The following reading list has been prepared to provide sport and exercise psychologists, counselling psychologists, and others interested in this area with references that are related to counselling in sport and exercise settings. Pertinent references were initially identified by conducting a computer-based literature search using SPORTdiscus and PsycLIT. A number of journals considered likely to publish relevant citations were also reviewed, including the International Journal of Sport Psychology, Journal of Applied Sport Psychology, Journal of Counseling and Development, Journal of Sport Behavior, The Counseling Psychologist, and The Sport Psychologist. Lastly, an extensive manual search was conducted using the reference lists from the citations identified in the computer and journal searches.

**Reading List**


