

Ethics, Values and the Professional Self: Ethics in Sports Psychology

1. Confidentiality vs. Team Pressure

A sports psychologist working with a professional football team is approached by the head coach, who requests access to the mental health records of a key player. The coach argues that understanding the player's psychological state is crucial for team strategy. The player has not consented for this information to be shared.

a. What are the key ethical issues in this case?

b. How would you apply Knapp's ethical decision-making model?

c. What actions would you recommend and why?

2. Substance Use Disclosure

An elite athlete confides in their psychologist about using a banned substance to cope with performance anxiety. They ask for confidentiality and express fear of losing their career. The psychologist must consider legal obligations, ethical principles, and the athlete's wellbeing.

a. What are the key ethical issues in this case?

b. How would you apply Knapp's ethical decision-making model?

c. What actions would you recommend and why?

3. Working with Minors

A psychologist is hired to work with a youth sports academy. One of the young athletes shares concerns about emotional abuse from a coach. The psychologist must navigate safeguarding responsibilities, parental involvement, and the athlete's trust.

a. What are the key ethical issues in this case?

b. How would you apply Knapp's ethical decision-making model?

c. What actions would you recommend and why?

4. Dual Relationships

A psychologist is asked to provide performance coaching to an athlete they previously treated for depression. The athlete insists they are fine now and want to continue working with the same professional. The psychologist must evaluate the risks of dual relationships and potential boundary issues.

a. What are the key ethical issues in this case?

b. How would you apply Knapp's ethical decision-making model?

c. What actions would you recommend and why?