
ABSTRACT

The effectiveness of clinical *Dohsa-hou* on a university student with throwing yips

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We examined the effectiveness of clinical *Dohsa-hou*, a Japanese psycho-rehabilitative intervention, on a college student who complained of yips, a neuropsychological condition affecting an athlete's performance. We conducted an in-depth individual case study. At the beginning of therapy, the student attributed his yips to physical factors and considered it to be untreatable. The *Dohsa-hou* intervention tackled the problem of performance degradation associated with yips in two ways: by helping the athlete deal with the psychological troubles caused by his decline in performance, and by changing his techniques to styles better suited for him. There was significant improvement in his athletic abilities as a result of the intervention. This case study demonstrates the effectiveness of clinical *Dohsa-hou* for yips. To help athletes with yips recover, it is necessary to not only address psychological aspects of the issue, such as nervousness and performance anxiety, but also movement problems that cause performance degradation.

Key Words: yips, clinical *Dohsa-hou*, college student
