

The role of sport psychology in talent development – Chris Harwood



Chris Harwood

Chris is a Professor in Sport Psychology and the University Beacon lead for Sport and Exercise. He is also a Practitioner Sport Psychologist registered with the Health Care Professions Council and a Chartered Psychologist of the British Psychological Society.

His research interests and expertise lie in the psychosocial aspects of youth sport and athlete development with a particular focus on the socio-environmental influence of parents and coaches. He has particularly focused his applied research in the field of achievement motivation, sport parenting and through his work on the 5Cs approach (www.the5Cs.co.uk) to athlete development. As a scientist-practitioner, he is also noted for his work in professional practice and the study of factors related to the training and development of applied sport

psychologists.

Chris teaches across a variety of modules in the School given his experience as a practitioner, but leads final year and postgraduate modules focused on applied sport psychology and professional practice. He has served as Chair of the Psychology Division for BASES since 2014 and is currently a Section Editor for the International Journal of Sport and Exercise Psychology and editorial board member for The Sport Psychologist, Journal of Applied Sport Psychology, Psychology of Sport and Exercise, the Journal of Sport Psychology in Action and Qualitative Research in Sport, Exercise and Health.

As a practicing consultant in sport psychology, he has worked extensively with the Lawn Tennis Association, the Football Association, and several professional sporting bodies and clubs. For his contributions to applied sport psychology and sport science he has been awarded Fellowships of both AASP and BASES.

A psychological perspective on coaching 'Gen Z' – Daniel Gould



Daniel Gould

Dan Gould is director of the Institute for the Study of Youth Sports and a professor of kinesiology. In 2019, he was named the inaugural Gwendolyn Norrell Professor of Youth Sport and Student-Athlete Well-Being. His area of expertise is mental training for athletic competition and sport psychology. His research interests include the stress-athletic performance relationship, psychological foundations of coaching, athlete motivation, youth leadership and positive youth development through sport. He has been a consultant for the U.S. Olympic Committee, the United States Tennis Association and numerous athletes of all ages and skill levels.

Performance behaviour in talent development – Kayan Bool



Kayan Bool

Kayan Bool (1984) is sinds 2017 Prestatiemanager Talentontwikkeling TeamNL. Daarvoor was hij sinds 2009 projectleider Talentontwikkeling. In deze rol treedt hij op als adviseur voor technisch directeuren en talentcoaches om tot optimalisatie van hun opleidingsprogramma's te komen. Kayan heeft een Master in Bedrijfswetenschappen en Organisatie & Bestuurswetenschappen.

Mental preparation of junior elite athletes – Alberto Cei & Boris Balent

Developing awareness in relation to one's own way of being involved in training and competition and the use of the required psychological skills is an essential factor in the mental preparation of junior athletes (14-18 years old). When planning mental preparation it is also important to include athlete's entourage (significant others influencing athlete's development): education and support for athlete's significant others (parents etc.) and encouraging positive values on individual and organisational level. With this objective in mind, we need to plan this work including these phases: to share with the coaching staff the mental program, awareness coaching during training, training climate task oriented, development of basic psychological skills, coaching to use the advanced mental skills during the competitions, teaching athletes to assess their performance.

This coaching program has been developed in different sports like shooting, table tennis, tennis, and football.



Alberto Cei

Alberto Cei is a psychologist and psychotherapist, teaches Sport Psychology and Psychology Applied to Football at the University of San Raffaele, Motor Science Dept, Roma, Italy and Psychology at the School of Sport of the Italian Olympic Committee. He attended at the last six Olympic Games working with athlete winners of 12 Olympic medals. Currently, he is consultant in the following sports: shooting, tennis, table tennis, windsurf and football for young with intellectual disabilities with AS Roma.

