

Division of Sport & Exercise Psychology

Newsletter – Jan 2020

DSEP Chair's welcome

Hello, I hope everyone had a lovely Christmas and New Year period

Firstly, the newsletter gives me an opportunity to formally say thank you to Stewart Cotterill, past-Chair, for his hard and valuable work over the last few years in driving the



division forward. Stewart has been involved in the committee in a number of roles over the years and his hard work has certainly driven a number of initiatives within the division.

So on behalf of

the committee and members, I would like formally thank you for your work Stewart. Have a look at the mini pod section below to hear Stewart's view on the development of psychology in sports and exercise.

The past year has been very exciting within the division. We have had a number of CPD events run for members, an increase in our social media presence, and the continued increase in success of and attendance at the applied hubs. This was topped off with the conference in December at St John's hotel Solihull. I hope everyone enjoyed their time at the conference- I know I did! The conference also marked the start of my two-year tenure as chair of the division and it was a real opportunity for me to hear from our

members on the salient issues within our discipline. I've got a great overview on what you would like to see happen over the next few years (and beyond). The passion and vigour with which people spoke about the issues during the conference and the AGM is inspiring. It is clear that there are a number of pertinent issues within the discipline which need addressing. I will be working alongside the DSEP committee and members of the wider division to ensure that we try and tackle as many of these issues as we can. Of particular pertinence seem to be issues around Health and Care Professions Council (HCPC) registration, future CPD events, and the future of the applied hubs and how we can develop in each of these areas. We will continue to keep members up to date with how we are progressing with these areas - please get in contact with myself or other members of the committee if you have any questions or suggestions!

In closing, I would also like to ask members to get involved in the division. We have a number of roles on the committee which are vacant. The division, and the committee, can only represent the views of members to the wider BPS and across the discipline if we have a strong committee in place, so if you have any interest in getting involved, please do get in touch. Even if you do not have any interest in getting involved in the committee, but would like to offer your support in other ways, we would be delighted to hear from you. You can email the DSEP chair at: dsepchair@bps.org.uk.

I wish you well for a prosperous 2020!

Robert Morris

The BPS DSEP Conference 2019: A Rookie's Perspective

Last month marked my first BPS DSEP Annual Conference – and what an experience! After a rather bumpy journey to Solihull the day before (ten hours and three airports later...) I arrived at the venue, bright eyed

and bushy tailed with fellow students and staff from Glasgow Caledonian University (GCU). The conference, themed on 'new horizons in sport, physical activity and performance psychology' sought to offer an opportunity



2019 Conference

for practitioners to network, learn and discuss innovative ideas from both research and applied perspectives. I perceived it to do just that, across two action-packed days of keynote speakers, interactive workshops, panel discussions and presentations on a wide range of topics.

Day One

Day one opened with a warm welcome from the DSEP committee, before the first keynote was presented by Dr David Tod. His presentation titled 'Psychology without psychologists: the goal of professional training' highlighted the importance of managing our own egos in professional practice, and getting comfortable being uncomfortable when reflecting on our own behaviour. In this essence, the idea of questioning 'whose needs are being served?' appeared particularly powerful.

After a short break, colleagues and I delivered a symposium on our work at GCU (a shameless plug!) exploring the theme of person or performer. On a more serious note, for those considering presenting at this year's conference, do it. Presenting last year was a personal highlight and an experience I thoroughly enjoyed. Fellow delegates provided a supportive environment, characterised by high engagement and intriguing questions that will undoubtedly be of benefit.



After more interesting oral presentations, poster sessions, and lunch, I attended an interactive workshop by the SportWales team on creating thriving environments. The interactive workshops provided the opportunity for diverse groups from trainees to experienced practitioners, to discuss how they would go about 'growing culture'. The team then presented honest reflections on how they went about achieving this in practice, and the time and energy it required. To close the day, Professor Diane Crone delivered a final keynote, reiterating the power of physical activity and less conventional modes of consulting, for example the use of art.

2019 Conference *continued*

Day Two

After a great evening at the conference dinner it was time for day two. In the third keynote of the conference, alongside presenting information on challenging issues such as suicide in sport, Dr Allan Johnston posed an interesting question for the field – how do we as sport and exercise psychologists present ourselves? Across the conference, I perceived most individuals to be seeking to provide support to those operating in sport and exercise environments at a person and performer level, be that athletes, coaches or other practitioners. Dr Johnston's opening slides highlighted that this may not be what google (or the world) think!

A highlight from the conference was Dr Andrew Manley's workshop on the use of escape rooms to facilitate learning. Andrew enthusiastically delivered the 'escape room' he and his team developed, which brought research methods to life in a series of break-in challenges. A fun, different experience, the findings from their research also seem to suggest that these experiences facilitate real-world performance improvements (there's a paper coming!) Attending the workshop has sparked a range of conversations and personal reflections as to how we as psychologists, can make content come alive in both educational and applied environments.

