



**THE
NEXT
DANCE**

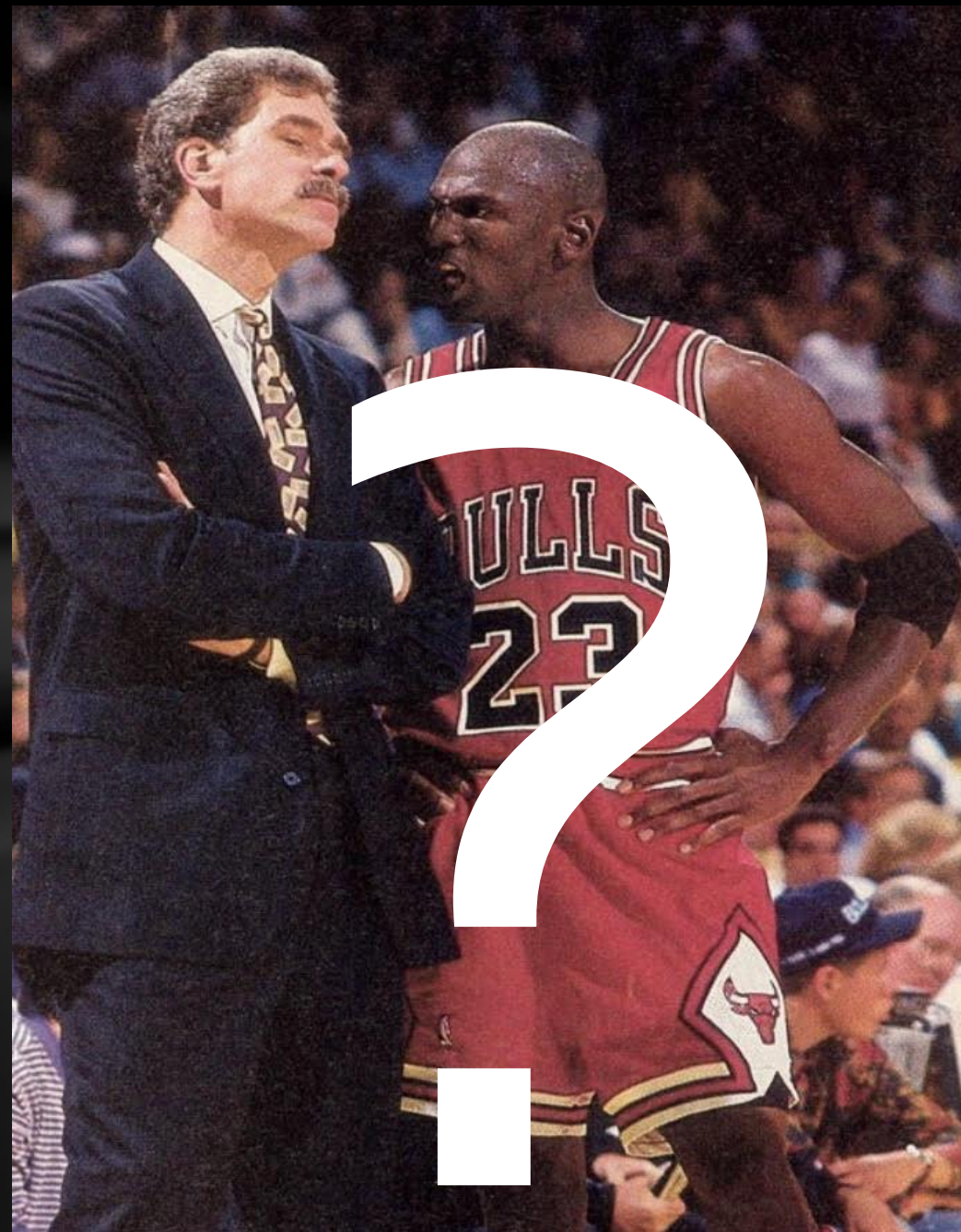
***PSYCHO-SOCIAL
ASPECTS OF
A RETURN
TO PLAY***



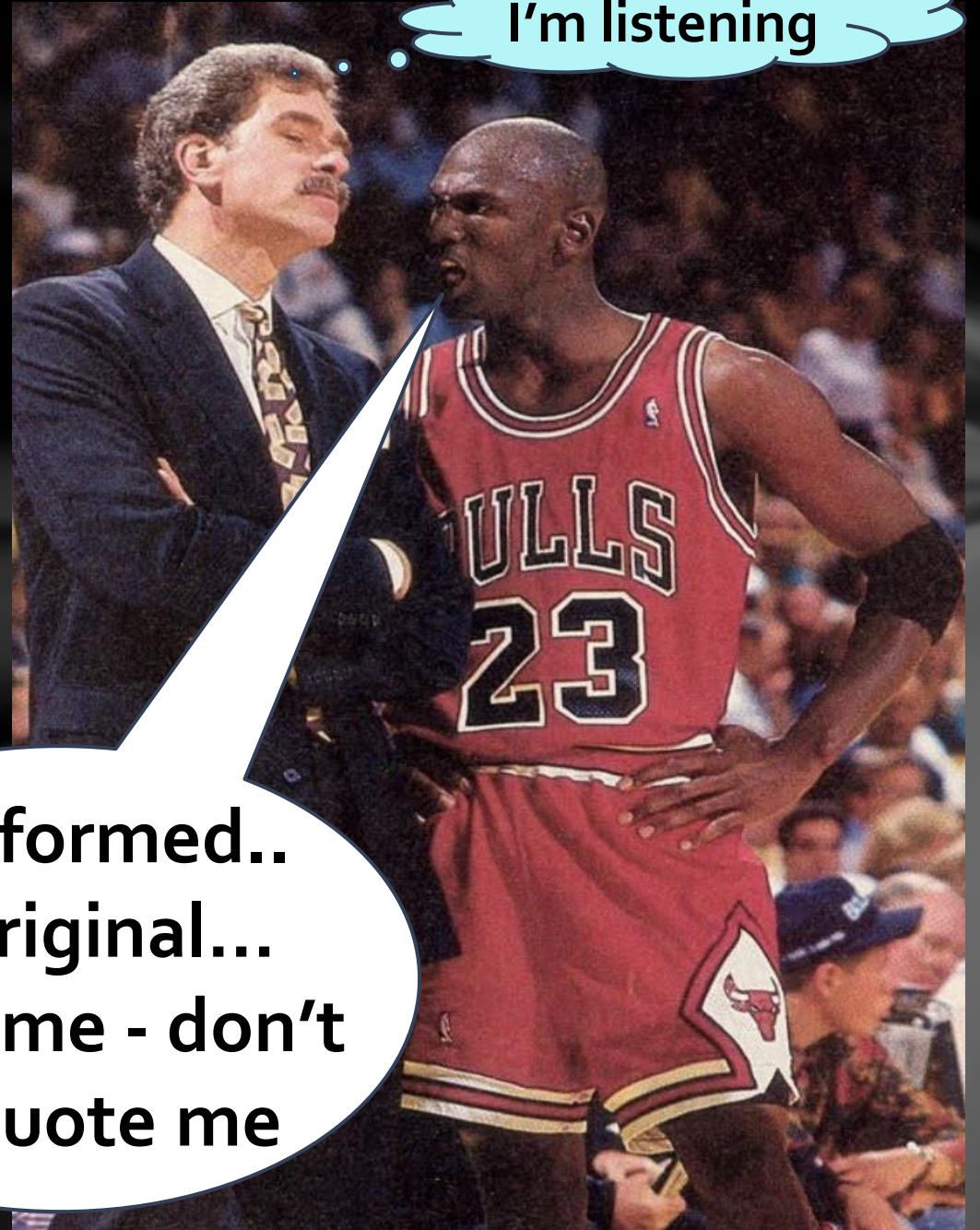
Dr. Ciarán J. Kearney, BSc. MSc. MBPsS, Ph.D, QSEP

**"THERE IS NO 'I' IN TEAM
BUT THERE IS IN WIN."**

-MICHAEL JORDAN



**"THERE IS NO 'I' IN TEAM
THERE IS IN WINNING"
-MICHAEL JORDAN**



I'm listening

**Be informed..
Be original...
Coach me - don't
