

AIPPS: HOW A CLINICAL APPROACH COULD TRANSFORM SPORT PSYCHOLOGY INTO A VALID INSTRUMENT TOWARDS DISADVANTAGE PROBLEMS AND WELL-BEING

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Abstract

Since 1994, year of its born, AIPPS is specialized in clinical psychology applied to playful and sports activity and principal goal is young disadvantage prevention across sports instrument used with oriented approach to development of character point of view and a well done well being development. Our clinical observation studies defense mechanism used into sports activities, into play, into relationship to identify problems and to introduce right correctives. Mainly methodology is Transactional Analysis because allows the identification of existing relationship-wise and communicative modalities to develop the right approach oriented towards all the aspects of sports interaction dynamics with the possibility to offer remedial actions where necessary. Our projects are usable from different person categories: children, young man and woman, adults normal and disable too. Between children projects we like to remember: "Ares & Athena" project: a new kind of day care center that uses sport, play and drawing to allow child both a sportive training and his growth supervision, both physical and emotive affective growth. Emotive and affective growth is investigated using "signum graphic" analysis, with graphologic method help; "Little Prince" project, specific for elementary school, that allows the complete integration of difficult children and disable children, both physical and mental, into play and sport space of the school using a clinical and playful and sportive method founded on the use of play's rules. Between adults' projects we like to remember "Aus Niguarda" project. This project is born into Spinal Department of Niguarda's hospital in Milan in 2004. Project's goal is to consider persons of this unit like a global unit and help them to use the rehabilitate itinerary like a way to reconquer their autonomy and the new body perception using fencing. This approach help them both in physical and psychic aspect and give them new instruments to approach life with a new point of view. All our projects can use the skill of "Sportech Laboratory", a cybernetic laboratory of Statal University of Milan, Informatics Department. The task of this laboratory is to monitor and to classify the elemento using the informatic language Extensible Mark Up Language (XML) because is important to read the results of our researches in an objective way to make our job repeated from a clinical point of view.

Keywords: *Clinic sport psychology, AIPPS methodology, Bullying prevention, Nutrition disadvantage prevention, Childhood wellness.*

1. Introduction

A.I.P.P.S. (Association International Psychologie et Psyanalyse du Sport), member of FISSP (Federazione Nazionale delle società scientifiche di Psicologia) born in 1994 like the first and the unique o.n.l.u.s. that works with clinical psychology in synergy with sport and playful activities.

2. Principal objective

Principal objective is the prevention of juvenile disadvantage using sport not in agonistic sense, but like an approach oriented towards the harmonious growth and a god development of the personality.

Our studies observe defense mechanism used from person into their sport activity, their play activity, their relationship to individuate problems and suggest them the right remedial action.

3. Specific objectives

Our objectives are to develop research and offer services to promote wellness into sport activities and to improve relationship between person, in particular between children from 6 to 14 years old.

Users of this new method are public company that works with youth disadvantage, primary and secondary schools and universities; sport and playful operators, gymnastics teachers, coaches, parents, sport managers, federation executive.

Our in-depth analysis stages are oriented with clinical methodology on: childhood aggressiveness bad processing, sports premature abandonment, athlete bourn-out and operator bourn-out, obstacles towards success or good performance, doping problems disadvantage, performance anxiety, bullying prevention and pulling out, nutrition problems like bulimia and anorexia.

4. Method

AIPPS's methodology is Transactional Analysis because it permits to individuate relate and communicational ways to develop the right approach towards sport interaction dynamics.

5. Discussion

Our projects are usable from different person categories: children, young man and women, adults, normal person and disable person too.

Between children projects we like to remember:

- "Ares & Athena" project: a new kind of day care center that uses sport, play and drawing to allow child both a sportive training and his growth supervision, both physical and emotive affective growth. Emotive and affective growth is investigated using "signum graphic" analysis, with graphologic method help;
- "Little Prince" project, specific for elementary school, that allows the complete integration of difficult children and disabled children, both physical and mental, into play and sport space of the school using a clinical and playful and sportive method founded on the use of play's rules.

Between adults' projects we like to remember "Aus Niguarda" project. This project is born into Spinal Department of Niguarda's hospital in Milan in 2004.

Project's goal is to consider persons of this unit like a global unit and help them to use the rehabilitate itinerary like a way to reconquer their autonomy and the new body perception using fencing. This approach help them both in physical and psychic aspect and give them new instruments to approach life with a new point of view.

All our projects can use the skill of "Sportech Laboratory", a cybernetic laboratory of Statal University of Milan, Informatic Department.

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6. Conclusion

AIPPS's model is a tested model that helps persons discover their potential and overcome their problems (relational or emotive or motor or integration problems).

We developed several projects for every kind of situation and we use sport like an important instrument of work. Our projects are developed for normal and disable persons and often they work together, especially if they are children.

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