

Info

Finnish Association of Sport Psychology (SUPY), University of Jyväskylä and Mental Training committee of Finnish Psychological Association (Psyli) are cooperatively organising an international mental training seminar this autumn with the theme:

Athlete Wellbeing Seminar

- Body Image and Health
- Eating disorders
- Career Transitions
- Stress and Recovery

When: 19.-20.11.2018

Where: University of Jyväskylä, Building C

Registration at <https://tinyurl.com/ycsp75lh>

	Early bird registration fee before 15.9		Normal fee from 15.9 onwards	
	Non members	SUPY & Psyli members	Non members	SUPY & Psyli members
1 day*	70 €	50 €	80 €	60 €
2 days**	120 €	80 €	135 €	95 €

*Fee includes 1 day of seminar presentations and coffee/tea or lunch depending on the chosen day

**Fee includes 2 days of seminar presentations and coffee/tea and lunch

Accommodation: Offer from Hotel ALBA

- 90€ / night, single economy
- 96€ / night, single standard
- 117€/ night, single twin standard

You can use the campaign code "SUPY" at:

<https://www.hotellialba.fi/en/>

Contact

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Schedule

MONDAY 19.11

- 12.00 Welcome and Opening
- 12.15 Justine Reel (University of North Carolina Wilmington, USA) - **“What do weight pressures and body image have to do with athletic performance? Sport psychology implications and recommendations for action”**
- 13.00 Tracey Devonport (University of Wolverhampton, UK) - **“Emotional eating: What we know, what we need to know?”**
- 13.45 – 14.15 Coffee break
- 14.15 Satu Kaski (Certified Sport Psychologist, Psychotherapist, Clear Mind Oy, Finland) - **“Terapeuttinen tuki syömisongelmista kärsivällä urheilijalla”**
- 15.00 Jouki Tikkanen (Rhythmic Gymnast, Finnish National Team) **“Athlete’s perspective”** (in Finnish)
- 15.45 Discussion and Closing

TUESDAY 20.11

- 10.00 Opening
- 10.15 Natalia Stambulova (Halmstad University, Sweden) - **“Athlete career and well-being”**
- 11.00 Claudio Robazza (University of Chieti, Italy) - **“Recovery-stress balance and psychobiosocial states”**
- 11.45 Lunch
- 14.00 Heikki Kyröläinen (University of Jyväskylä, Finland) - **“Active vs. passive recovery: A physiological approach”**
- 14.45 Hannaleena Ronkainen (Certified Sport Psychologist, Olympic Committee, Finland) - **“Menestyvän joukkueen rakentaminen – keskiössä vuorovaikutus ja rohkeus”** (in Finnish)
- 15.15 Olli Ohtonen (Team Finland Cross-country coach) - **“Tie olympiavoittoon valmentajan näkökulmasta”** (in Finnish)
- 15.45 Discussion and Closing Remarks