misquote me**

"THERE IS NO 'I' IN TEAM



**Thought
experiment...**

“There’s no I in TEAM...”

TEAM

"THERE IS NO 'I' IN TEAM



**Thought
experiment...**

"There's no I in TEAM..."

TEAM

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**Thought
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Thought
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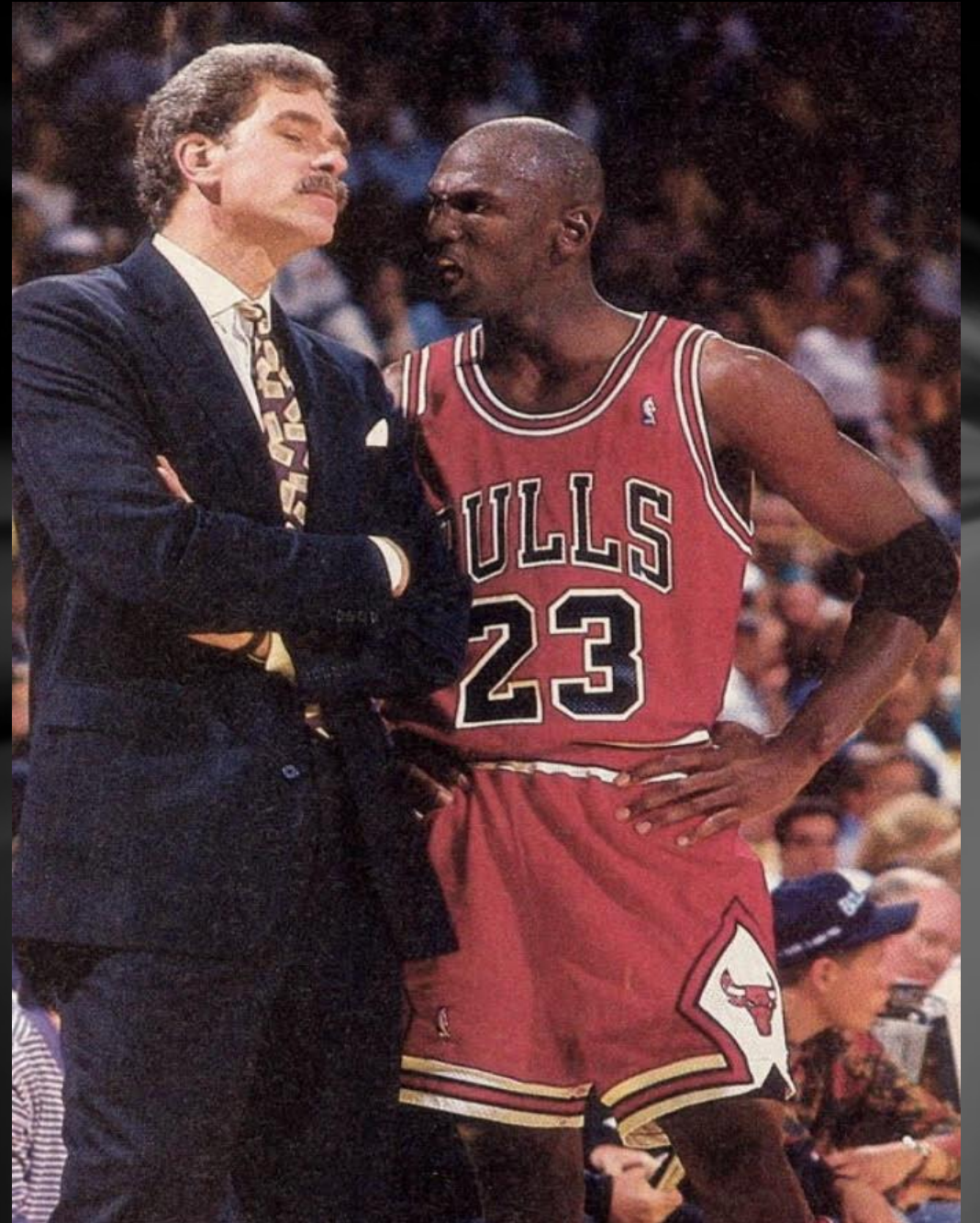