The final keynote of the conference, was delivered by Dr Chris Harwood who shared critical reflections on operating in youth sport environments and our role as psychologists within them. The conference later concluded with an intriguing panel discussion on

practicing in disability and Paralympic sport. Dr Jamie Barker and the panellists interactions provided me with two key messages. First, it is always okay to ask the question and that it is always more productive than guessing or assuming. Second, a somewhat fitting message for a trainee, that it is okay to 'get it wrong' and that you probably will; the key is in being honest and authentic about such transgressions.



To conclude, Solihull provided a fantastic opportunity to meet new people, share knowledge, ask questions and consider new ideas across multiple areas. There were far too many amazing presentations to account for in a blogpost, but every presentation I attended, and I am sure those I didn't, offered a wealth of knowledge and insight for those attending. A special mention here to the DSEP Committee and conference volunteers who did an amazing job organising the conference and creating a warm, friendly and exciting atmosphere for all attendees. The next BPS DSEP Conference is in Liverpool this year, 30th November-1st December 2020. I'd definitely recommend it.

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Mini pods from the annual conference

Dr Stewart Cotterill is now spending a year as past chair and has some interesting observations on his time spent as chair. [Click here](#) to listen.

Dr David Tod is a recognised researcher and lecturer in sports psychology at Liverpool's John Moores University. David attends the DSEP annual conference on a yearly basis. [Take a quick listen](#) to hear about what he's up to and the benefits he gets from attending.

Dr Will McConn Palfreyman is a sports psychologist with Sport Scotland Institute of Sport.

He gave an interesting speech on British horseracing, how the horse is a mirror of the person riding it, which makes mental health and racing welfare inextricably linked.

[Click here](#) to listen to Dr Palfreyman.



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@BPS_DSEP & BPSOFFICIAL

Keep an eye on your twitter feed. Remember to retweet and respond to the great posts that are coming through on a regular basis.

Dr Emma Pattinson from Leeds university will be running an online seminar looking at LGBTQ inclusivity

issues in sport and exercise. Please submit your questions by February 8th to bps_dsep@hotmail.com. Or you can tweet, use instagram, facebook or direct message Emily to join the conversation.

Member Journey Questionnaire

Are you a current or retired BPS member? If you have a spare 10 minutes, please help us by filling out our member questionnaire telling us about your experience in the BPS. The survey is open until Tuesday 28th January.

We would love you to use this as an open opportunity to tell us what you think we do well, and what we don't do so well. We really value your opinion - so head to, <https://lnkd.in/duSq53K> and tell us what you think.

BPS Conference 2020

Psychology of the future: Changing Landscapes is the theme of this year's annual conference in Leeds. Submissions are now open. The closing date to submit papers for your chance to present at Conference 2020 is January 25th 2020. Click here for the link: www.bps.org.uk/events/bps-conference-2020

The poster features a yellow background with a black and white dot-matrix graphic of a person's profile on the right side. The text is arranged as follows:

 the british psychological society
promoting excellence in psychology

PSYCHOLOGY OF THE FUTURE: CHANGING LANDSCAPES

ROYAL ARMOURIES, LEEDS / 30 JUNE – 1 JULY

Submit online by 25 February 2020 about:

- FUTURE GENERATIONS
- WORKFORCE OF THE FUTURE
- FUTURE RESEARCH

WWW.BPS.ORG.UK/BPS2020

CONFERENCE 2020

Eulogy for Professor Hannah Steinberg

Professor Steinberg was a scientist of great and pioneering distinction.

She was instrumental in laying the foundations of modern psychopharmacology and championed many studies of psychoactive drugs acting on mind and behaviour.

In 1970 Hannah became Professor of Psychopharmacology at University College, London, probably the first professorial title in the subject awarded in the world.

In 1978 she was the only woman, as well as the only foreign scientist out of four, elected to the new status of distinguished affiliate of 'The American Psychological Association', Division of Psychopharmacology. In 1974 she was a founder member of the first council in 'The British Association of Pharmacology and honorary member in 1997.

In recent years research into endorphins took the professor's interest and she embarked on a programme of mapping the various conditions in which these mood benefits could be maximised in children, adults and older adults.

Professor Steinberg helped to set up The BPS Sport and Exercise Section, organising six highly successful conferences, each of which resulted in a publication of 'The Society'. These publications were well received and were instrumental in securing the status of a Division within BPS, which is now growing fast.

Despite a modest start, sport and exercise psychology has become a highly popular area with growing areas of innovation. There are now career structures leading to Chartered Sport and Exercise Psychologists.

Our professionals now influence sport at all levels of participation; individual, team, club, national, international and of course at the highest point of sports podium – the Olympics.

The eulogy has been written by Dr Barry Cripps who worked closely with Professor Steinberg. Their relationship stems back to the nineties when Dr Cripps and Professor Steinberg launched the sports and exercise section, which later become The BPS Division of Sport and Exercise with a full and active membership.

The Division of Sport and Exercise will be celebrating their 30 year anniversary in 2020.