a-sport-psychologist/

Using the experiences of senior sport psychologists (including Prof Andersen) the purpose of this case study is to provide a critical reflection on the processes associated with the building and maintenance of relationships with a client. Having introduced the case, candidates are required to provide a narrative under each sub-heading:

**Introduction and practice philosophy**

*[For example, what is the case and associated context? Over what time period was the work conducted? What practice philosophy was adopted and why?]*

**Practitioner self-awareness**

*[For example, what strategies were used to develop and maintain self-awareness within the relationship context? How did you ensure that you ‘stayed in the present’ with the client? To what extent did an agenda, control, power, knowledge etc. influence your awareness of the situation?]*

**Strategies to develop rapport, empathy and a non-judgemental approach**

*[For example, what strategies were used to develop rapport, empathy and a non-judgemental approach? What were the key challenges here? How did you overcome/manage any initial and/or emerging relationship challenges?]*

**Alignment between approaches adopted and practice philosophy**

*[For example, how did your core values and beliefs to relationship development align with your practice philosophy? How did you ensure congruence?]*

**Influence of social support networks on the client**

*[For example, what role do the social support networks play for the client? How do the social support networks influence consultations and your understanding of the client?]*

**Relationships between the client and those around them**

*[For example, what are the key relationships that require understanding – parents, siblings, coaches etc.? How do the relationships influence practice?]*

**Approaches to promote adherence**

*[For example, what strategies were employed to promote adherence throughout the process? How effective were they?]*

**Managing the relationship**

*[For example, how was the continuity/termination managed? How were sessions linked?]*

**References**

*[Please provide a full reference list - this is not meant to be a limited bibliography of relevant textbooks but use, where appropriate of specific research and/or applied evidence].*

**NB** - please delete the examples above when you are populating under each subheading.

Please also note that the case study is expected to be ~5000 words in length and demonstrate a full evidence-based underpinning.