i can hide in TEAM

DO WE COACH THE GAME
AND COACH THE PLAYER...?

OR

DO WE COACH THE PLAYER
THEN COACH THE GAME?



FIRST ...

.... Know Your Strengths..

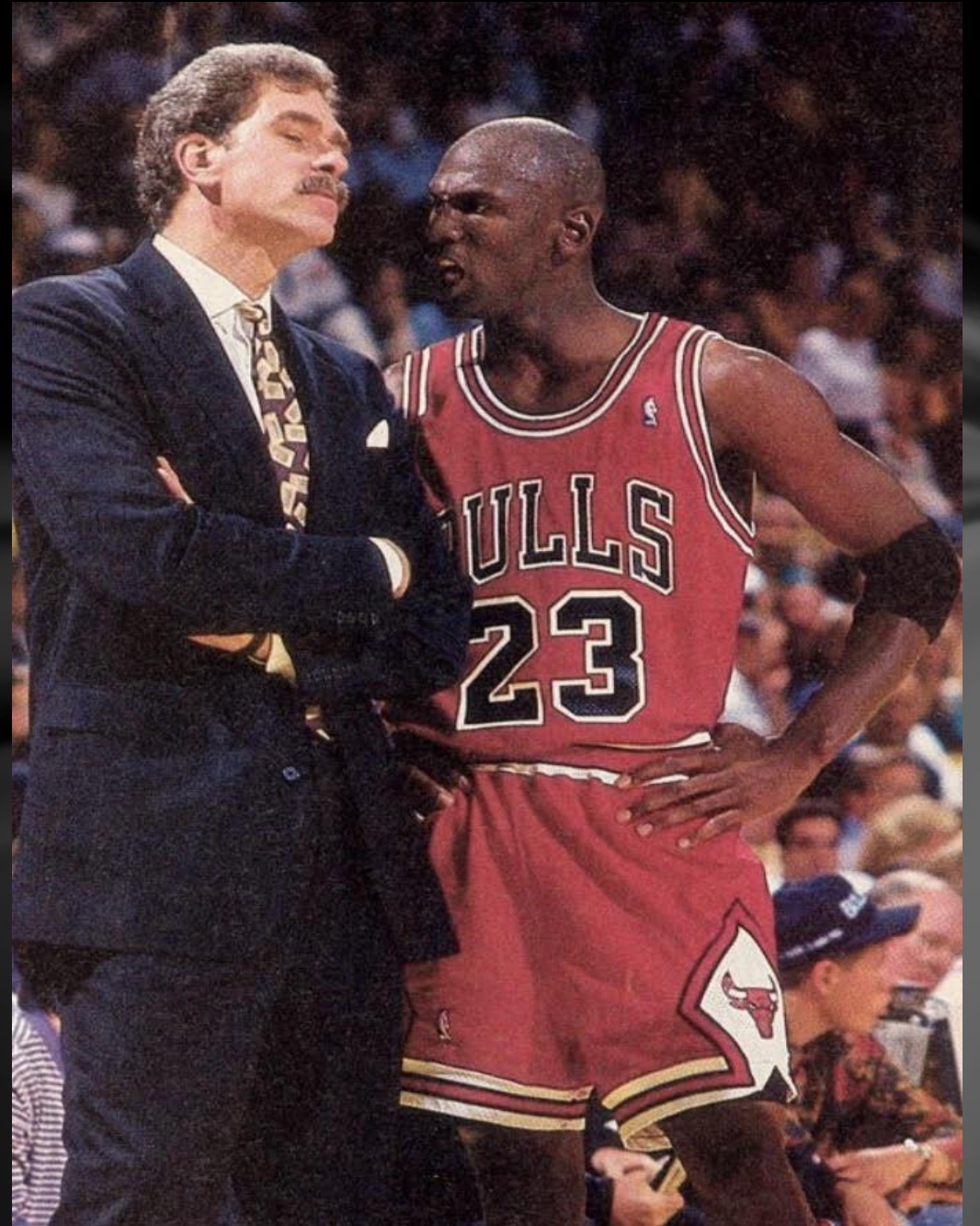
....Your Purpose & Values..

