

The Glencross Workshop at the ISSP 14th World Congress

What is the Glencross Workshop?

The Glencross Workshop is a special Pre-Congress workshop in which the ISSP Managing Council members and invited experts make unremunerated (voluntary) presentations to students interested in Sport and Exercise Psychology to stimulate the development of this discipline around the world. The Glencross Workshop is an ISSP traditional event that promotes its major mission, which is to facilitate development of high quality research and practice in sport and exercise psychology, and to share relevant knowledge and expertise internationally.

The Glencross Workshop was inaugurated in 1997, in association with the ISSP 9th World Congress of Sport Psychology, and in memory of Dr. Denis Glencross, the Australian sport psychologist who was elected President of the ISSP in 1993, after his many years of service to the Society. Sadly, Denis passed away little more than a year into his 4-year term of office. One of his first initiatives as a President was an idea of a Pre-Congress Workshop for students. The Glencross Workshop was established in recognition of the sterling service that Dr. Glencross gave to the ISSP.

The Glencross Workshop in Seville

At the ISSP 14th World Congress in Seville the Glencross Workshop will be organized on **July 10th 2017, 12.30-17.00**. It will consist of 8 workshops organized in three time slots. You can find the Program of the Glencross Workshop below.

Who is eligible to take part?

All current and just completed (2017) students (of any level of University education) are eligible to attend the Workshop. Please note that the Glencross Workshop is **not** part of the Pre-Congress Workshop program. The Glencross Workshop is a special ISSP event for students.

Is there a cost?

No, attendance is free. This also means that the Glencross Workshop is open for local students who will not attend the main Program of the Congress.

How and when do you register?

If you plan to take part you must register for the Workshop by **June 1, 2017**. To register for the Glencross Workshop, you should: (a) complete the Glencross Workshop registration form, indicating 3 particular sessions of your choice want to participate in, (b) confirm your current or recent undergraduate or postgraduate student status. The number of participants will be limited to 30 participants in the workshops 1-6 (three workshops are parallel) and to 45 participants in the workshops 7-8 (two are parallel). Therefore, the earlier you register the better.

Certificates of participation

Students who complete three sessions will receive **the ISSP certificate confirming their participation**.

The ISSP 14th World Congress of Sport Psychology

Glencross Workshop Program

July 10, 2017 12.30-17.00			
12.30-13.45	<i>Workshop 1</i> Sidonio Serpa & Franco Noce Psychological factors in Olympic and Paralympic preparation	<i>Workshop 2</i> Hiroshi Sekiya & Takuya Endo Somatic psychology: Relationships between emotions, cognition, and movement	<i>Workshop 3</i> Athanasios Papaioannou & Nikos Zourbanos How to publish in international journals: Meet editorial team of the International Journal of Sport and Exercise Psychology
14.00-15.15	<i>Workshop 4</i> Alexandre Garcia-Mas & Aurelio Olmedilla Practical interventions from a new integrative model of the psychological cooperative dynamics in sport teams	<i>Workshop 5</i> Artur Poczwadowski & Dariusz Parzelski Tele-consulting: Reflections on benefits, risks, and best practices	<i>Workshop 6</i> Lauren Loberg A long-term approach to the four-year Olympic cycle
15.30-17.00	<i>Workshop 7</i> Natalia Stambulova, Tatiana Ryba & Robert Schinke Cultural transitions in sport: Bridging personal experiences, theory and practice		<i>Workshop 8</i> Gangyan Si, Zhijian Huang, Henrik Gustafsson, & Chun-Qing Zhang Mindfulness training for elite sport performers: A cultural perspective

Welcome to take part!
See the detailed Program below.

Workshop 1: **Psychological factors in Olympic and Paralympic preparation**

Leaders: Sidonio Serpa and Franco Noce

Abstract: The Olympians' reports and international research refer to the Olympic Games as a unique competition which requires a different psychological adaptation, and needs a medium-term psychological preparation, given to its specific characteristics. The huge global impact, the fact that it is an opportunity that only comes every four years, the context of multiculturalism, or the mystique of the Olympic Classic Hero are aspects that offer a unique overall experience. Moreover, athletes evaluate there the investment of many years of work which has significant personal and collective consequences. The psychological adaptation process is influenced by the type of preparation for the OG that often does not consider the specificity of this event for which athletes should be prepared. The constraints influencing the athletes during the event include numerous distractors beyond the quantity and quality of the opponents.

