

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

**Dr. Giovanni Lodetti<sup>1</sup>, D.ssa Alessandra Cova<sup>1</sup> & Dr. Antonio Capoduro<sup>2</sup>**

<sup>1</sup>*A.I.P.P.S. Associazione Internazionale Psicologia e Psicoanalisi dello Sport (Italy)*

<sup>2</sup>*Sportech Laboratory - Informatic Department Università Statale Milano (Italy)*

### 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.*

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### 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.