He wrote 15 books in sport psychology and performance development. Alberto is the editorial manager of International Journal of Sport Psychology, and former FEPSAC treasurer. Contact: info@ceiconsulting.it Website: www.ceiconsulting.it



Boris Balent

Graduated from the Faculty of Philosophy in Zagreb, and is currently in postgraduate doctoral studies at the Faculty of Kinesiology. For many years he worked as a consultant on business assessment and on the selection of employees, training, coaching and development of the various HR systems inside the various organizations. He devised and held a variety of trainings in the field of stress management, communication, conflict resolution, selection process, etc. He has led many projects in the field of human resources and sports psychology.

Performance behaviour in high potential athletes – Jolan Kegelaers & Suzan Blijlevens



Jolan Kegelaers

Jolan graduated as Master in Psychology (option Clinical & Biological Psychology) at the Vrije Universiteit Brussel (VUB) in 2014. Following graduation, he started as doctoral researcher at the research group Sport Psychology and Mental Support of the VUB.

His main research interest is focused on the development of psychological resilience within talented and elite athletes. Furthermore, he also coordinated and conducted research on deliberate practice, the psychological aspects of doping use, and coach well-being in elite sports. As a researcher, Jolan contributed to the Vlaamse Leerstoel Topsport Sportpsychologie and collaborated with (inter)national sports organisations such as Sport Vlaanderen, WADA, NADO Vlaanderen, and NOC*NSF. Since September 2018 he is also active as a researcher at the Amsterdam

University of Applied Sciences, conducting research on the implementation of innovative training methods within sports, music, and dance.



Suzan Blijlevens

Suzan Blijlevens has a master degree in psychology, with a specialization in sports and performance psychology. Following graduation, she worked as a sport psychologist with individual athletes, teams and coaches in various sports for several years. Since 2015, Suzan engaged in a collaborative research project for the Vrije Universiteit Brussel, University of Groningen and NOC*NSF, which has led to her dissertation called. She will defend her dissertation in December 2019. Her main research interest is focused on the psychological development of talented and elite athletes, but she also participated in research on team resilience and collective collapse in teams. As part of her PhD, Suzan developed a generic learning line on performance behaviour, several sport-specific learning lines and coaching tools (e.g. observation tools, podcasts, handbook, an online platform) for TeamNL, which she now will further optimise and implement in the

elite sports context.

Supporting young athletes in an elite sport center – Eveline Folkerts & Hardy Menkehorst



Eveline Folkerts

Drs. Eveline Folkerts is a mental health psychologist (GZ-psycholoog), sportpsychologist (VSPN®) and cognitive behaviour therapist. She works in her own practice in Rotterdam where she helps young and top athletes in all kind of different sports to perform at their best during high pressure performance moments. She also treats athletes and coaches with mental problems and psychiatric diseases like depression, anxiety, eating problems and trauma complaints. She is an expert performance behaviour for TEAM NL. Eveline works with coaches, young athletes and Olympic and Paralympic athletes at the CTO Metropool (elite sport center). She is embedded in the multidisciplinary team of the national sailing and beach volleyball team. Her own background in sport is tennis

(elite level in the past) and field hockey (recreational).



Hardy Menkehorst

Preparing for and performing at the 2020 Tokyo Games – Maurits Hendriks



Maurits Hendriks

Since January 2009 Hendriks has been employed by the Dutch Olympic Committee as Performance Director and Chef de Mission of TeamNL. He has led 3 successful Olympic missions to London 2012, Sochi 2014 and Rio 2016.

He was instrumental in a policy change where the Netherlands implemented a targeted sports strategy. Consequently a new system to improve accountability was set up while still maintaining a close relationship with the national federations.

In 2010 he started building the “High Performance Team” of experts supporting the national coaches in the targeted programs in areas such as sports medicine, nutrition, performance behaviour, technology and data, strength and conditioning. This team is now considered as one of the most knowledgeable in sports.

Leading up to the Sochi 2014 Winter Olympics, Hendriks initiated rebranding the Dutch Olympic team to TeamNL in an effort to have athletes connect more to the one team philosophy. After a record

winning performance, the Dutch Olympic committee entered into a partnership with leading NF's to extend TeamNL into an innovative joint marketing proposition.