The first part of the workshop will introduce the topic and discuss the psychological specificities of the Olympic participation that shall be taken into account in the athletes' psychological preparation during the whole Olympiad. In the second part, some strategies to promote the athletes' psychological adaptation to this unique context will be also presented and discussed, including some examples of interventions. The participants in the workshop will be stimulated to make comments as well as to work in small groups regarding specific aspects of the psychology of Olympic preparation.

About the workshop leaders:



Dr. Sidonio Serpa is a Full Professor and chair of Sport Psychology, of the University of Lisbon, Faculty of Human Kinetics, and a Certified Psychologist by the Portuguese Psychological Association. His scientific interests are in the area of sport talents and top performance. He is a former gymnastics coach and has worked as a psychologist of top level athletes and coaches of many sports, including medalists in World and European championships, as well as in Olympic Games. He was a member of the staff of the Portuguese Sailing Team in the Atlanta and Sydney Olympics. He has served in the Managing Council of the ISSP for 20 years, being the current Past-President. Dr. Serpa is a member of the European "Forum of Applied Sport Psychologists in Topsport-FAST".



Dr. Franco Noce is a professor in Sport & Exercise Psychology in the Post-Graduation Program in Sport Science (PPGCE/UFMG) at Federal University of Minas Gerais, Brazil. He is a coordinator of the Sports Psychology at the Sports Training Center (CTE/UFMG). He has worked with high-performance athletes and Paralympic teams for over 20 years. Currently working with the Brazilian team of paralympic rugby for the Paralympic Games Rio / 2016. He is a member of managing council of the ISSP since 2013.

Workshop 2: **Somatic psychology: Relationships between emotions, cognition, and movement**

Leaders: Hiroshi Sekiya and Takuya Endo

Abstract: We have two minds. One is emotion and the other is cognition. These two aspects of mind influence each other. Furthermore, as the mind and the body influence each other, both emotion and cognition have interactive relationships with changes in the movement which includes facial expression and posture. Sport psychology is a discipline where interactions of these components of human beings are the main foci of interests. In the first part of this workshop, the influence of the mind on the movement will be introduced based on studies on choking under pressure. In the second part, the influence of the movement on the mind will be discussed by introducing studies in which changes in the movement are independent variables and changes in emotion and cognition are dependent variables. In the last part of the workshop, the influence of the movement on the mind will be practiced through various ways that can be applied individually or as a group.

About the workshop leaders:



Hiroshi Sekiya, PhD, is Professor of Graduate School of Integrated Arts and Sciences, Hiroshima University, Japan. He received his Ph. D. from Louisiana State University, U.S.A. on the topic of Motor Control and Learning. He is a managing council member of International Society of Sport Psychology (ISSP) and the president of Japanese Association of Certified Mental Training Consultant in Sport. He is on the editorial board of *the International Journal of Sport and Exercise Psychology*. His research interests are the influence of psychological pressure on human cognition and movement and implicit/explicit learning of perceptual-motor skills. He is a Certified Senior Mental Training Consultant in Sport and has provided psychological support to professional and amateur athletes of a variety of sports, such as soccer, baseball and tennis.



Takuya Endo, MA, is a candidate for PhD in Graduate School of Integrated Arts and Sciences, Hiroshima University, Japan. He studied sport psychology consulting in California State University, Fullerton, U.S.A. His research interests are the psychological pressure of athletes in practice and matches and the influence of pressure acclimatization training on performance under clutch situations. He has a Japan Football Association coaching license and has provided psychological support to soccer teams and players.

Workshop 3: **How to publish in international journals: Meet editorial team of the International Journal of Sport and Exercise Psychology**

Leaders: Athanasios Papaioannou and Nikos Zourbanos

Abstract: The purpose of this workshop is to guide sport psychology researchers on how to write a good manuscript, the preparation before starting, language, submission, the review process, and

ethical issues about scientific misconduct, publishing misconduct, and consequences. The two presenters are sport psychology researchers who have published numerous papers in sport, physical education, and exercise psychology, but also serve as editor (Prof. Papaioannou) and assistant editor (Dr. Zourbanos) of the International Journal of Sport and Exercise Psychology (IJSEP). Based on their experience in submitting scientific articles but also working in IJSEP they will present the way we publish, the journal publishing cycle, the most important journals in the field, the online peer review systems, and what to consider before submitting a manuscript. The content and structure of articles published in the IJSEP will be particularly discussed. Specific tips and instructions will be presented about the preparations before the submission of the manuscript, including the construction of the paper, the title, the abstract, the keywords, the introduction, the methods, the results, discussion/conclusion, and the references.

