PSYCHE OF THE MODERN ATHLETE: WHERE ATHLETIC TRAINERS PLAY A ROLE AND TECHNIQUES TO EMPLOY

Aaron Bestul, MS, LAT, CSS, FMS

CONFLICTS OF INTEREST

- NONE
- The views expressed in these slides and the today's discussion are mine and mine alone
- My views may not be the same as the views of my company's clients or my colleagues
- Participants must use their own professional discretion when/if using the information contained in this presentation

LEARNING OBJECTIVES

Participants should be able to summarize the techniques presented and explain how they would be applied in their setting.

Participants should be able to identify and/or demonstrate the techniques/topics (imagery, visualization, mental toughness, confidence, etc.) as seen in the presentation.

By the end of this presentation, participants should be able to apply techniques to their practice, therefore closing the practice gap for treating the mental aspect of an injury/athlete.

A LITTLE ABOUT ME

I work in the secondary school setting

I attended the University of Wisconsin-Stevens Point for my bachelors of science in Athletic Training

I attended Pennsylvania Western University for my Master of Science in Sports Psychology

I am married, going on 5 years, with two children, Grayson and Brooks

I will be a Packer fan until I die

TOPICS OF INTEREST

Imagery

Visualization

Anxiety

Stress

Mental Toughness

Confidence

Attention

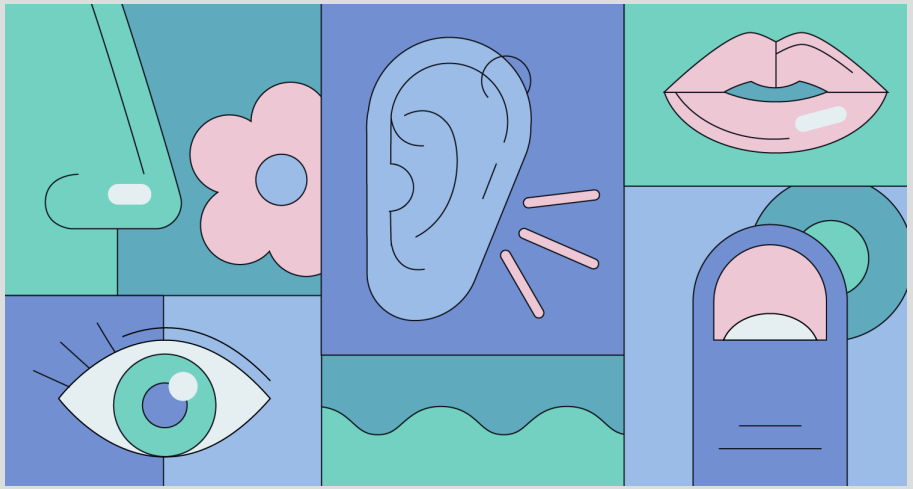
MENTAL HEALTH OF TARGET POPULATION

- Anxiety
- Depression
- Disordered Eating
- Body Dysmorphic Disorder (BDD)
- Insomnia
- Substance Abuse/Dependance

WHAT IS THE ATHLETIC TRAINER'S ROLE?

- Supporting patient from onset to return
- Education
- Forms
- Research
- Collaboration

