



D THE ENYSSP SPORT PSYCHOLOGY WORKSHOP: DIFFERENT PERSPECTIVES IN THE FIELD

July 14th 2015 - Bern, Switzerland - Pre-FEPSAC Congress Workshop

The European Network of Young Specialists in Sport Psychology (ENYSSP) is an international organization concerned with the promotion and development of the knowledge and expertise in the field of sport and exercise psychology in areas of research, education, and applied work.

On **July 14th 2015**, ENYSSP will be organizing a pre-FEPSAC Congress workshop at the University of Bern, Switzerland. Local and international sport psychology consultants will share their expertise and experiences in different fields of sport psychology, and provide you with a practically oriented experience to increase your knowledge, skills and broaden your mindset. The workshop is also a great opportunity to network with international people, who are passionate about sport and exercise psychology, and therefore a good start of the FEPSAC congress week.



“How to implement a psychological development program for tennis players; practical exercises for juniors 10-18 years of age”

Jürg Bühler has been working as a tennis coach for 15 years and holds the highest Swiss coach diploma (A-Trainer). He obtained his master's degree in developmental psychology and sports psychology from the University of Bern, Switzerland. For several years he has worked as a sport psychologist in various sports and used to be the sport psychologist of the national junior team at the Swiss Tennis Training Centre. In 2014 he was announced the director of coaches' education at the Swiss Tennis Association. In his workshop Jürg Bühler will present an implementation of a psychological development program for junior tennis “players and provide different practical exercises.



“Strengthening decision-making skills for a successful performance under extreme conditions”

Markus Müller has come to psychology through practice. After his university degree (liz.phil.nat.), his education to become an occupational/professional mountain guide, and many hours of company and training of mountaineers, he acquired his post-certificate in systematical-solution oriented coaching and organizational development. Currently, he is working for his own company (oneday.ch). One of the main aims is supporting people from occupational and sport settings in challenging situations, especially in making complex decisions. In his workshop, Markus Müller will introduce methods and tools to strengthen people's competence in decision making, which also will be successful under extreme conditions such as below 20°C, severe wind, or hunger.



“Sport psychology meets referees: Coaching of high performance athletes”

Sebastian Altfeld is a trained sports psychologist focusing on the work with athletes, coaches, and referees in a variety of sports. Specifically, he is the official sport psychologist of the basketball referees in Germany (Pro A and Pro B) supporting them with workshops about several topics and personal coaching. Besides his practical work, Altfeld has been concerned with several research projects. Thus, he has generated several studies and articles about coaches' burnout in the course of his dissertation. Furthermore, he focuses on the relationship of healthy leadership of coaches' and the well-being and performance of athletes. In his workshops Sebastian Altfeld will outline the role of referees and present an approach to implement sport psychology to referees' work in Germany.



“How to deliver Layered Stimulus Response Training (LSRT): A method to improve imagery ability”

Dr. Jennifer Cumming (CPsychol CSci AFBPs) is a Senior lecturer in Sport and Exercise Psychology at the University of Birmingham (UK). She has over 15 years of experience in research and the applied work on the effective use of imagery for sport, exercise, dance, and more recently, rehabilitation settings. She has also developed new measurement tools (e.g., the Sport Imagery Ability Questionnaire), established techniques for improving imagery ability (e.g., layered stimulus response training), and improved the credibility of imagery interventions by implementing appropriate screening and manipulation checks.



Fredrik Weibull is a doctoral researcher at the University of Birmingham (UK). The focus of his PhD is on effective exercise imagery use and how to improve exercise imagery ability. He has for example investigated if it is possible to increase self-efficacy and imagery ability among women who want to exercise more and how different types of imagery at different exercise intensities, during a cycling task, influence perceived exertion and a number of psychological variables. He is also interested in effective imagery use and imagery ability in sport and rehabilitation and has his own company (Imagine that) working with clients in both business and sports.

During this workshop we will focus on how to carry out imagery training in the form of Layered stimulus response training (LSRT).



“Sport Psycholog-E: including online tools in your practice”

Mark Schuls works since 2006 as a registered applied sport psychologist in the northern part of the Netherlands. He supports athletes, teams and coaches in applying sport psychological principles to improve performance and well-being. He has experience in about 35 different kinds of sport. In 2011 he started his company “TipTop Sport”. Additionally, he has a part-time job at the University of Groningen as a lecturer in sport psychology. At the moment, Mark Schuls is developing an online mental training program for talented athletes.

Peter Schneider is currently finishing his PhD at the University of Leipzig (Germany) in sport psychology and coordinates the European Master's in Sport and Exercise Psychology (EMSEP) Program in Leipzig. He currently holds two master's degrees: one in sport psychology from the University of Jyväskylä (Finland) and one in diagnostics and intervention from the University of Leipzig. His research interests are talent development environments and he focuses much of his time in the applied field, especially in youth soccer.



During this workshop, several concrete online tools (i.e. apps, cloud systems and social media) are demonstrated in the light of applying it to your practice. Bring your tablet or smartphone to this workshop, so you can experience these tools yourself right away.



“Developing Psychological and Team Resilience in Sport: From Theory to Practice”

Mustafa Sarkar is a Research Fellow at the University of Gloucestershire. His research focuses on the psychology of sporting excellence in the areas of resilience in high achievers and its assessment in sport performers. Mustafa Sarkar has worked closely with organisations on creating environments that enable high performance including WorldSkills UK, Loughborough Sport, British Triathlon, the England and Wales Cricket Board, the National Health Service, and the Youth Sport Trust.



Paul Morgan is Head of Sport at Buckinghamshire New University. His research focuses on the psychology of sporting excellence in the area of team resilience in elite sport. Paul Morgan has collaborated with a number of Olympic, international, and professional teams during his resilience research. He has also worked closely with various rugby clubs in the UK to develop team resilience and is a member of the UCFB College of Football Business Advisory Board.

In their workshop Mustafa Sarkar and Paul Morgan will present a program of mental fortitude training™ for persons wishing to develop resilience for sustained success. The focus will be on developing a better understanding about what resilience is (and isn't), how the mental fortitude training™ program can be used in sport-related settings, and providing some practical guidance for implementing or undertaking the training.

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