THEN

.... Reach The Person..

.... Build A Connection...

When you've found the 'I' in
Team... You're able to Coach





THE
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PART 1



What do we mean by psycho-social ?

“For most sportspeople, sport psychology is any mental activity that relates to performance and performance enhancement.”

Kremer, Moran & Kearney (2019)

PURE SPORT – Sport Psychology in Action



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THE IRISH NEWS

12 February, 2020

BUSINESS LIFE MAGAZINE ARTS NOTICES PUZZLES

er Boxing Rugby Golf Rio Olympics Athletics Racing Other Sports

However, I do feel there is a place for psychologists within GAA teams. There is a huge gap between a player's assumptions and what their manager's actual thinking is. Listening to someone who's withdrawn from the

I do feel there is a place for psychologists within GAA teams. There is a huge gap between a player's assumptions and their manager's actual thinking is. Listening to someone who's withdrawn from the inner circle of a managerial team can allow you to see things from different perspective

anxiety by focusing on my performances rather than the result are all aspects I my career as a result of my mentors inputs.

Aaron Kernan

Former Armagh player

Independent.ie

News Opinion Business Sport Life Style Entertainment Travel

Hurling Ladies Football Camogie The Throw In U-20 Gaelic Football U-20 Hurling

Sports psychology saved my

Dublin career - McManamon



Applying psychology in sport

It's NOT counselling -

but it may entail counselling or therapeutic skills.

It's NOT motivational speaking –

but includes exploring, explaining & enhancing individual & team motivation.

It's NOT gimics / stunts

It's NOT apart from coaching – it's **A Part of it.**

not an afterthought for injured players. Or a fixer for breakdowns

How can psychology help in sport?



Research & practice relate to:
motivation; competitive anxiety; individual differences; motor skills & motor learning; aggression; psychological skills training; social cognition; team dynamics; leadership & resilience *(Lavalley et al, 2012)*

Putting the *Social*

in psycho-*social*

Theory-free
science is like a
'glass-free' drink



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Psycho-social

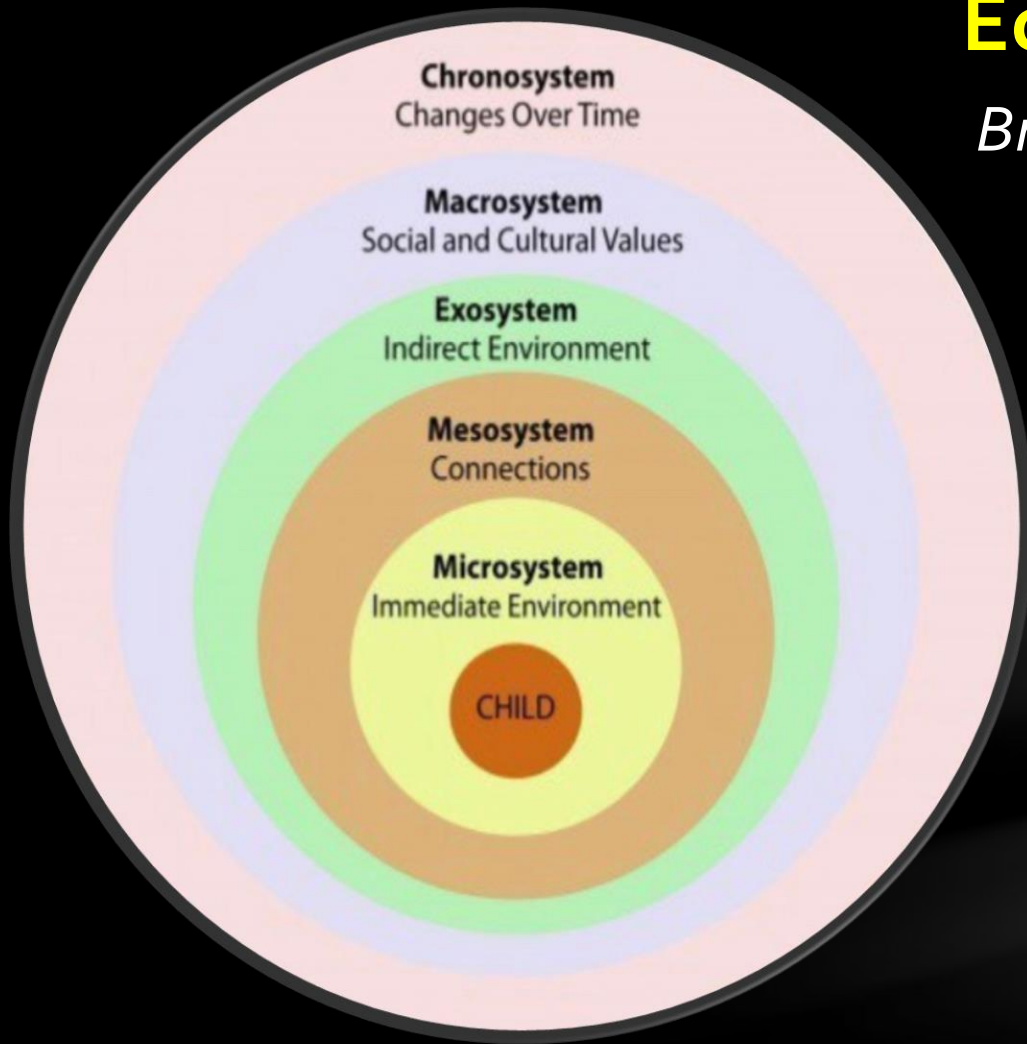
refers to the intersection & interaction between social, cultural, and environmental influences on the mind and behaviour