About the workshop leaders:



Dr. Athanasios Papaioannou is a professor at the University of Thessaly, Greece. He is vice-president of the International Society of Sport Psychology (ISSP) and editor-in-chief of the International Journal of Sport and Exercise Psychology, the official journal of the ISSP. He has published more than 100 peer-reviewed articles in the field of sport and exercise psychology. In Thessaly he coordinates the European Masters in Sport & Exercise Psychology from which many international young sport psychologists have graduated.



Dr. Nikos Zourbanos is an assistant professor at University of Thessaly, Greece. He is president of the Hellenic Society of Sport and Exercise Psychology. He has published numerous articles and serves as a referee in established sport psychology journals. He has been Editorial assistant of the International Journal of Sport and Exercise Psychology (2008-till now), Co-Editor of the Bulletin Board of the International Journal of Sport and Exercise Psychology (2011-2013), editor of the Hellenic journal of Sport Psychology, and section editor of Cogent Medicine and Cogent Psychology.

Workshop 4: Practical Interventions from a New Integrative Model of the Psychological Cooperative Dynamics in Sport Teams

Leaders: Alexandre Garcia-Mas and Aurelio Olmedilla

Abstract: A quite common question asked to the sport psychologists by the team's coaches is how to convert the different psychological frameworks on team's dynamics into practical topics to be used in day-to-day practices and games, in order to increase performance of the players and team. In fact, there is a lack of a clear and simple answer to that request, due mainly to the complexity of the issues at hand, e.g., how to develop cohesion inside a competitive team; and also to the difficulty to integrate the basic psychological principles needed to help to that into the

coaches' tactical, technical and instructional “languages”. During this workshop, attendants would realize the possibility to use a complex but simple psychological model to cope with these difficulties and to translate, almost in part, the psychological benefits into their current sportive practice. The workshop will be structured in three parts. In part one the participants will be briefly introduced to a recent development on a multilevel psychological analysis of cooperative work teams (Garcia-Mas, Olmedilla, Luo, Llaneras, Ponseti, & Fuster-Parra, 2016), and on the theoretical frameworks outlining it. In second part, participants will be self-evaluated by means of a questionnaire developed after this model (*Cooperative Work Questionnaire*). Lastly, in part three, and after a discussion relating either personal or team's real cases of (perceived) psychological needs for to have the team performing optimally, a brainstorming session will follow, focusing on coaches' and team players' strategies to improve cooperative work inside their teams.

About the workshop leaders:



Dr. Alexandre Garcia-Mas is a professor in Sport & Exercise Psychology in the Faculty of Psychology at University of the Balearic Islands, Spain. His research and applied work relate mainly to the team's psychological features, such as the players' cooperation and the coaches' instructional styles. Since 2009 he contributes as a member of the ISSP Managing Council, since 2013 as its Secretary General. Also, from 2015 he is a member of the Spanish General Council of Psychology, at the Sports Division.



Dr. Aurelio Olmedilla is a professor in Sport Psychology in the Faculty of Psychology at University of Murcia, Spain. His research and applied work relate mainly to the team's psychological features, and the relation between psychological aspects of the sport injuries. Since 2011 acts as director of Service of Sports (University of Murcia); since 2012 as the IP of FOOTBALL Project (University of Murcia and Region of Murcia Soccer Federation), and from 2014 as Director Area of Psychology Real Murcia SAD Foundation.

Workshop 5: Tele-consulting: Reflections on Benefits, Risks, and Best Practices

Leaders: Artur Poczwadowski and Dariusz Parzelski

Abstract: Technological progress in ways people can communicate creates new opportunities and challenges in sport psychology service delivery. Collaborating with athletes, while utilizing the means of tele-consulting (e-consulting), has become easy, accessible, and financially attractive. The purpose of this workshop is to examine tele-consulting practices (e.g., via e-mail, Skype, text messaging, phone) in light of the recent literature. The two presenters are sport psychology practitioners who routinely use phone, video-conferencing, and other forms of distance learning (communication) in their professional practice. Based on working with both individual athletes and teams, they will define what tele-consulting is, identify its benefits,

challenges, and opportunities, as well as elaborate on professional and ethical standards involved in distance consulting. Second, which will be about 50% of the workshop time, the student participants will be presented with two different case studies and will work in small groups to identify problems, benefits, challenges, and opportunities involved in their respective scenarios. Next, based on the feedback from the workshop presenters, the participants will refine their conceptualizations and proposed courses of action. Finally, lessons will be derived and shared to consolidate acquired knowledge and skills and to promote self-reflective approach to one's learning and professional practice.

