



Xth European Congress of Psychology
3 - 6 July 2007, Prague, Czech Republic

Realized under the auspices
of the European Federation of Psychologists' Association (EFPA)



1 Giovanni LODETTI and Vito TUMMINO

(Mental Health Psychology - Sant'Anna Hospital Como)

'Clinical Sports Psychology: origins and developments'

2 Giovanni LODETTI

(co-autors: Gaia **OLDANI**, Angela **FIORLETTA**, Luca **CELOTTI**)

'The Psychology desk and the sports practise in a Clinical Spinal Cord Unit. Model and applied practise'

3 Giovanni LODETTI

'Psyche and fencing. Sports and growth metaphors'

STAFF AIPPS

1 Alessandra COVA (speaker)

(co autors : Angela **FIORLETTA**, Elena **POMESANO**)

'Music and application on sports practise: a clinical development model'

2 Alessandra COVA (speaker)

(co autors: Gaia **OLDANI**, Liliana **MARTINELLI**, Noemi **BARGNESI**)

A sports recreational therapy centre for the identification and resolution of ADHD first signs'

The 11th European Congress of Psychology

Oslo, Norway 7-10 July 2009

XI° European Congress of Psychology Oslo Norway 7-10 July 2009 Simposium 16 area 23 - Psychology of sport

- Giovanni Lodetti, Elena Pomesano AIPPS-SIPCS giovannilodetti@hotmail.com
- **Clinical Psychology in sports : development and patterns applied to competitive sports activity. What will the future champion be like?**
- Objectives Not only prevention from youth disease, disadvantaged categories with physical and mental disability, and management of psychological categories at risk- as implemented through previous studies
- of clinical psychology in sports (Lodetti et coll.) – but also management of wellness and the numerous aspects of growth for athletes at highly competitive level.
- Methods: Dynamic psychology techniques, such as transactional analysis, psychodrama, projective tests, drawing analysis and interview techniques
- Results: According to the results from previous applied studies, some types of sports associations operating in the sports sector at highly competitive level and oriented to maintain the athletes general wellness- demonstrated interest in implementing operating patterns
- Conclusions: Encouragement in development new intervention patterns in sports at highly competitive level.

THE 12TH EUROPEAN
CONGRESS OF PSYCHOLOGY
ISTANBUL 2011
04/08 JULY



"Understanding & Embracing Diversity"

eep
2011

Treatments of Clinical Psychology in different contexts

Chairman: **Vito Tummino**, President of Italian
Federation Scientific Psychology Society, Psychologist
Psychotherapist, Como.

E-mail: vitolu@tiscali.it; vito.tummino@hsacomo.org
Istambul XII° Efa Congress 4-8 july 2011

Fourth Abstract

**Exploration of the emotive and relational world in combat sports:
an analysis through graphoanalysis and reading of emotions.
Verify a possible strategy for the rebalancing process.**

- Giovanni Lodetti, President of AIPPS-SIPCS, Psychologist Psychotherapist.

During the first phase of this pilot research the athletes underwent a graphology test, writing ten rows, their signature and drawing a tree. Reading their handwriting, paying attention to their way of relating to each other, their stress management strategies, their self-esteem level and their defense mechanisms we wrote their personality profiles. The second phase took place at the fencing club with the observation of their behavior during training and afterwards during competition, which usually represents a stress situation where behavior and reactions are exasperated by anxiety. We also used the graphological profile as a comparative instrument. During the third phase we introduced Bach Flower Remedies which are essentially an instrument for the rebalancing of emotions. We have verified if Bach Flower Remedies used during stress situations like competition or routine training in the fencing club can help in rebalancing the emotions interfering with the sportive performance, with the aim of reaching the highest possible performance according to athlete's effective ability.

- E-mail: giovannilodetti@hotmail.com