(Source : American Psychological Association)



"What about a Bronfenbrenner?"

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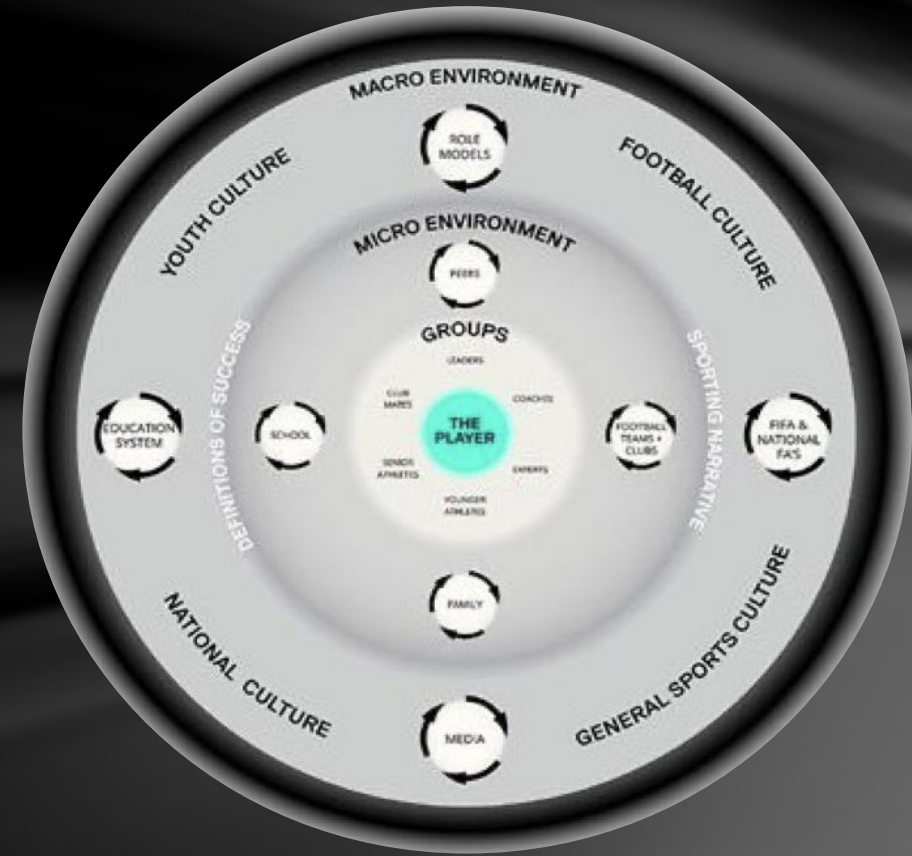
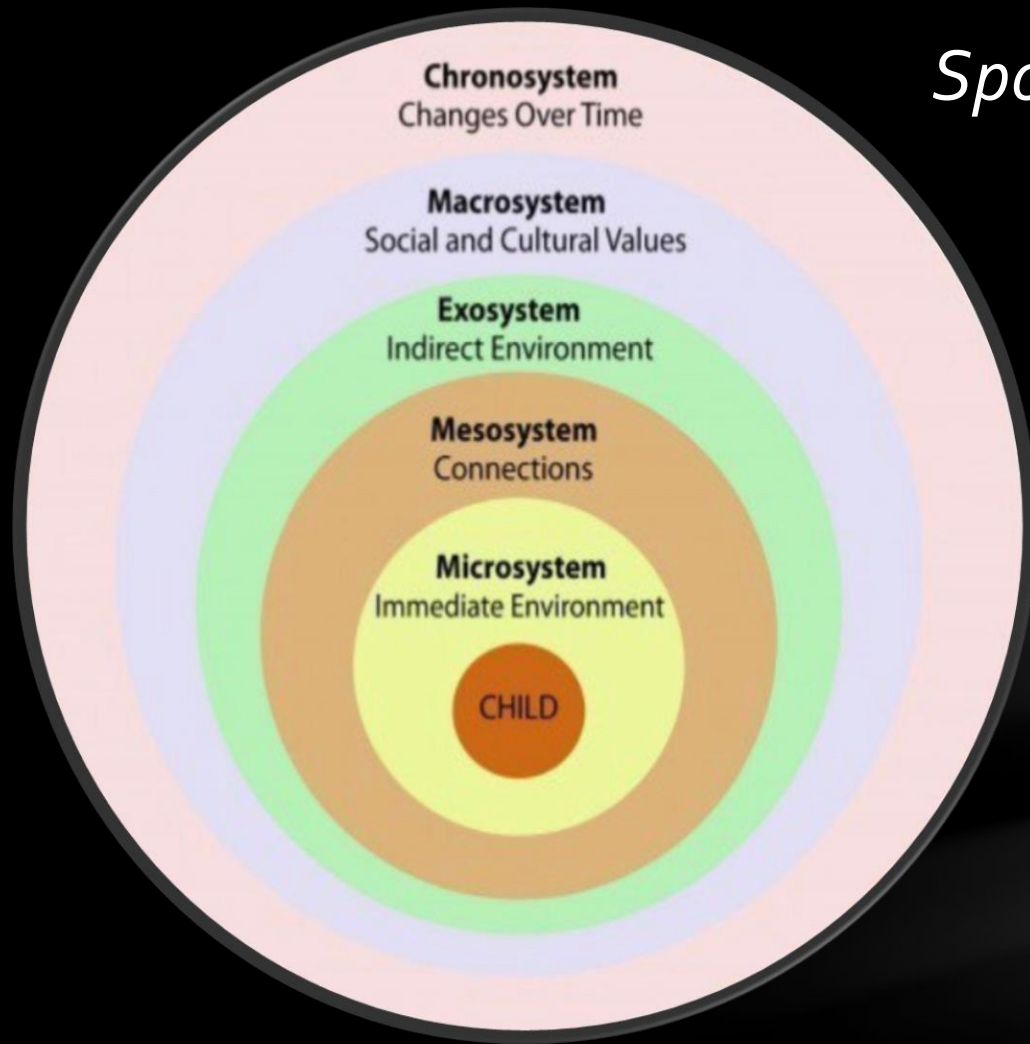