About the workshop leaders:



Dr. Artur Poczwadowski is a professor at University of Denver Graduate School of Professional Psychology, USA. His research focuses on sport psychology practice, coach-athlete relationships, and coping strategies. Artur consulted with athletes from numerous sports (e.g., judo, golf, tennis, hockey, swimming, and track and field). Most recently, he is involved in assisting in mental training with four US Paralympic Teams, which includes tele-consulting. Since 2013, Artur has served as a member-at-large in the Managerial Council of the International Society of Sport Psychology (ISSP) and a chair of Ad-Hoc Committee on ISSP Certification.



Dr. Dariusz Parzelski is an assistant professor at University of Social Sciences and Humanities, in Warsaw, Poland. He is Certified Consultant and Supervisor in Sport Psychology through Polish Psychological Association. Since 2000, Darek has consulted athletes and coaches from numerous sports (e.g., judo, tennis, swimming, motorsport, fencing, horse riding and on-line games). He is an author of several articles and books about sport psychology. In 2008, 2010, 2012 and 2015 he acquires accreditations for a Sport Psychologist by Polish Olympic Committee.

Workshop 6: A long-term approach to the four-year Olympic cycle

Leader: Lauren A. Loberg

Abstract: Many articles have been written about the Olympic experience focusing on the two-weeks at the Olympics. However, many of the athletes training for the Olympics have been working toward this moment for a lifetime. As a sport psychologist consultant, it is important to view the Olympics within a four-year cycle and think about a long-term approach, especially for athletes who attend multiple Olympics. This workshop is going to discuss the preparation working with Olympians across a seven-year period. The discussion will include the approach across a long time frame and how to empower the athlete to peak at their competition. The speaker will highlight how different sports, personalities, and funding changes may impact the

athlete's journey and the role of the sport psychology consultant. During the second half of the workshop, the audience will review specific case studies and brainstorm to come up together with an approach to assist the team and/or individual athlete.

About the workshop leader:



Dr. Lauren Loberg works for the National Football League (NFL) in the Department of Player Engagement as the Director of Education. She is a Licensed Clinical Mental Health Counselor and a Certified Consultant by the Association for Applied Sport Psychology. She has also been a member of the ISSP Managing Council since 2013. Her research focuses have addressed transition, total wellness, injury, and performance enhancement. She has worked with youth, high school, college, Olympic and professional athletes. During the winter of 2014, Dr. Loberg spent February in Sochi, Russia as a credentialed staff member, supporting athletes on the US Olympic Team. Twenty-one of the many athletes she worked with in sport psychology consulting were named to the US Olympic Team, and they brought home five of the seventeen medals.

Workshop 7: Cultural transitions in sport: Bridging personal experiences, theory and practice

Leaders: Natalia B. Stambulova, Tatiana V. Ryba, and Robert J. Schinke

Abstract: A growing number of sport participants are required to travel abroad for the short- and long-term in order to enhance their athletic careers. The reasons for this out of country travel can include: training camps, competitions, education, and/or international work opportunities. Travel related challenges include language, cultural value systems, training structures and processes, acclimation to a new geographic location, and the attitudes toward inclusion from the receiving sport context and culture. During this workshop, our intention is to increase participants' awareness about their own (or their clients') cultural transition experiences, relate these experiences to the contemporary cultural transition research, and begin to engage in cultural transition interventions. The workshop will be structured in three parts. In part one the participants will be briefly introduced to the career transition topic and encouraged (using a set of guiding questions) to reflect upon either their own cultural transition experiences or those of a client case (e.g., from one particular transition related to sport). In part two, participants will be familiarized with recent acculturation research and a cultural transition model (Ryba, Stambulova, & Ronkainen, 2016), followed by discussion relating either personal or clients' cultural transition experiences to the introduced research and model. In part three, after a brief introduction to cultural transition interventions, the participants will discuss what kind of help they or their clients received and/or wanted but did not receive during a cultural transition. A brainstorming session will follow, focusing on athletes' and sport psychology consultants' strategies to facilitate cultural transitions.

About the workshop leaders:



Dr. Natalia B. Stambulova is a professor in Sport & Exercise Psychology in School of Health and Welfare at Halmstad University, Sweden. Her research and applied work relate mainly to the athletic career topic with an emphasis on athletes' career transitions and crises. Since 2001 she contributes as a member of the ISSP Managing Council continuing since 2009 as its vice president and a chair of two ISSP Committees.



