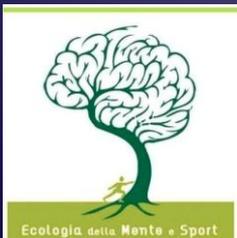


Yesterday, today and tomorrow: the twenty-years path of clinical sport psychology and its Manifesto

Giovanni Lodetti



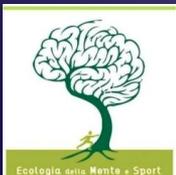
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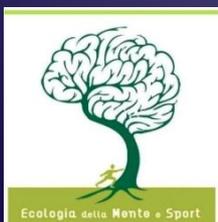
Over the past twentyfive years (since 1989) in Psychology department led by Marcello Cesa Bianchi have been developed some clinical sport psychology studies thanks to the works of C. Ravasini - G. Lodetti at the Università degli Studi di Milano, Medicine and Surgery. These ones are described in the book "Aspetti psicoanalitici dell'attività sportiva", publisher Ghedini





These works have created a new area of interest for the applied clinical psychology, which is the clinical Sport Psychology ©, focused on the athletes personality growth and on the prevention and treatment of young age disorders through sport practice. The aim of this clinical research is to define and share an universal message of the sport value

The growth of the individual is the entire development of the person by sport have coming and is inspected “clinically”





Objective

the prevention of young age disorders, using sport not in agonistic sense, but like an approach oriented towards the harmonious growth and a good development of the personality.

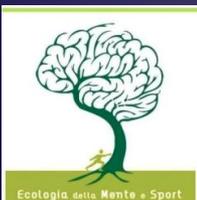
Methodology

The clinical observation of defense mechanism and relational and communication ways, read through Transactional Analysis.





Our studies observe defense mechanism used from person into the sport activity, their play activity, their relationship to individuate problems and suggest them the right remedial action (sometimes the sport itself is the right remedy)





Story

These studies have been approved by EFPA European Federation of Psychologist Association, that confirmed their complete scientific autonomy in Xth European Congress held in Prague in 2007, where for the first time a new section called clinical sport psychology has been created.

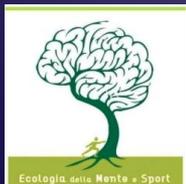
The studies have been developed by AIPPS (Association International Psychologie et Psycanalyse du Sport – born in 1994, WCP (World Council of Psychotherapy) member since 1996, FISSP Federazione Italiana Società Scientifiche Psicologia) member and now FISP (Federazione Italiana Società di Psicologia) member.





Training

The Association SIPCS (Società Internazionale Psicologi Clinici dello Sport) has been created in 2008 with the aim of training specialized personnel who follow this clinical approach, creating more projects to be applied on a national and international contexts.



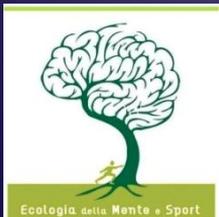
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Some workshops have taken place in Milan through the Scuola Regionale dello Sport (CONI) and Ordine degli psicologi della Lombardia; a Master of Science has been activated through the Ospedale Sant' Anna in Como under the Patronage of Ordine Regionale degli Psicologi and of Provincia di Milano.



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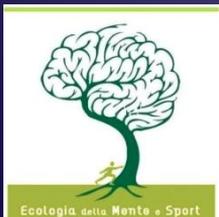


Projects

Projects proposed by AIPPS (registered in Protocollo 1050 of 22/4/08 - Segreteria Capo di Gabinetto of Ministry of Youth and Sport) help children and young people to develop correct management of

- aggressiveness
- ADHD
- hypomotility
- relationships with peers
- immigrants integration
- disabled people integration (intellectual, physical or sensory disability)

They also develop well being aimed strategies with weak social categories such as children, elderly people and teenagers, also teaching the importance of rules to the categories like prisoners and drug addicts



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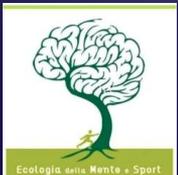




Developments

This clinical psychology approach has been approved from Deputy Head of the Sport Unit at the Directorate-General for Education and Culture of the European Commission and from the World Institute for Advanced Research and Science (WIARS), as one of the most effective scientific approach to sport.

Working plans, sport league models, school models, university models with e-learning courses for work integration and training for disabled people are already using the projects mentioned above.

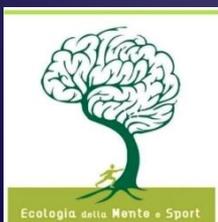




Further developments

AIPPS and SIPCS created the Format Modello Ecologia della Mente e Sport 2012-15 © for EXPO 2015 Milan, in order to share at international level this therapeutic and prevention message and approach through the clinical analysis of sport practice.

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Conclusions

Clinical researches and actions based on this approach are conducted by the scientific, small but tenacious Milanese team. Our operators and psychologists are the pioneers of a new frontier of the human knowledge, of its development and application that has a strong impact on the Community. Therefore I give them my gratitude, and I think also the one of many children and parents who have so far benefited from this total commitment, expression of the Italian intelligence.

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References

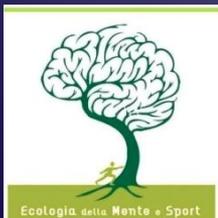
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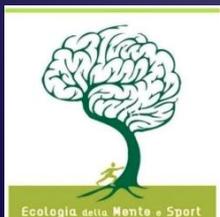
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