

# ENYSSP

European Network of Young Specialists in Sport Psychology



## IV WORKSHOP ENYSSP - BARCELONA

November 13-14<sup>th</sup> 2008

Catalan School of Sport  
Esplugues de Llobregat - Barcelona (Spain)

1<sup>st</sup>

**Announcement**



Workshops of ENYSSP (*European Network of Young Specialist in Sport Psychology*) are a great opportunity to share experiences and resources with young (in age or spirit) sport psychologists around Europe and other places of the world.

Until now, we have celebrated Workshops in Amsterdam (Holland), Ghent (Belgium) and Lisbon (Portugal). The **IV Workshop** will take place in Barcelona, with singular characteristics in order to get the maximum interaction and participation of all participants:



- Daily *Briefings* and *Debriefings* to share all learned and to discuss together aspects worked.
- 1 *Keynote*.
- 9 *Applied Workshops* where speakers will explain how they work in different areas.
- *Web Page Show Sharing*, a space where participants can introduce and comment to others their preferred web pages, related to Sport Psychology.
- *Posters* presentation by the authors.
- Warm up & Sport Activities.
- "*Spanish siesta*", a chill out space where to practice biofeedback techniques in a relaxed environment after lunch.
- Dinners and night activities to know and "play" the city.



The ENYSSP Workshop will be followed by the **XXI ACPE CONFERENCE** that will take place on the 14th of November in the afternoon and the 15th of November. ACPE (**Association of Catalan Sport Psychology**) is one of the oldest and largest sport psychology associations in Europe, created in 1983. For all interested to assist, there will be a special discount in case of inscription to both acts. ACPE also will provide a simultaneous translation service for all who don't speak Catalan or Spanish.



## IV ENYSSP WORKSHOP PROGRAMME

### 13<sup>TH</sup> November

ICE BREAK + BRIEFING	Caroline Jannes (Belgium) Xavier Sanchez (Spain - UK) Miquel Torregrosa (Spain)
KEYNOTE Applied sport psychology with football referees	Mattia Piffaretti (Switzerland)
PRESENTATION: Web Page Show Sharing / Posters	Olesya Leshchuk & Lara Lima (Russia, Portugal)
SPANISH "SIESTA" (with practice of biofeedback)	Oriol Mercadé (Spain)
WORKSHOP 1 The use of biofeedback in sport	Lina Vaisetaite (Lituany)
WORKSHOP 2 Prevention and education in values	Lina Abellanas & Pere Alastrué (Spain)
WORKSHOP 3 Getting my first peer-reviewed publication or the art of becoming an expert in (RE) submitting work!	Xavier Sanchez (Spain - UK)
WORKSHOP 4 One way to develop idiosyncratic imagery scripts	Fredrik Weibull (Sweden)
WORKSHOP 5 12 years of private sport psychology consultancy in individual / team sports	Mattia Piffaretti (Switzerland)
WORKSHOP 6 How to survive until the end of a PhD: Messages to take home	Catarina Sousa (Portugal –Spain)
DEBRIEFING	Xavier Sanchez (Spain-UK) Miquel Torregrosa (Spain)



### 14<sup>th</sup> November

Activation & Sport Activities (Football, korfbal, thai-chi, etc.) Web Page Show-Sharing / Posters	
WORKSHOP 7 Sport & hypnosis: Learning to use dissociation in sport.	Fabrize de Zanet (Belgium)
WORKSHOP 8 Performance in automotive field: The interactions of the driver, the vehicle and the environment	Eva Garcia (Spain)
WORKSHOP 9 Mental training in elite sport schools	Jeroen Megank (Belgium)
SYMPOSIUM How to work the fear to fail	Lina Vaisetaite (Lituany) Fredrik Weibull (Sweden) Fabrize de Zanet (Belgium) Jeroen Megank (Belgium)
DEBRIEFING / CLOSING CEREMONY	Caroline Jannes (Belgium) Xavier Sanchez (Spain - UK) Miquel Torregrosa (Spain)
Introducing ACPE Conference	Catarina Sousa (Spain-Portugal)
Visit to CEARE (High Sport Performance Study Centre) and Athlete's Residence	Beatriz Galilea & Eva Molleja (Spain)

#### IV Workshop ENYSSP & XXI ACPE Conference

COORDINATORS:

**Catarina Sousa**  
**Joan Vives Ribó**



#### PLACE:

**Catalan School of Sport**  
Esplugues de Llobregat  
Barcelona - Spain

# XXI ACPE CONFERENCE PROGRAMME

## 14<sup>th</sup> November

Opening ceremony	Jaume Martí (ACPE President)
KEYNOTE Sport management today	Manel Ibern (Spain)
Presentation ENYSSP / FEPSAC	Caroline Jannes / Xavier Sánchez (Belgium, Spain - UK)
PONENCE: Endurance personality in competition sports	José Carlos Jaenes (Spain)
WORKSHOP: Sport psychology applied to adapted table tennis (with demonstration)	Enric Manzano (Spain)