Ecological Systems Theory

Bronfenbrenner, 1979

- Human development happens in a complex dynamic ecological system
- Factors within the 'ecosystem' may coexist, coincide & contradict each other
- These interacting to enable or inhibit development of a person.

*From theory to practice....
Spot the Difference ?*



Henriksen et al 2010; Larsen, 2013.

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5 x S - An ecosystem of gaelic games

(C.J.Kearney, 2020)

5 x S



Self – a person who coaches, plays, officiates, takes part in our games

5 x S - An ecosystem of gaelic games

(C.J.Kearney, 2020)

5 x S



Social – multiple individuals & component parts of team

Self – a person who coaches, plays, officiates, takes part in our games

C.J. Kearney
2020

5 x S - An ecosystem of gaelic games

(C.J.Kearney, 2020)

Situational – opposition; venue;
NGB's rules, policies, culture

Social – multiple individuals &
component parts of team

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5 x S



5 x S - An ecosystem of gaelic games

(C.J.Kearney, 2020)

Societal – economic, cultural, legal, civic & governmental factors

Situational – opposition; venue; NGB's rules, policies, culture

Social – multiple individuals & component parts of team

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5 x S



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Seasonal – changes over time

Societal – economic, cultural, legal, civic & governmental factors

Situational – opposition; venue; NGB's rules, policies, culture

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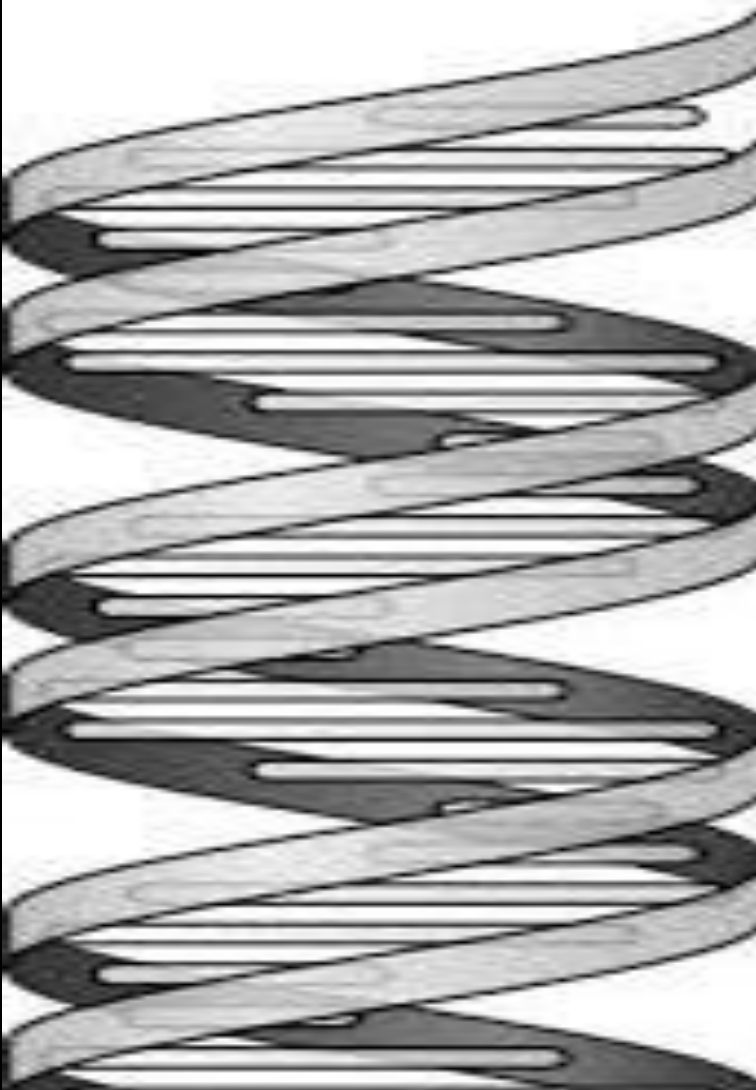
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(C.J.Kearney, 2020)

