

# Thinking and feeling in competitive sports – how can we optimally support athletes?

1<sup>st</sup> Symposium Sport and Mind  
Joint continuing education course SASP – SGSM – PUK ZH

Friday, November 9, 2018  
Haus des Sports, Ittigen b. Bern

Live translation German-English & English-German



Organised by:



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## Program

- 08:30 Welcome
- 08:40 Introduction to 4 **case studies in competitive sports** (These cases will be further elaborated in the afternoon Workshops)
- 09:00 **Integrating sport psychology into athletes' treatment, care, and development**  
*Sam Maniar*
- 10:15 Coffee break
- 10:45 **Sport psychiatry and -psychotherapy – psychological problems and diseases in competitive sports**  
*Malte Christian Claussen*
- 11:15 **Sport psychiatry at the Psychiatric University Clinic Zürich: Need for specialised care for competitive athletes in Switzerland**  
*Erich Seifritz*
- 11:30 **Sport psychology in Switzerland**  
*Katharina Albertin*
- 11:40 **Sport medicine in Switzerland**  
*German E. Clénin*
- 11:50 **TRIALOGUE «Sport and Mind»: Where are links to other disciplines, where are they missing?**  
*Jörg Wetzel, German E. Clénin, Malte Christian Claussen*
- 12:15 Lunch
- 13:30 **Workshops 1 & 2 (parallel sessions)**
- Workshop 1: **The athlete at the center: Challenges and opportunities in building a network between coaches, sport physicians and sport psychologists**  
*Sam Maniar, Olivier Schmid, Silvia Bonfanti, Ralph Stöckli*
- Workshop 2: **«TOO MUCH PRESSURE» Expectations. Performance. Peer pressure.**  
*Jörg Wetzel, Patrik Noack, Bruno Diethelm*
- 14:30 Break / Workshop change
- 14:45 **Workshops 3 & 4 (parallel sessions)**
- Workshop 3: **«POOR RECOVERY / ANXIETY» Poor recovery. Overloading. Anxiety.**  
*Daniel Birrer, German E. Clénin, Nicolas Siegenthaler*
- Workshop 4: **«DEPRESSION AND SUICIDALITY» Loss of interest and joy. Retreat. Sleep disorders. Suicidal thoughts.**  
*Malte Christian Claussen, Romana Feldmann*
- 15:45 Coffee break
- 16:00 **Panel discussion: Where do we go from here? Promoting athletes' development and mental health.**  
*Moderator: Olivier Schmid*  
Athlete: Ariella Kaeslin  
Coach: Nicolas Siegenthaler  
Sport psychologist: Sam Maniar  
Sport physician: Patrik Noack  
Sport psychiatrist: Malte Christian Claussen  
Sport National Organization Representative: N.N.
- 17:00 **Final word on the podium**  
Where do we meet next year? Save the date!

## Speakers

**Albertin Katharina**, Dr., Psychologist FSP, President SASP

**Birrer Daniel**, Sport Psychologist FSP, Head of Sport Psychology, EHSM Magglingen

**Bonfanti Silvia**, Dr. med., Sport Physician, CMSE Clinique la Colline, Genève

**Claussen Malte Christian**, Dr. med., Head of Sport Psychiatry, Psychiatrische Universitätsklinik Zürich

**Cléinin German E.**, Dr. med., Sport Physician, President SGSM

**Diethelm Bruno**, Swiss Olympic Coach, National coach for Men's Swiss Cycling

**Feldmann Romana**, Sport Psychologist FSP, Private Practice, Küssnacht

**Kaeslin Ariella**, Olympic Gymnast

**Maniar Sam**, Dr., Sport Psychologist, Founder & President of Center of Peak Performance, Hudson, Ohio

**Noack Patrik**, Dr. med., Sport Physician, CMO Olympische Missionen

**Seifritz Erich**, Prof. Dr. med., Clinical Director at Psychiatrische Universitätsklinik Zürich

**Siegenthaler Nicolas**, Swiss Olympic Coach, Lehrer

**Schmid Olivier**, Dr., Sport Psychologist FSP, Institute of Sport Science, University of Bern

**Stöckli, Ralph**, Swiss Olympic, Director of Olympic Games Department / Chef de Mission «Tokyo 2020»

**Wetzel Jörg**, Sport Psychologist FSP, Sport Psychologie Wetzel GmbH, Bern

## Credits

7 SGSM Credits

## Registration fees (incl. Coffee breaks & lunch)

Members SASP or SGSM, Swiss Olympic Trainer: CHF 120.-

Non-members: CHF 140.-

Students: CHF 80.-

## Bank account information

Please transfer the registration fee by **31.10.2018** to:

IBAN: **CH65 0483 5021 1346 1000 3**

Account holder: **SGSM, 3013 Bern**

## Registration

With the following registration form. **Registration deadline: 31.10.2018**

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Registration before 31.10.2018

Name: \_\_\_\_\_

First Name: \_\_\_\_\_

City: \_\_\_\_\_

e-mail: \_\_\_\_\_

I'll participate in the Symposium as:

Member SASP or SGSM, Swiss Olympic Coach                      CHF 120.-

Non-member    CHF 140.-

Student    CHF 80.-

Please send the form (mail, e-mail or fax) to the SGSM secretariat (see footer).

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