In 2015 he was asked by the minister of Health, Welfare and Sport to join the Topteam in an effort to grow innovation and research in Sport.

In his free time Maurits continues to be active as a coach in hockey, coaching his son's team at his local club.

Psychosocial risk factors in sports injury and concussions – Urban Johnson & Marc Hendriks

Urban Johnson: In my part of the workshop I will start to present three different models in relation to psychosocial risk factors in sport; the stress and athletic injury, the biopsychological sport injury risk profile and the working model of psychological risk factors for overuse injuries. I will then present different psychosocial risk factors related to three overall categories that is well adapted to especially the stress and athletic model: personality, history of stressor and coping resources. In addition, special attention will be given towards certain psychosocial risk factors preceding sports related injury that has not be well represented in research, such as overuse injury in sport, risk factors in youth sport as well as perspective of the injury-prone athlete. As a final part of my presentation, two different types of applied recommendation for reducing injury risk in sport will be given: establishment of good communication players-coaches and development of interdisciplinary medical teams working with injury prevention in sport.

Marc Hendriks: Sport related concussion is a type of traumatic brain injury caused by an externally caused blow to the head that may cause neuropsychological deficits. In sports these deficits are underestimated, especially in professional sports where the focus is mainly physical. Furthermore, concussions are difficult to diagnose and symptoms may not appear immediately. Concussion largely reflect functional disturbances like attentional problems and memory deficits, rather than structural abnormalities on neuroimaging techniques. Currently, many international sports federations formulated consensus statements on the management of concussion in sport and agree on the additional clinical value of the application of neuropsychological testing. Neuropsychological assessment may have two main purposes. First to examine the behavioural and cognitive consequences of a concussion. Secondly, neuropsychological testing may be used to assist return to play decisions. In the fourth Conference on Concussion in Sport in 2012, neuropsychological assessment has been described as a cornerstone of concussion management by the Concussion in Sport Group (McCrory et al 2013).

To guide these aims a baseline neuropsychological is necessary to make a comparison of test results possible in case of head injury. We developed a tablet based neuropsychological assessment program (MetriSports) to measure behavioural and cognitive deficits. A broad domain of cognitive functions is covered like, attention and concentration, memory, and executive functioning (Kessels & Hendriks, 2016). Furthermore, a clinically safe video connection is integrated in the assessment battery to make tele neuropsychological assessment possible. The clinical neuropsychologist can communicate online with the athlete and operate the test program online. With that time and place are adjusted to the athlete, which is very important especially in professional sports.

McCrory, P, Meeuwisse, W.H., Aubry, M., Cantu, B., Dvorák, J., Echemendia, R.J., Engebretsen, L., Johnston, K., et al (2013). Consensus Statement on Concussion in Sport: the 4th International Conference on Concussion in Sport Held in Zurich. *Journal; of the American College of Surgeons*, 216, e55-e71.



Urban Johnson

Urban Johnson is Professor in Sport & Exercise Psychology at Halmstad University, Sweden. He has an elite-trainer certificate in handball, in which he has worked as a coach for many years. Besides playing handball and soccer at younger ages, he has a long history as a runner, cyclist and a triathlete. His main research focus is about psychological aspects of sports injury, prevention, rehabilitation and intervention. He also conducts research in areas such as health psychology and exercise science. Dr. Johnson has vast experience in working with applied sport psychology, especially for team sport athletes in elite contexts such as soccer, handball and volleyball. He has been a member of the Medical Committee at the Swedish Football Federation since 2001, and he was a member of the managing council of FEPSAC 2003-2011. Currently Dr. Johnson is a member of the scientific committee at the Swedish National Centre for Research in Sports



Marc Hendriks

Marc Hendriks is a registered clinical neuropsychologist and assistant professor at the Donders Institute for Brain, Cognition and Behaviour of the Radboud University in Nijmegen, the Netherlands. As a clinical neuropsychologist he is affiliated with PSV Eindhoven and team TeamNL Experts.