2019



2020





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PART 2



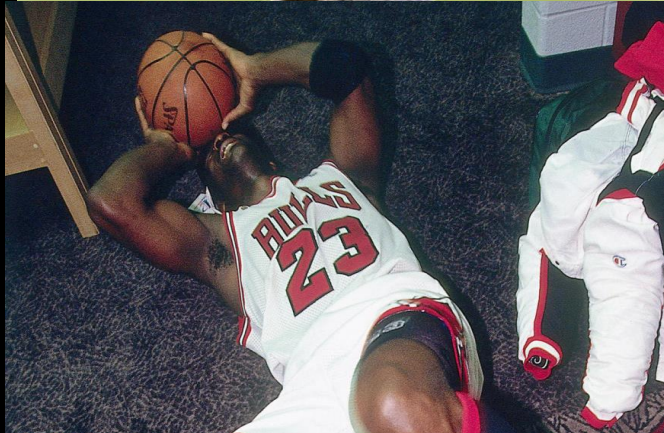
How can this help us make sense of events ?



Michael Jordan said the last conversation he had with his father was about baseball and following in his father's footsteps. About NBA finals he said:

"I had a lot of other things on my mind" – Michael Jordan, The Last Dance

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“...we had to come back to Chicago to finish off the Sonics in ..sixth game. It was done on Father’s day. We had our morning shoot-out at the Berto Centre.

I told the players to participate in Fathers Day – enjoy their kids and honour their fathers, but to remember that we want to win the series that night”

– Phil Jackson, Sacred Hoops, p221

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Changing context – perceived risk & uncertainty

*"In Ireland in the last 14 days **over a third of new confirmed cases are young people under the age of 35.**"*

This is not solely a disease that affects older people. No one is immune, everyone is responsible for limiting the spread of Covid-19",

Dr Tony Holohan, CMO, 22 June 2020



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“Unfortunately the virus is still present ...I am extremely sorry for each individual case of infection. I hope that it wil not complicate anyone’s health.” - Novac Djockovic

Jürgen Klopp: 'I've been worried about people dying - not the title'

The Observer, 22 June 2020

Liverpool manager says response to the coronavirus pandemic in England and Germany 'came from two different planets'



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Seasonal - Societal – Situational – Social – Self - “a window of opportunity”



“We are still in the midst of a national public health emergency and our citizens are at no less risk of severe illness and death if they contract Covid-19 infection now than they were back in March.”

Prof. Paddy Mallon, Infectious Diseases consultant at St Vincents & UCD, 24 June 2020

Act like you have it (40-45 % of people are asymptomatic)

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Normal response to an *abnormal* situation

- **33% of respondents** in north of Ireland reported symptoms indicative of generalised anxiety disorder (QUB , June 2020)
- **39% of people** married / civil partnership report high levels of anxiety compared with 19% pre-pandemic (ONS, June 2020)
- **17% of players** don't want to play 2020 (GPA, June 2020)

“This is the wicked nature of a pandemic. It creates intense anxiety but the measures that we need to control the pandemic, which centre on suppression our ability to social interact, make it more difficult to manage that anxiety.”

- Prof. Simon Wessely, KCL, 21 June 2020

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Setbacks & Losses - Accepting & Adjusting



Zoom Vs Changing room (& classroom) – differences in quality / nature of contact
People (players and coaches) may have changed **life priorities** in this period.

Perspectives may have shifted about sport
Individuals may have learned **lessons from lockdown**. Some may have taken gains.