IMAGERY



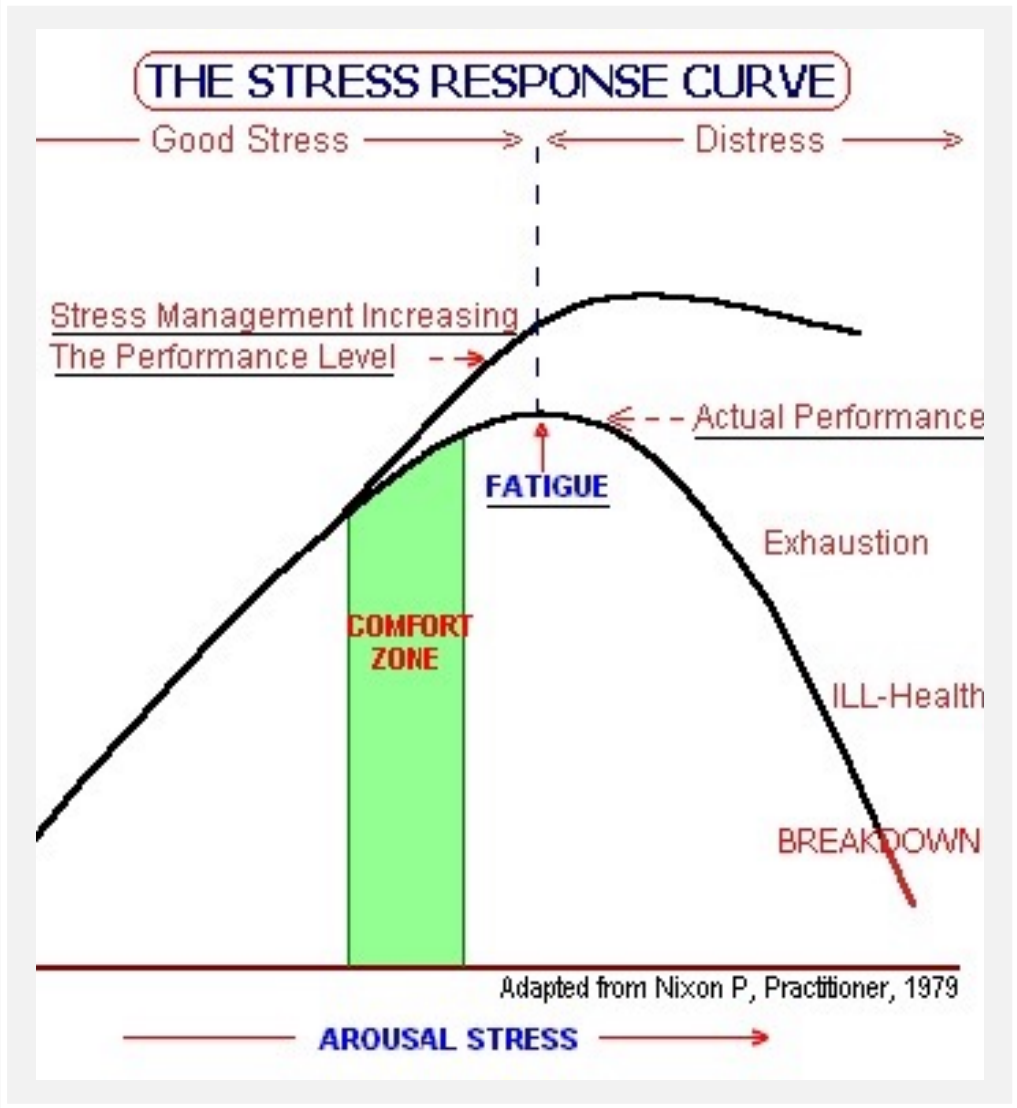
- What is Imagery?
- Imagery and Visualization vs. Rehearsal
- Types of Imagery
- Implementation
- When to use
- Considerations

MAKING THE MOST OF IMAGERY

- Mentally warm-up
- Maintain a positive approach
- Feel the movements
- Use all senses
- Focus on quality training
- Use video

STRESS

- Sources of Stress
  - Environmental
  - Social
  - Physiological
  - Thoughts
- Types of stress
  - Distress
  - Eustress
- How does stress differ
- Relaxation response



MENTAL TOUGHNESS

CONFIDENCE

- What is Mental Toughness?
- Control the Controllables
- Commitment vs. Involvement
- BALANCE

GOAL SETTING FOR CONFIDENCE

SMART

S: specific

M: measurable

A: attainable

R: realistic/relevant

T: time-based

- Write goals down
  - Yes, on paper and electronically
- Choose controllable goals
- Be involved/facilitate goal setting
- Review goals regularly
- Controllable goals

WAYS TO DEVELOP CONFIDENCE

Self-talk

- Positive characteristics; confidence; better performance

Generate Positive affirmations list (4-8) relating to performance

- I'm strong, my training is going well, I feel mentally strong

Personal Achievement

- I played a great game in the county trials last season; I came back strong after that terrible start in the first match of last season

Thought stoppage

- Using a mental cue to block out uninvited thoughts, sometimes accompanied with a physical cue (clenching fist)

Competition-specific affirmations

- My preparation has been excellent, I know I can handle the pressure of the tournament

