

REFERRAL GUIDE

When to refer to a Sport & Exercise Psychologist

I work alongside physical rehabilitation - supporting clients when psychological barriers need more targeted attention than a standard appointment allows. Below is a brief guide to help identify when a referral makes sense.

PSYCHOLOGICAL BARRIERS	PERFORMANCE & BEHAVIOUR	CHRONIC PAIN & AVOIDANCE
<ul style="list-style-type: none"> • Fear of re-injury - avoids movement despite physical readiness • Anxiety specifically about returning to sport or exercise • Frustration or anger related to the injury • Identity crisis - self-worth tied to athletic role • Grieving the athlete they were before injury 	<ul style="list-style-type: none"> • Performance anxiety on return to sport • Perfectionism - pushing too hard, ignoring pain signals • Burnout - exhaustion, disengagement from sport • Confidence slump - "I'll never be as good as before" • Poor adherence to rehab despite physical capability 	<ul style="list-style-type: none"> • Catastrophising - "This pain means I'm broken forever" • Hypervigilance to the injured area • Avoidance behaviours despite physical readiness • Progress has plateaued despite good compliance • Prolonged despondency beyond expected injury onset

SIGNS A REFERRAL MAY BE SUITABLE

What you hear or see	Presentation	Refer to
<i>"I'm terrified of tearing my ACL again"</i>	Return-to-sport anxiety	SEP
<i>"I can't do squats - I'll hurt myself"</i>	Avoidance despite physical readiness	SEP
<i>"This pain means I'm broken forever"</i>	Catastrophising / chronic pain cycle	SEP
<i>"If I can't run, who am I?"</i>	Identity disruption post-injury	SEP
<i>Plateaued despite good compliance, prolonged despondency</i>	Psychological maintaining cycle	SEP
<i>Severe depression, panic attacks, trauma, eating disorder</i>	Broader mental health concern	Clinical Psych

ABOUT ANDY

Andy Blyth is a Chartered Sport & Exercise Psychologist (HCPC: PYL35728) with extensive experience working with athletes across all levels - from grassroots to professional sport. He has supported athletes through the psychological demands of injury rehabilitation and return to sport, and has also worked in community settings supporting people with chronic health conditions to overcome the anxieties that prevent them from moving again. Andy is also a qualified counsellor and coach, bringing both therapeutic depth and practical skills to his work.

Andy Blyth · Chartered Sport & Exercise Psychologist

Referrals accepted through Allianz, Aviva, Vitality and WPA · Self-funded clients welcome
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The British Psychological Society

Chartered Psychologist