



An alternative to drugs for taking care of children and teenagers' minor to serious diseases through sport as welfare instruments: the game room and the intervention on children's serious discomfort

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Milan, 10th July 2015 Room U6 – 20
1.35 pm – 3.05 pm

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Ecology of mind and sport: our format

A.I.P.P.S found that sport can be a good context for taking care of behavioural, attention and emotional difficulties in children and adolescents.

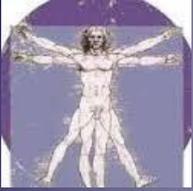
A clinical sport psychologist can observe and intervene, with the correct clinical instruments, on cognitive, problem solving, motivational and relational aspects



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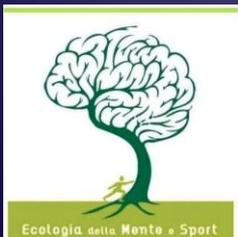


Ecology of mind and sport: study and development

From our researches developed in 25 years the format we created the format **“Ecology of mind and sport”**.

It is applied on important difficulties related to the personality development .

We helped children and adolescents to develop adequate copying strategies, providing them with a socioaffective education, helping them to improve their self consciousness as member of society.





Ecology of mind and sport : our methodology

Defense mechanism observation during sport practice, with focus on rules respect in individual sports

Communication dynamics observation through transactional analysis

Test of body scheme development through drawing and clinical test (tree test, TAT...)





Ecology of mind and sport : sport as preferred instrument

Why sport?

Strong rules context

Highly motivating

Group of peers

Errors can be read as important positive feedbacks

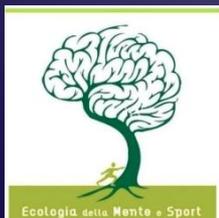




Ecology of mind and sport : setting and clinical instruments

In the structure of the setting (paly-sport) the reading tools denote some danger signals that may be auto-corrected with suitable modify of the “ecology of the territory” (Bateson)

The use of sport, the clinical observation during sport practice, the use of draw tests are non-invasive approaches, therefore very valuable istruments aimed to prevention





Ecology of mind and sport : the value of our approach

- A non-invasive methodology
- A cross cultural approach, which is adequate to any/the most part of sociocultural and socioeconomic contexts, being also developed as part of a welfare strategy for the community
- Significant reduction of costs related to the diseases that this approach aims to prevent





Ecology of mind and sport : interventions

This method has been tested with a positive result for the following diseases:

ADHD

Dyslexia, dysgraphia and learning difficulties

Behavioural disorders with reduced socialization

Cerebral palsy

Light mental retardation

Prader-Willi Syndrome

Bullism and bad aggressiveness management

Down Syndrome





Ecology of mind and sport : clinical data reading

Results are read in objective and clinical way as evolution of graphic sign and positive trend of difficulty using classic clinical instruments

Graphic sign, handwriting or drawing, allows in a non-invasive way, to collect data that indicates the evolution of body scheme in its three dimensions:

emotional-affective
cognitive
perceptual

Clinical reading is also reproducible , objective in a very simple way





Samples: pre-school age

“Ludoteca dello Sport ©” is a sport gameroom born in 2006 from synergy of AIPPS and Graphology school Crotti in Milan. It is a clinical ‘laboratory’ aimed to intervene on preschool age difficulties and a prevention and monitoring context for this age children.

The sport used is fencing, due to its implications such as competitiveness and aggressiveness management, rules respect, relationship with group peers, attention times, technique learning, problem solving skills.

Children express themselves also through drawing, which is the other main way of communication and expression of their inner world at this age.





Pre-school age: items examined

Difficulties in:

- to keep attention (quantity and duration)
- to control impulses and wait for the own turn
- to postpone the gratification
- to use the rule governed behaviour
- to harmonize the body scheme



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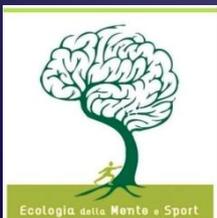
“Ludoteca dello Sport©” (Game room): some data

It's active since 9 years in Milan

Results are monitored through the analysis of graphic sign

Drawings made at the beginning of the path are compared with the ones made at mid and end of path.

The outcome at the end of the path is a maturation of body scheme, more self confidence in relationships with peers, with adults and more self confidence in the own skills





Interventions in school contexts

Behavioural disorder with reduced socialization (ODD)

Working hypothesis:

Observation of emotive reactions in stressful situations (win/lose)
To agree 'signals' (gesture, vocal signals...) to prevent disruptive reactions

Improve school results through daily training

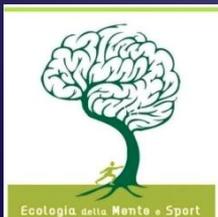
Instruments:

Ludic/sport activities: fencing

Manipulation activities

Free and structured drawing

Clinical observation





Interventions in school contexts

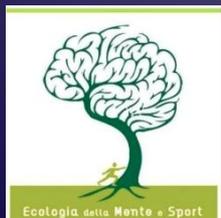
Behavioural disorder with reduced socialization (ODD)

Setting:

- Support classroom
- Class
- School garden
- Painting classroom

Results:

- Self esteem increase
- Successful inclusion in a mixed-age group class
- Learning skills increase



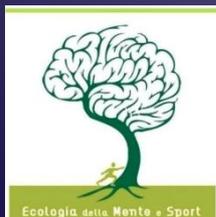


Social integration: intervention in public health structures

Creation of “Sport introduction help desk with clinical approach within Spinal cord department in Hospital Ca Granda - Niguarda in Milan (2006-2008)

First activation of fencing course in “Don Gnocchi Centro Vismara” Milan (2015), with less mental retarded and/or paralysed children and adolescents.

This course has been created with a social integration perspective as the fencing coaches came from the paralympic athletes group too.





Obtained results

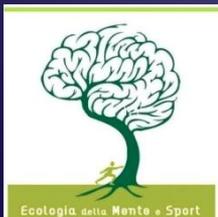
developed a new body self perception

improvement of relational skills

more self consciousness of the own behaviours acted towards the opponent during the fight

acceptance of error as part of improvement strategy

improvement of non verbal communication skills





For further details on the interventions in the Milan area please see poster E10 #129

“Sport and extrem physical disabilities a path integration from schools and AUS of Niguarda Hospital Milan to today”



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Ecology of mind and sport : conclusions

” **Ecology of mind and sport**” format , based on methodology developed by AIPPS allows the following:

implementing prevention strategies

reducing healthcare costs

to be used and applied within educational paths in school or in disability assistance contexts

to facilitate integration of coaches usually involved in teaching to non-disabled people