Acceptance to participation in the Paralympic Games – Maria Psychountaki & Petra Huybrechtse

Maria Psychountaki: This presentation will focus on an Olympic athlete case from the zero hour of her seeing problem up to the participation and victory in Olympic Games. She (Carolina) is a swimmer with seeing problems (S12).

The steps followed are: (a) the creation of a trust atmosphere between the athlete and the psychologist, (b) the acceptance of the seeing problem by the athlete and (c) the change of category from normal to disabled athletic category. These three steps were covered in two years' time.

After that, an adapted Psychological Preparation Program (PsPP) was applied and included all the techniques (relaxation, mental training, goal setting etc.) used for Carolina's psychological preparation. The Program was repeated every year by setting new athletic goals and working on personal issues. During the whole program there was a close cooperation with her coaches and mother.

Carolina's trait characteristics (the strong desire to improve her knowledge, and her personality in general, as well as her will to examine things in depth) made the approach more intellectual by using more sophisticated techniques (e.g. sayings of philosophers, extracts from books etc.). Throughout the program the emphasis was put on counseling how to handle specific situations, how to use previous experience to solve problems and make more easy her transitions.

The evaluation of the PsPP is based on the medals that Carolina won, the world records she made, the improvement of the quality of her personal life, the opinions of her coach and her mother, as well as her desire to continue our cooperation up to Tokyo OG-2020.

Petra Huybrechtse: This prestation will focus on the interventions by a Paralympic athlete with intellectual and developmental disabilities who lost faith and trust in the Paralympic program and wanted to quit. Parallel to his trajectory I also worked with his coach and assistant-coach. These steps are followed in the last year: (a) creating calmness by, (b) creating confidence in me, (c) creating confidence in the coach and the program, (d) creating mentally and physical relaxation, (e) psychoeducation for the coaches: do's and don'ts and (f) the use of Crisis intervention model. I used the Self-determination theory (SDT), developed by Ryan, R. M. & Deci, E. L. (2000), to strengthen the need for competence, autonomy and relatedness. The athlete was in crisis, didn't feel competent anymore, felt hardly any autonomy and didn't feel heard.

His intellectual and developmental disabilities asked from all of us to keep it simple but effective. There were individual conversations with him, psychologist and coach/assistant-coach, the three of us and all of us. Some small changes were made in his training program and the coach gave instructions to his staff about some differences in approach. Last year a world record was set and he won a medal at the world championships.



Maria Psychountaki

Maria Psychountaki is a psychologist and a sport psychologist working as an associate professor at the School of Physical Education and Sport Science and the Department of Psychology, National & Kapodistrian University of Athens. She teaches in both undergraduate and postgraduate programs of studies. The courses of her responsibility are: "Developmental psychology", "Sport psychology" and "Exercise and mental health". She is also the Director of the Motor Behavior and Sport Psychology Laboratory. She has graduated in both physical education and psychology and she got her PhD in sport psychology in 1998 at the National & Kapodistrian University of Athens.

Since 1989 she has had experience in both clinical psychology and sport psychology as a consultant in high level individual and team sports athletes (Greek Sport federations and Cyprus Olympic Committee). For 10 years she was the sport psychologist at Panathinakos FC Academy creating a psychological support program for young soccer players; collaborating with all involved: director, coaches, players and parents. The last two years she has collaboration with the Sports Excellence program for young talented athletes' preparation.

Her research work is in applied sport psychology topics (individual and team sports), in youth sports, and exercise and mental health issues. She has participated in two European research projects on physical activity and mental health [MENS project (2017-2018) and ASAL project (2019-2020)].

She has been the editor into the Greek language of the textbook: Sport Psychology: Concepts & Applications (Cox, 2012, 7th ed.) and the co-editor into the Greek language of the textbooks: Foundations of Sport & Exercise Psychology (Weinberg & Gould, 2015, 6th ed.) and Physical Activity & Mental Health (Clow & Edmunds, 2014). Furthermore, from 2000 to 2010 she has been the editor of the Journal of Sport Psychology in Greece. From 2000 to 2004 she has been the President of the Hellenic Society of Sport Psychology and from 2003 to 2007 she has been the Vice President of the European Society of Sport Psychology (FEPSAC). She is a member of various national and international societies of psychology and sport psychology.



