



Varför ett holistiskt perspektiv?

- att se hela individen i det idrottsliga



Nedan är det meningen att du ska ta ställning till en rad påståenden.

Stämmer inte alls 1...2...3...4...5...6...7 Stämmer precis

1. Jag betraktar mig själv som idrottare .
2. Jag har många mål som har samband med mitt idrottande.
3. De flesta av mina vänner är idrottare.
4. Idrotten är den viktigaste delen av mitt liv.
5. Jag tänker mer på idrott än på någonting annat.
6. Jag behöver träna och tävla för att känna mig nöjd med mig själv.
7. Andra människor betraktar mig i huvudsak som idrottare.
8. Jag känner mig missnöjd med mig själv när jag presterar dåligt i idrott.
9. Idrott är det enda viktiga i mitt liv.
10. Jag skulle bli mycket deprimerad om jag blev skadad så att jag inte kunde fortsätta att tävla.

Characteristics of **clinical perfectionism**

- Self/other-imposed nature of standards
- Standards are personally demanding
- **Self-worth dependent upon success and achievement**
- Attention to failures at expense of successes
- Self-defeating

Shafran, R., Cooper, Z. & Fairburn, C. G. (2002). Clinical Perfectionism: a cognitive behavioural analysis. *Behaviour Research and Therapy*, 40, 773-791.

http://www.youtube.com/watch?v=oN_Zifk9f_o

Similarities Between “Good Athlete” Traits and characteristics linked to psychological ill-being *

“Good Athlete”

Mental toughness

Commitment to training

Pursuit of excellence

Coachability

Unselfishness

Performance despite pain

Athletic identity

Psychological ill-being

Asceticism

Excessive exercise

Perfectionism

Overcompliance

Selflessness

Denial of discomfort

Uni-dimensional identity

*Thompson & Sherman (1999)

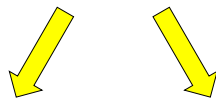


Therapist: you need to let people in

Me: It's not locked



**Bridging clinical and performance psychology –
entering a blurred divide...**



Monitoring stress and recovery in order to...

- Prevent, assess and treat **overtraining syndrome**...
- Prevent, assess and treat **athlete burnout**...
- Prevent, assess and treat **coach burnout**...
- Prevent, assess and treat **MHD**... and prevent relapse...

Varför träna "mentalt"?

- Accounts primarily for day-2-day fluctuations in **performance** (Weinberg & Gould, 2014)
- Koncentration...**närvaro** (ACT-mindfulness)
- **Motivation**, riktning (SDT, ACT-Values)
- **Hantera stress**, krav & **återhämtning** (ACT - recovery)
- Psyket har ett starkt inflytande på vår hälsa och det mentala **välbefinnandet** (Miller & Kerr, 2002).

Sport psychology support for elite sports Open-Aware-Engaged (Psychological flexibility)

WELL-being
24/7x365?

ILL-being

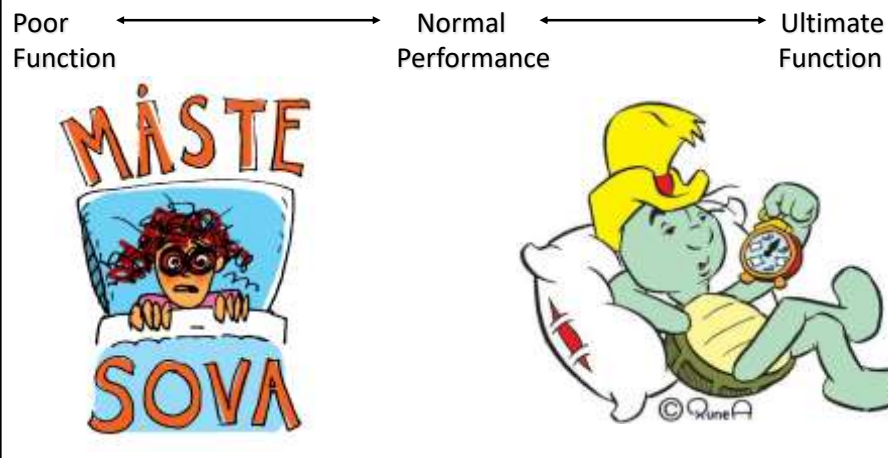
ACT

by support with Self-compassion

PERFORMANCE

”**Look for disorder** and you will find it. **Look for fulfilment** and you will find it. **Look for both**, and we may begin to understand how they fit together” (Linley et al., 2006).

