A general consensus within published research subsist about chartered sports physiotherapists desiring further training in the psychological aspects of their work. More or less all published studies (e.g., Francis, Andersen, & Maley, 2000; Heaney, 2006; Hemmings & Povey, 2002; Larson, Starkey, & Zaichkowsky, 1996) have advocated further training in the field, but so far the literature is yet to present detailed information on when, where, how, and by whom the further psychological skills training for physiotherapists’ should be put into practice. By surveying chartered physiotherapists working in sports medicine, this study aimed to offer conclusions to the existing suggestions and recommendations on their preferred methods delivery for sport psychology training.

Twenty-two (14 female, 8 male) chartered physiotherapists working in sports medicine from Australia, Ireland, and United Kingdom participated in the study. A questionnaire survey for Best Method of Sport Psychology Delivery (BMOSPD) was developed by the authors. The survey was then distributed to the participants at the Association of Chartered Physiotherapists in Sports Medicine (ACPSM)/International Federation of Sports Physiotherapy (IFSP) annual conference (July 7-8, 2006).

Physiotherapists desired further training in a range of psychological skills/techniques. The most suitable methods for the delivery were considered to be workshops, seminars, monitoring, and coaching. Intense training days/weekends were considered to be most fitting for the purpose. The vast majority were willing to travel over 50 miles to receive such training, and the physiotherapists felt that the most suitable faction to arrange such training would be professional bodies and associations.

The findings provide clear suggestions on which planning further training for chartered physiotherapists on psychological skills/techniques could be based on. By making appropriate training available for chartered physiotherapists working in sports medicine, professional bodies and organisations can assist the IFSP in their mission to pursue specialist recognition for sport physiotherapists worldwide.

