


**Presenter:** Muhammetberdi Merdanov

**Session & Time:** Oral VI

**Room/Time:** GUZ 201 / 4:40-5:00

**Discipline:** Applied Sport and Performance Psychology

**Faculty Mentor**: Tanner Biwer

**Digital Portfolio URL**:

**Title**: Philosophy of Practice - Berdi Merdanov

**Abstract:**

This philosophy of practice in applied sport and performance psychology centers on the development of core values, including resilience, tenacity, discipline, integrity, honesty, and accountability, as essential to both performance and personal growth. This approach prioritizes acceptance and respect for each clientâ€™s individual culture, faith, and identity, ensuring that the practice remains tailored to the clientâ€™s needs.

The framework is grounded in Social Cognitive Theory and Cognitive Behavioral Therapy. Drawing on the concept of self-efficacy, Social Cognitive Theory is used to strengthen the clientâ€™s belief in their ability to persist and recover from setbacks. Techniques such as both positive and negative visualization scripts are used to reinforce confidence. Cognitive Behavioral Therapy emphasizes the connection between thoughts, emotions, and behaviors, using

strategies such as cue words and cognitive restructuring to replace negative thought patterns to ultimately build confidence.

Together, these approaches establish confidence as a key emotional foundation, which supports the development of tenacity as a long-term commitment to overcoming adversities. Once tenacity is attained, clients are better equipped to consistently integrate discipline, honesty, and accountability into their daily life. Through this process, clients develop the psychological framework necessary for peak performance.