Avoid perfection

- Concentrate on doing basics well

Performance review

- Make good points list and bad points list
- Keep the good points list; read the bad points, consider how to be improved, then throw the bad point list away

REFRAMING SELF-TALK

Change from - ST	Change to + ST	- Opening	+ Opening
I just can't perform in wet weather	I'll can perform in wet weather if I am prepared to work at it	It is difficult for me….	It is a challenge for me…
I can't seem to hit decent today	Relax and focus on the target area – the length will come	If only… I hope that… I trust that…	When…

THEORETICAL MODELS OF ATTENTION

- Nideffer's Attentional Model
- Most common model
- Has most research support to date
- Athlete preferred or dominant mode of attending
- Field narrows with increasing stress "peripheral narrowing"

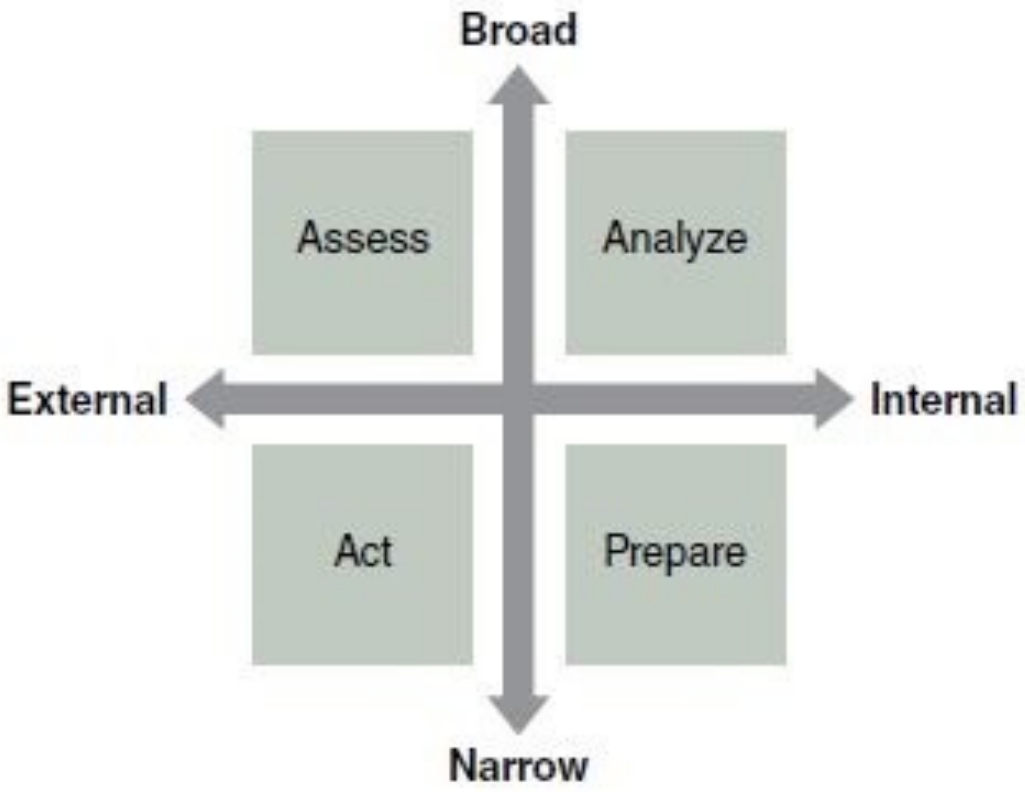


FIGURE 8.3 Four quadrants of attentional focus.

Adapted from Nideffer, 1976 (25).

MENTAL GAME PLAN/FORMS

- Performance Profile
- Mental Skills Questionnaire
- Tampa Scale of Kinesiophobia
- Competitive Scale Anxiety Index- Version 2 (CSAI-2)
- ACL- Return to Sport after Injury (ACL-RSI)
- Injury- Psychological Readiness to Return to Sports (I-PRRS)
- Athlete Fear Avoidance Questionnaire (AFAQ)
- Self-Awareness of Anxiety in Sport Performance

QUESTIONS

THANK YOU

Aaron Bestul, MS, LAT, ATC, CSS, FMS

Aaron.Bestul@aspirus.org