

IN CONVERSATION WITH

DR. JESSE STEINFELDT

THE QUINTESSENCE SERIES:
Interdisciplinary and International Work by SCPs



Source of Motivation

Dr. Steinfeldt is a Sports Psychologist and Associate Professor at Indiana University Bloomington. His research interests are in the areas of sport psychology, the psychological study of men/masculinities, and social justice issues. Dr. Steinfeldt states that his personal journey of being a college and professional athlete motivated him to study and work with student athletes.



Sports Psychology: An Interdisciplinary Field

Dr. Steinfeldt shares the importance of building relationships with all stakeholders in the field of sports, especially coaches and administrators, in facilitating interdisciplinary care for athletes. In an upcoming study, Dr. Steinfeldt will be collaborating with experts from various fields such as biostatistics and neuropsychology, to examine sub-concussive hits in athletes. He values the interdisciplinary nature of his work and states that such an approach allows experts from different fields to come together to find solutions.



Barriers & Challenges

- Dr. Steinfeldt notes that athletics can be a closed off field and coaches can be protective of athletes. His past experience as an athlete helps him develop trust and credibility with coaches, which can often be a challenge.
- Confidentiality is nuanced in sports psychology. Dr. Steinfeldt emphasizes clarifying the confidential nature of therapy but also communicating a shared vision of client care with coaches.
- Mental health stigma among athletes, who are viewed as super humans, can be another barrier.



Impact

Dr. Steinfeldt states that he likes to facilitate excellence. In working with athletes, he hopes to help student athletes excel not just in their athletic career but also in their life outside of sports.

Advice for Graduate Students

- For graduate students interested in pursuing sports psychology, Dr. Steinfeldt suggests Certified Mental Performance Consultant (CMPC) training offered by Association for Applied Sport Psychology. When combined with training and licensure in counseling psychology, the CMPC certification allows for a holistic counseling framework.
- Finding training opportunities is another way to gain experience in sports psychology.