Petra Huybrechtse

I am a health care psychologist and working at Dijklander Ziekenhuis (hospital), the department Medical Psychology. In 20 years I have specialized in elderly psychology, neuropsychology, behavioral problems due to braindamage, developmental and intellectual disabilities, rehabilitation psychology, general medical psychology and recently sportpsychology.

I am a former athlete in sprint and hurdles, international level (European Junior Championships, Olympic Games Barcelona 1992). I work with Paralympic, Olympic athletes and national talent; (para) track and field, (para) swimming, cycling, boccia, rowing, judo, wheelchair tennis, tennis and the local junior waterpoloteam. The main focus is (sub-) clinical problems and psychoeducation with respect to braindamage and developmental/intellectual disabilities. But I also work with young talented athletes who seek help for sportpsychological problems.

Former elite athletes providing psychological support – Pieta van Dishoeck & Nynke Klopstra

Working as a former elite athlete in the mental health care has several benefits. We understand what it's like to be obsessive (like patients with OCD, autism or anorexia), we know all about hyperfocus and having tons of energy (like patients with ADHD). And we know what it's like to win, to lose and get up again. Our experiences in sport makes us better health care professionals.

Working as a former elite athlete and mental health professional at Team NL is best of both worlds. We understand the mind of the elite athlete and it is our job to help them conquer psychological enemies. But it also has some disadvantages in both worlds. Thinking that everything is possible as long as you work hard is not always true for people with mental illnesses. And the projection of our own experiences in sport on the athlete-patient can be a pitfall. In an interactive workshop we would like to take you on our journey in both worlds, where we probably will come to the conclusion that elite athletes, patients or psychologist, we're all just human beings, struggling with the challenges of life.



Pieta van Dishoeck

As a former Olympic medallist (Sydney 2000, two silver medals rowing) Pieta van Dishoeck is now working as a mental health professional for people with psychiatric disorders. As the head of a mental health department she is always looking for new challenges and innovations to be made. Her olympic career gives her the faith that when you want something, you can make things happen. In TeamNL she works as a consultant when elite sporters, from different kind of sports, have psychiatric problems.



Nynke Klopstra

Nynke Klopstra experienced a successful judo topsport career where she earned several podium places in both the Netherlands and Europe. During and after her sporting career Nynke completed a bachelor degree at the Academy of Physical Education and a master degree in Orthopedagogics. Nynke continued studying and since 2006 she became a registered gz psychologist. In her own practice, located in Groningen, Nynke provides psychological treatment (e.g. trauma and EMDR) for children, adolescents, and adults. In the last ten years Nynke has obtained great expertise and knowledge on the provision of tailored psychological care for elite athletes of different disciplines affiliated at several Dutch Top Sport Institutes. Based on her own experiences as an athlete as well as a psychologist Nynke emphasizes the priority of psychological treatment and support for athletes in assisting them to perform at peak levels. Nynke discusses the strength and qualities of athletes to overcome obstacles in the

future in a pleasant and safe environment. Preferably, she invests in a long-term relationships and accompanies athletes during (inter)national championships to fully support her athletes.

