



FEPSAC newsletter

## FEPSAC newsletter: Psychology of Sport and Exercise

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In this newsletter participants of two different conferences share their experiences. In July ISSP held its 13th World Congress and Ulrika Tranæus summarizes her Beijing experience. This years ENYSSP workshop was hosted in Gothenburg, and Snezana Stoljarova and Kyler Amsbury tell us what that was like. Inspired by these congress and workshop accounts? You can now find the proceedings of the 2013 FEPSAC conference in Paris at: [http://www.fepsac.com/congresses/2013\\_conference/program/](http://www.fepsac.com/congresses/2013_conference/program/).

### The 13th ISSP world congress, Beijing China

By Ulrika Tranæus, Halmstad Högskolan, Sweden

The organization of the world congress invited us to take part in an inspiring program. We were welcomed to Beijing in sunshine which lasted until we left. The facilities at Beijing Sport University were well-suited for the congress with many participants from all over the world gathered to listen to nine keynote lectures and six keynote symposia, alongside all the other symposia and sessions. The theme for the congress was *Harmony in Excellence and Life*. The congress contained a very good and comprehensive program with many interesting parallel sessions going on at the same time, which made it hard to choose sometimes. I learned my lessons from previous congresses so I tried to give myself some time to reflect during the congress instead of trying to listen to as much as possible. I think I made the best choices and my colleagues were satisfied with their choices too. This is evidence for the broad spectrum of areas the congress was covering.

As a PhD student I tried to follow the congress according to interests for my research: *Methodology development* and *Methodology problems* as well as *Psychological factors in injury preventions and rehabilitation*. I had also the possibility to listen to other areas such as *Mental training and preparation for performance enhancement* and *Psychophysiology and neuroscience perspective* as well as many other interesting sessions. This are just a few examples of all the topics.

The networking with old friends and new colleagues were also a great and fun part of the congress. Opportunities to do so were given not at least at the poster session where many interesting discussions and chats took place. At the inspiring closing ceremony young investigators (developing scholars) were awarded. The congress ended with a tasty and well-organized dinner of traditional Beijing duck and all additional dishes.

We left Beijing in rain after a sunny and hot week with many good memories.

Already looking forward to next time!

### Reflections on the 2013 ENYSSP workshop in Gothenburg, Sweden

By Snezana Stoljarova, Tallinn University, Estonia

Having first seen the programme of the 2013 ENYSSP workshop, I firmly decided that it is worth going there. Indeed, getting to hear two keynotes from very experienced and successful sport psychologists, collecting new thoughts on research topics during the oral communication presentations and poster sessions, as well as learning hands-on tips from four practical workshops: it all sounded like a good deal to me. Moreover, that is what my rational side was firmly holding on to when justifying the workshop related costs I was bearing. At the same time, the emotional me already knew (from my last year's ENYSSP workshop experience) that there is so much more to this workshop than just getting new knowledge.

And so it was. The workshop boosted my self-belief, made me feel supported and encouraged, reinforced my passion for sport psychology, and most of all, inspired me for further effort and development. From the standpoint of a recently graduated young sport psychologist, who is entering the field of applied work, I would argue that all that is even more important than getting the new knowledge. Seeing your friends and colleagues being passionate about what they do, hearing the great professional development stories from field experts, discussing and relating to the challenges of career establishment with other sport psychology rookies, and finally feeling and seeing the network in action – is what benefited me the most. In a way, what else would make one feel more inspired, engaged and successful than a bunch of inspired, engaged and successful people around?

Whatever it was, either the Bandura's modeling effect, my own self-persuasion or the improved vividness of my motivational imagery, it sure did work for me!

### Impressions of the 9th annual ENYSSP conference, Göteborg, Sweden

By Kyler Amsbury, Canada, but studying at University of Jyväskylä, Finland

To say that this year's ENYSSP conference in Göteborg, Sweden was *inspirational* would be an understatement; to say that the experience was *motivational* would still not describe the weekend with justice. It is not often the case that one is given the opportunity to connect with colleagues from around the World in such an encouraging environment. Not only is one able to deepen their knowledge in the field of Sport and Exercise Psychology, but one is

able to network with professionals that will certainly become friends for life. I don't know if there is much more you can ask for in an academic conference. I feel privileged and honored to have attended such a special event.

Vana Hutter's workshop, *On know-how and professional development of applied sport psychology: What young practitioners want to learn*, was extremely insightful for many reasons. Firstly, young practitioners are often faced with the dilemma of feeling inadequate in certain cases. Do we have enough knowledge to help the client? Can we sufficiently aid the client in fulfilling their needs? It's important as a young sport psychologist to develop an early network of referrals that can be called upon in such an instance. By doing so, the young psychologist has the ability to confidently direct the client towards a practitioner with more experience in the given area (i.e., a specialized nutritionist may have the capacity to offer increased aid to an athlete with a dysfunctional eating disorder). Secondly, young practitioners are often faced with the dilemma of properly assessing a client and their case. It's important for the young sport psychologist to triangulate the assessment with third parties, including the coach and parents of the client. By doing so, the young psychologist can gain an alternative perspective on the issue and engage in an effective and thorough assessment. Lastly, and a combination of the previously mentioned insights, the young sport psychologist must learn to consult the knowledge and experience of their colleagues. There exist many resources around the young psychologist which can be utilized in many different cases. By acquiring a diverse sample of professional perspectives, the accuracy and precision of an assessment and intervention increases.

Coming from Canada, the 9th Annual ENYSSP conference allowed me to network with other young professionals that I would have never had the opportunity to connect with in my home country. Each workshop allowed me to ponder the issues we as

young sport psychologists face, and better yet, each workshop gave me access to applicable solutions to solve these issues. For that, I am forever grateful; for that, I cannot thank ENYSSP enough.

### **Special issue of Cultural Sport and Exercise Psychology: Intersecting Identities**

The academic journal *Psychology of Sport and Exercise* has published several special issues over previous years. The latest announced special issue is on Cultural sport and exercise psychology. Cultural Sport Psychology (CSP) is an emerging area within sport and exercise psychology, with a breadth of international scholars now engaging in this scholarship. The term CSP refers to all scholarship in the area of sport and exercise psychology relating to culturally centralized practices. These practices are illustrated through cultural assumptions in ontology, methodological framing, and methods.

The aim for this special issue is to extend this emerging area of scholarship and provide a concentrated series of papers that reveal the importance of intersectionality in CSP. Such work would reveal how the identities of sport and exercise psychology participants as well as researchers and practitioners are more complex than have often been considered. One's intersecting identities might be considered in terms of nationality, gender, sexual orientation, education, profession, socio-economic status, ethnicity, race, geography, language, local context, and sub-culture. These terms are not exhaustive. This scholarship might be considered from the vantage of either a cultural psychology or cultural studies lens.

Guest editors for the special issue are Robert J. Schinke and Kerry R. McGannon and the deadline is January 15, 2014. The call for papers can be found here: <http://www.journals.elsevier.com/psychology-of-sport-and-exercise/call-for-papers/cultural-sport-exercise-psychology-intersecting-identities/>