## 15<sup>th</sup> November

WORKSHOP: Leadership and teamwork. Company & sport (with demonstration)	Montserrat Ferraro (Spain)
PONENCE: Psychological requirements of the sport: Overtraining and coping strategies	Sara Márquez (Spain)
PONENCE: Sport psychology applied to sport dance	Eva Garcia (Spain)
WORKSHOP: Motor control and decisions taking in sport	J. M. Tous & R. Muiños (Spain)
WORKSHOP Relaxation (practical)	Montserrat Ferraro & Eva Parrado (Spain)
PONENCE: Design and development of programs of psychological & sport intervention in contexts of health	Enrique Garcés (Spain)
PONENCE: Risk in mountain sports	Ander Chamarro (Spain)
Closing ceremony	



### SOCIAL PROGRAMME

#### 12<sup>TH</sup> November

“Unofficial” Dinner at Old Town Square in Barcelona  
(For people who arrive on Wednesday)  
Walking, Talking, “Taking”, Dancing...

#### 13<sup>th</sup> November

ENYSSP Dinner in Gracia Square (Catalan Typical Dinner)  
Walking, Talking, “Taking”, Dancing...

#### 14<sup>th</sup> November

XXV ACPE Anniversary Dinner

### TOURISM LINKS

Tourism guide:  
<http://www.barcelona-tourist-guide.com/>

Youth Hostels:  
<http://www.equity-point.com/>

## GUIDELINES FOR POSTER SUBMISSIONS

- Poster submissions must be in English.
- The size of the Poster board is 100-120 cm high for 80-90 cm wide.
- The length of each abstract cannot be more than 800 words and less than 500 words.
- All abstracts must be submitted in MS Word format, Arial 12pt, single spacing, justified.
- The abstracts must include the follow information:
  - Title; Authors last name, first name (initial), indicating the presenting author; authors Institution / profession, department, city and country; author contact (web, email...)
  - Introduction, Methods, Results, Conclusion / Discussion, References (for research works) and/or Proceedings / Experiences / Reflections (for applied works)
  - References should be prepared using the Publication Manual of the American Psychological Association (5<sup>th</sup> Ed)

### Important dates to remember:

- Abstract submission beginning on 7<sup>th</sup> July, 2008
- 5<sup>th</sup> October 2008 – deadline for abstract submission
- 16<sup>th</sup> October 2008 – notification to authors
- 31<sup>st</sup> October 2008 – deadline for authors registration

## GUIDELINES FOR REGISTRATION

- Send a mail with the subject: "YOUR NAME + IV WORKSHOP REGISTRATION"
- Include the next information in your mail:
  - Full name, City – Country, E-mail & Mobile contact
  - Acts where register and type of quote (see below)
  - Poster presenter and title (if you present one)
- Attach a document to justify the type of quote (ENYSSP membership receipt, Student card, etc.).
- Attach the bank transfer justification of correspondent quote payment.
- The payment must do by bank transference to this account of ACPE (Associacio Catalana de Psicologia de l'Esport):
  - BIC / SWIFT CODE: CAIXESBBXXX
  - IBAN ES78 2100 1047 9102 0012 7472

## GUIDELINES FOR WEB PAGE SHOW SHARING CONTRIBUTION

- In the same registration mail, attach a Word document including a list of Web Pages that you want to share.
- For every Web Page you must detail: URL, name of the page, field (applied, research, education / revues, articles / topics, etc.) and a short justification for the election.
- Recommended Web Pages will be linked in Explorer Favourites, in a computer able to be used for everybody.
- You can present to others your recommended Web Pages, during WPSS sessions.

QUOTES (until 31 <sup>st</sup> October)	Workshop ENYSSP	ACPE Conference	BOTH
ACPE & ENYSSP Members	40	30	60
Students COPC & EAE Members	60	40	90
Others	75	50	115

**ATTENTION!**  
From 1<sup>st</sup> November  
quotes will be  
increased in **20 €**.

## INSCRIPTIONS, INFORMATION & POSTER SUBMISSION

European Network of Young Specialists in Sport Psychology

Web: <http://www.enyssp.org>

Workshop Forum: <http://www.enyssp.org/phpbb3>

E-mail: [enyssp.workshop@gmail.com](mailto:enyssp.workshop@gmail.com) (Catarina Sousa)