A holistic perspective on mental health in elite sport – Paul Wylleman



Paul Wylleman, Ph.D. Psychology, is lic. Clinical psychology and full-professor at the Vrije Universiteit Brussel teaching sport psychology, high performance management and mental support for athletes. His research and publications focus on a holistic perspective on the career development and psychological competences of talented and elite athletes, and on mental health and psychology support provision in elite, Olympic and Paralympic sport. He coordinated two European Erasmus+ Sport projects on dual career (Gold in Education and Elite Sport; GEES) and athletic retirement (Be a Winner in Sport and Employment before and after athletic Retirement; B-WISER). Paul heads the university department TopSport and Study supporting elite student-athletes as well as the research group Sport Psychology and Mental Support. He is past-

President (2007-2015) of the European Federation of Sport Psychology (FEPSAC) and was the 2017 Distinguished International Scholar of the Applied Association of Sport Psychology (AASP). Finally, since 2013 he is the performance manager Performance Behaviour at TeamNL (Netherlands' Olympic Committee; NOC*NSF) where he heads a team of elite sport lifestyle coaches, psychologists and psychiatrists. He was TeamNL's team psychologist at the 2016 Rio Olympic Games and is now en route with TeamNL to the 2020 Tokyo and preparing for the 2022 Beijing Olympic Games.

Mental health and help-seeking in elite athletes – Hafrún Kristjánsdóttir & Anaëlle Malherbe



Hafrún Kristjánsdóttir



Anaëlle Malherbe

Anaëlle Malherbe, 25, graduated from her course in Clinical Psychology in 2010, in the Clinical Psychologist School in Paris, with a specialty in law. In 2011, she completed her education with a university diploma in Sport Psychology and Mental Training at the University Lille 2.

Her block-released education program allows her to experience her learning in the field. For a year, she worked in a consultancy firm specialized in career counselling. Then she spent two years extending her clinical experience by joining a variety of clinical and pathological services: child psychiatry in Argenteuil, occupational pathology and sleeping sickness in Hotel Dieu (Paris), pain and palliative care in Montreal (Canada), Free Institute for Superior Physical Education.

Thanks to two and a half years of practice, she then extended her experience by joining different organizations: MPA, a road safety administration, Parents and Educators School, etc. She filled a position of adviser psychologist, specialized in workers rehabilitation. In 2012, she seized an opportunity to join a HR consulting firm, Corheme, in the north-west of France. For six months, she led recruitment and assessment sessions. Due to tough economic times in this firm, she joined Moreno Consulting as a consultant in April 2013. Placed in the office of Reims, she takes charge of recruitment and executive search programs, and provides her expertise in assessment sessions.

Using psychological techniques in elite sport - Tanja Kajtna & Sidónia Serpa

Elite sport demands consistent top level performance in different circumstances and situations. Psychological preparation should be included in the general training process and various techniques may be used in order to help the athletes' cognitive and emotional regulation. These procedures will increase the probability of enhancing and stabilizing performance. Attitude changing and flexible mental approaches, self-knowledge development, as well as body-focused techniques are tools to be taught to athletes and trained in parallel and complimentary to physical, technical and tactical training process. The workshop will present an approach aiming at helping the athletes to stay in the "present moment" in order not to be disturbed by past experiences and by anticipating performance consequences. Awareness of own emotions, sensations and thoughts should be accepted as a normal and positive adaptation process rather than fighting against them and being disturbed by them. Examples of promoting psychological flexibility will be presented and discussed, including techniques that may be used in the elite sport context.



Tanja Kajtna

Tanja Kajtna, Ph.D., psychologist, has been involved in psychological preparation of top athletes since 2001. She has experience in working with swimmers, skiers, tennis players, snowboarders, figure skaters, taekwondoists and karateists, handball players... Since 2010 she is the president of Section for sport psychology with the Slovene psychologists' Association and is a member of the FAST group with FEPSAC. As a sport psychologist she attended Paralympic games in Beijing in 2008 and Olympic games in London in 2012. She works as a professor at the Faculty of sport, University of Ljubljana and she teaches at several other Universities both in Slovenia and abroad. Her main therapeutical approaches are Cognitive – behavioural therapy and ACT.



Sidónio Serpa

Sidónio Serpa is a Full Professor at the University of Lisbon, Faculty of Human Kinetics, the current Past-President of the International Society of Sport Psychology, and member of the European "Forum of Applied Sport Psychologists in Topsport-FAST". Dr. Serpa has a degree in Physical Education and another one in Psychology.

