



CLINICAL SPORT AND PERFORMANCE PSYCHOLOGY

AIKO MIZUMORI-CANFIELD



THANK YOU

- Dr. and Mrs. Ellenbogen
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- Dr. David Coppel

WHAT IS CLINICAL SPORT AND PERFORMANCE PSYCHOLOGY?

- **Performance Enhancement**

- Athletes
- Performers
- Surgeons
- Elite military teams

- **Adjustment**

- Transitions
 - Injury
 - Between levels of play

PSYCHOLOGICAL ASPECTS

- Focus on the mental aspects rather than on physical
- 7 C's
 - Commitment
 - Control
 - Concentration
 - Confidence
 - Communication
 - Consistency
 - Competence

SURGEONS

- Rated Mental Readiness (49%) higher than Technical (41%) and Physical Readiness (10%)
 - Mental readiness deemed most important for a successful surgery
- Imagery: reviewing possible complications and solutions pre-surgery
- Evaluations of the surgeons performance after surgery
- Self-belief in one's capabilities

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Mental Readiness in Surgeons and Its Links to Performance Excellence in Surgery

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ADJUSTMENT ISSUES

- Between high school, college, professional, and retirement
- Injury response
 - 2 main phases: initial adjustment to injury/ being injured, and adjustment to recovery/rehab
 - Influenced by: cause of injury, severity, sport, timing of season, social support
 - Isolation, sadness, frustration, loss of motivation, relief, loss of identity
 - Changes in appetite, sleep patterns, and feeling more detached
 - Normal responses may become more problematic resulting in anxiety, eating disorders, depression, substance abuse

RECOVERY AND RETURN-TO-PLAY READINESS

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APPLIED RESEARCH

Psychological Readiness to Return to Competitive Sport Following Injury: A Qualitative Study

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- Being psychologically ready to return:
 - Confidence
 - Trust in health providers
 - Social support
 - Realistic expectations
 - Patience
 - Acceptance of injury
 - Motivation to return
 - Goal-setting
 - Social support

CONCLUSION

- Mental readiness is an important component of high performance
 - Can be helpful in a range of activities
- Psychological factors are important in the injury and recovery phases and play an important role in evaluating readiness to return to play