Ex: **Promote** vitality or **prevent** exhaustion/burnout?



Lessons learned

Single focus athlete
Vs
Holistic focus



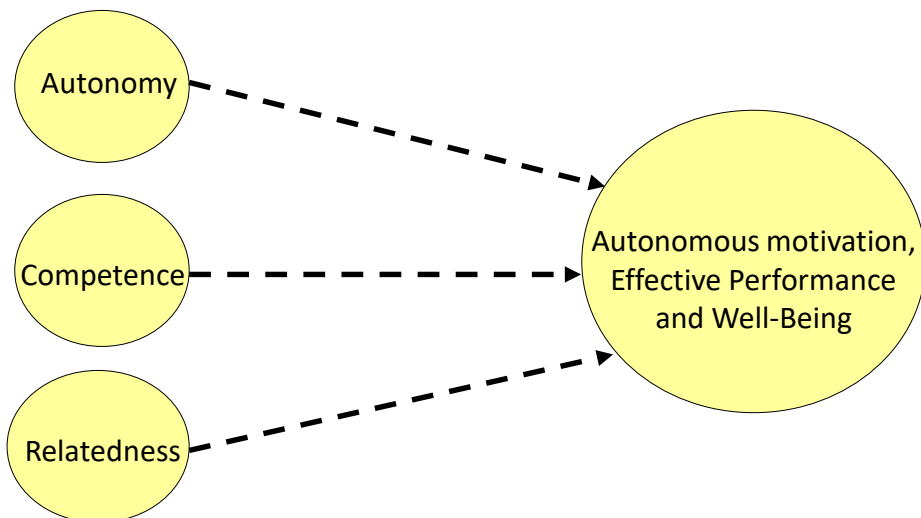
Autonomous Motivation

(Ryan & Deci, 2000)

- High-quality performance
- Greater creativity
- Better problem solving
- Positive emotions
- Psychological & physical wellbeing

Basic Psychological Needs Satisfaction

(Ryan & Deci, 2000)



Going Back to the Roots –
Rediscovering **Core Values**

...with the support of metaphors

PhD Göran Kenttä



Who would you like to be when you perform on the big stage?

How would you like to act?

What would be most important for you at that time?

Valuing ourselves – pick one that stand out to you

What do you think is your main purpose in life?

What does freedom mean to you?

What do you hope for?

Which do you prefer, blending in or standing out?

What would you most like to achieve?

What's the most important thing to you right now?

Valuing living – pick one that stand out to you

What makes a good life?

What does independence mean to you?

What makes you strong?

What is it like to learn?

Who has taught you the most in life?

What does it mean to find peace?

Have you longed for something?

Valuing relationships – pick one that stand out to you

What do you hope people will remember about you?

What does it mean to love?

What does forgiveness mean to you?

Who is the most compassionate person you know?

What would it be like to trust?

What does it mean to be seen or heard?

Who would you most like to thank?

What makes a friend?

Valuing in the presence of difficulty – pick one that stand out to you

Has struggling taught you anything?

Have you struggled with physical pain?

What is the hardest thing to accept about yourself?

Have you ever been let down?

Have you ever felt unsafe?

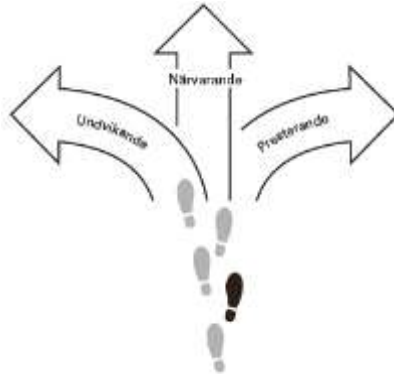
Have you ever thought of dying?

Have you ever been lost?

Has fear travelled with you?

"If you don't know where you are going then it doesn't matter where you go."

Alice in Wonderland, Lewis Carroll, 1865



What is most important... the goal or the journey to get there?



Is it possible that I may miss things in life because I focus **too much** on achieving results (i.e., outcome goals)?



Difference btw **values** & **goals**?

- **A value** is like a lighthouse you strive towards, a striving that **never comes to an end**.
- **A goal** is something you can reach and "tick off" on a list.

Values	Outcome goals
Continue to learn and develop as an athlete/musician	✓ Win a competition/audition
Be a loving partner	✓ Get married
Be a loving parent	✓ Get two kids
Be a good friend	✓ Get seven friends
Embrace the nature	✓ Travel away on the holiday
Maintain a healthy life-style	✓ Drop 5 kilos in weight