He got his PhD with a thesis on Sport Psychology at the Faculty of Human Kinetics of the Technical University of Lisbon (currently, University of Lisbon) where he is the chair of Sport Psychology, and coordinator of the Laboratory of Sport Psychology. Dr. Serpa has published at National and International level, and presented lectures in Europe, North and South America, Asia and Africa. Also he has been Invited Professor in several universities in Europe and Macau, China.

Sidónio Serpa is a former gymnast and gymnastics coach, and has worked as a psychologist of top level athletes, medalists in World and European championships, as well as in Olympic Games. As a sport psychologist he was a member of the staff of the Portuguese Sailing Team in the Atlanta and Sydney Olympics. Among his activities as an applied sport psychologist, Serpa had consultancy interventions with top level soccer teams and players. In 2009, he received from the Association of Applied Sport Psychology-AASP (USA) the "AASP Distinguished International Scholar Award" and from the Technical University of Lisbon the "Academic Merit Diploma". In 2012 Dr. Serpa became Invited-Member of the Iberian-American Society of Sport Psychology. The Sports Secretary of the Portuguese Government nominated him as Ambassador for the Sports Ethics.

Working as a clinical psychologist in elite sport – Sylvia Hoppenbrouwers & Eefje Raedts

In our workshop we will look at working as a clinical psychologist with athletes based on case studies. We go through the entire (psychological) process: starting with the registration process, followed by the complaints and request for help, the cooperation within the teamNL expert group, the cooperation with the coach/ staff of the athlete, the treatment and its goals. In addition we consider whether and, if so, what the differences are with working with athletes in a sport context and clients in a regular mental health institution. Some of these differences may be depending on the traveling/training and match schedule of the athlete during the therapeutic process, as a therapist working as quickly and efficiently as possible, dealing with the pressure and interests of the athlete and its environment.



Eefje Raedts. My name is Eefje Raedts, 43 years old, working as a clinical psychologist in my own practise for psychology, supervision and consultancy. Besides that I am working as a manager and clinical psychologist in a mental health institution in Breda, the Netherlands. I am specialised in working with MBT (Mentalisation Based Treatment), for clients with personality disorders.

In my own practise I see the athletes from teamNL. I (have) work(ed) with many different sports: triathlon, gymnastics, archery, fieldhockey, swimming, waterpolo, athletics, diving. The athletes have various psychological problems e.g. anxiety, depression, burn out, eating disorders, personality problems, victims of sexual abuse and more and trauma. I use various forms of treatment for the athletes; MBT-CBT-

EMDR. In my own sports career I played field hockey in Eindhoven en Den Haag at the highest level of the Netherlands for several years.



Sylvia Hoppenbrouwers. My name is Sylvia Hoppenbrouwers, Clinical Psychologist/ Psychotherapist. I studied Psychology in Nijmegen and started the post-doc professional education to become a Clinical Psychologist in 1990. During my education I worked in 2 general hospitals in the east of the Netherlands and in a behavioral therapy-clinic in Lent. When I finished my education I got a job at the GGzE in Eindhoven, particular with people with eating disorders and personality disorders. I worked there till 2010. Then I made a switch to an general hospital, 'het St. Annaziekenhuis in Geldrop'. In my psychotherapy-education I made a choice for the specialization CBT (Cognitive Behavioral Therapy) in which I am supervisor and learning therapist.

I followed various further training in my discipline (schema therapy, positive cognitive behavioral therapy and specific treatment-methods for work in an general hospital). In January I am going to follow an Acceptance and Commitment Therapy-course. I am married and have two sons. In my leisure time I am a enthusiastic, but recreational runner (long distance- and trail running). Since my childhood I am an athlete and was always interested in Elite sport. So when the question came if I was interested in working at the CTO I didn't hesitate.

Since December 2018 I am working at CTO-Zuid and since July at Papendal als Regionaal Expert Prestatiegedrag. I like this job very much. Especially in helping (with other professionals) young elite sporters to overcome their struggles in life and sport. It is nice to combine it with my job in the hospital.