Dr. Tatiana V. Ryba is a senior researcher at the Department of Psychology at the University of Jyväskylä, Finland, and affiliated with KIHU – Research Institute for Olympic Sports. Her research and publications relate to transnational career development, cultural transitions and psychosocial adjustment, gendered mobile identity, and performance. Her current research examines the ways in which adolescent high-performance athletes negotiate and actively construct their life trajectories in the context of elite sport and youth culture. She is a member of the ISSP Managing Council since 2009 and chairs the ISSP Cultural Committee.



Dr. Robert J. Schinke is a professor in Sport & Exercise Psychology in School of Kinetics at Laurentian University, Canada. His research and publications relate to cultural sport psychology, Olympic and professional athlete development, immigrant athlete adjustment, identity, and community-based research with vulnerable populations. Robert is the current Canada Research Chair in Multicultural Sport and Physical Activity, the Past President of the Association for Applied Sport Psychology, a Member of the ISSP Managing Council since 2013. Robert also serves as a sport psychology consultant in amateur and professional sport, and he attended the 2016 Olympic Games, in Rio, assisting Team Canada.

Workshop 8: **Mindfulness training for elite sport performers: A cultural perspective**

Leaders: Gangyan Si, Zhijian Huang, Henrik Gustafsson, and Chun-Qing Zhang

Abstract: In recent years, there is a growing interest in applying the mindfulness training for the enhancement of sport performance as well as improvement of general well-being of sport performers. This acceptance and mindfulness-approach is called the third wave of behavioral and cognitive therapies. That is, mindfulness training seeks to produce the behavior change through manipulation of contextual factors (i.e., accept the thoughts, emotions, and physical feelings for what they are without trying to control and/or change them). In this workshop, our intention is to present the socio-cultural and cross-cultural considerations of mindfulness training rather than trying to teach or demonstrate the specific mindfulness skills. This workshop will be structured into three sections. In section one, Si and Huang will present the cultural consideration of Chinese athletes' mindfulness training under the Eastern culture, using the application of

Mindfulness-Acceptance-Insight-Commitment (MAIC; Si, Lo, & Zhang, 2016) program as an example. In Si and Huang's talk, the influence of Chinese sport system and socio-cultural characteristics on mindfulness training will be mentioned. In section two, Gustafsson will give a Western perspective on mindfulness in elite sports. He will talk about his experiences working with Swedish elite athletes' mindfulness training, focusing on competitive anxiety, burnout, and overtraining. In the first two sections, an interactive style will be adopted. That is, the audience will be asked to join the presenters to discuss the cultural considerations of their own cases. In the third section, Zhang will present the ways to improve the research design of mindfulness training study in applied contexts, in particular the context of elite sport training.

About the workshop leaders:



Dr. Gangyan Si is an associate professor at the Education University of Hong Kong and the president of the International Society of Sport Psychology (ISSP). Over the past 20 years, Dr. Si has worked directly with a variety of Chinese national teams and Hong Kong teams providing sport psychology services and has frequently provided on-site psychology support at big Games, such as the 2002, 2006, 2010 Asian Games and the 2004, 2008, 2012 Olympic Games. His research and publications relate to cultural sport psychology, Olympic sport psychology services, athletes adversity coping, and acceptance and mindfulness-based training for Chinese athletes.



Dr. Zhijian Huang is a sport psychologist and director of Sport Psychology Centre of Hong Kong Sports Institute, as well as a professor at Wuhan Sports University, China. Dr. Huang serves on the management councils of China Association of Sport & Exercise Psychology (CASEP), Asian South-Pacific Association of Sport Psychology (ASPASP) and of China Society of Sport Science (CSSS). He is also a member of the Rio Olympic Games Sport Psychology Expert Consulting Group of China Sport General Administration. His research interests include cognitive aspects of sports and the application of mental skills in performance enhancement.



Dr. Henrik Gustafsson is an associate professor in Sport Psychology at Karlstad University and also working as a Sport psychology consultant with the Swedish Olympic Committee. Henrik was an accredited Sport psychologist at the Sochi Olympic Winter games. His research is focused burnout in sport and performance psychology in elite sports. This includes the application of cognitive behavior therapy and acceptance and mindfulness-based therapy in elite sport.



Dr. Chun-Qing Zhang is a research assistant professor at Hong Kong Baptist University. Before obtaining his doctoral degree, he had been working for almost four years as a sport psychology consultant at the Shenzhen Sport Training Center, China, and as a research assistant at the Hong Kong Sports Institute. Both his master and doctoral studies are related to the population of elite Chinese athletes using qualitative and quantitative approaches. His research and publications relate to adversity coping, athlete development, and acceptance and mindfulness-based training for Chinese athletes. More recently, he also showed interests in studying theory-based motivational, psychosocial, and social-cognitive factors in sport and health-related behaviors.