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PART 3



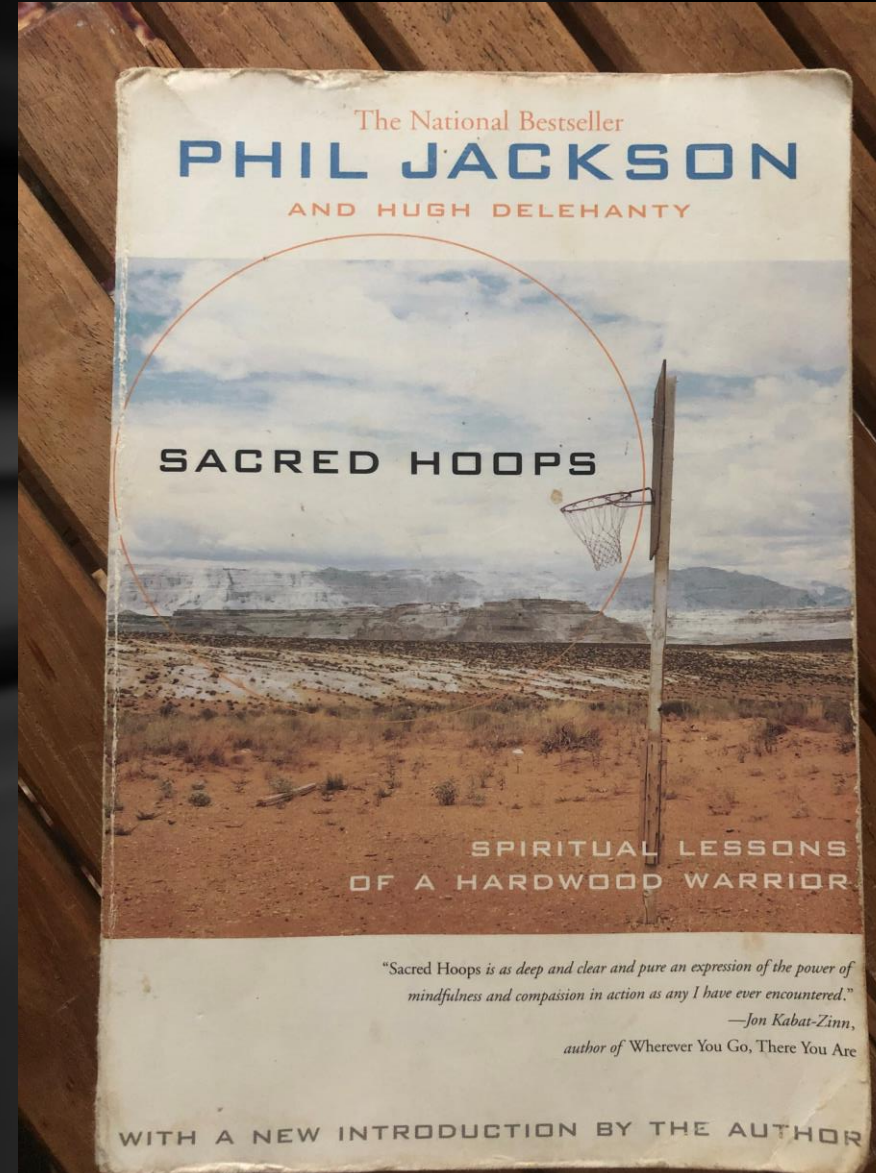
How can it help us prepare for what's next?



“The Last Dance” - his last year as head coach of Chicago Bulls

“I learned to *trust the moment* – to immerse myself in action as mindfully as possible so that I could react to whatever was taking place.”

– Phil Jackson,
Sacred Hoops, p.51



'RETURN TO PLAY' - A TRANSITION

PHASES	PRE-IMPACT ANTICIPATION PHASE	IMPACT INITIAL IMPACT PHASE	RESPONSE CORE PHASE	END PHASE POST RESPONSE	LONG TERM RETURN TO NORMAL
ISSUES	Anticipatory anxiety	Heroic stage 'honeymoon'	Disillusionment stage	Restorative stage	Aftermath
NEEDS	Organising Acknowledging Expressing	Adapting Stress Coping & Psych First Aid	Accommodating Losses & Setbacks	Accessing Affirming Reconnecting	
PSYCH SUPPORT ROLE	Promotive	Preventive	Sustaining	Restorative	

Leach (1994); Tehrani (2004, 2010); Math et al. (2006); BPS(2018); Highfield (2020). Adapted from EIS, June 2020

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Accessing

Provide an OPT-IN – don't force Opt-Out
Clarify expectations and roles in context

Affirming

Self-care, safety and support as a priority
Be open to different and contrasting views
Be clear on behaviour
Readiness to Return will be non-linear

Reconnecting

Feedback & listening
Regular debrief
Family / social support

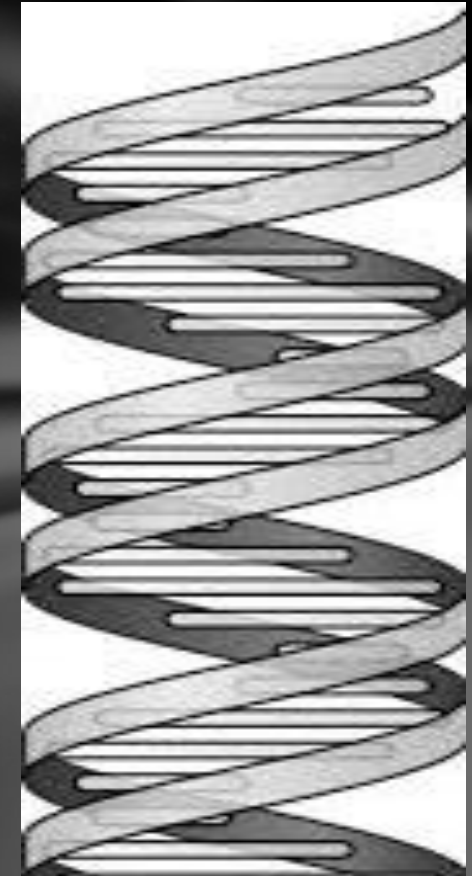
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5 x S - An ecosystem of gaelic games

(C.J.Kearney, 2020)

What's controllable

What can you influence?

What's uncontrollable?



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Helpful and harmful experience are happening at once

'Agathakakological'

- Both good & bad at one time

Managing specific Risk different from navigating Uncertainty

In teams, a shared mental model & social identity can help
A compass amidst the chaos

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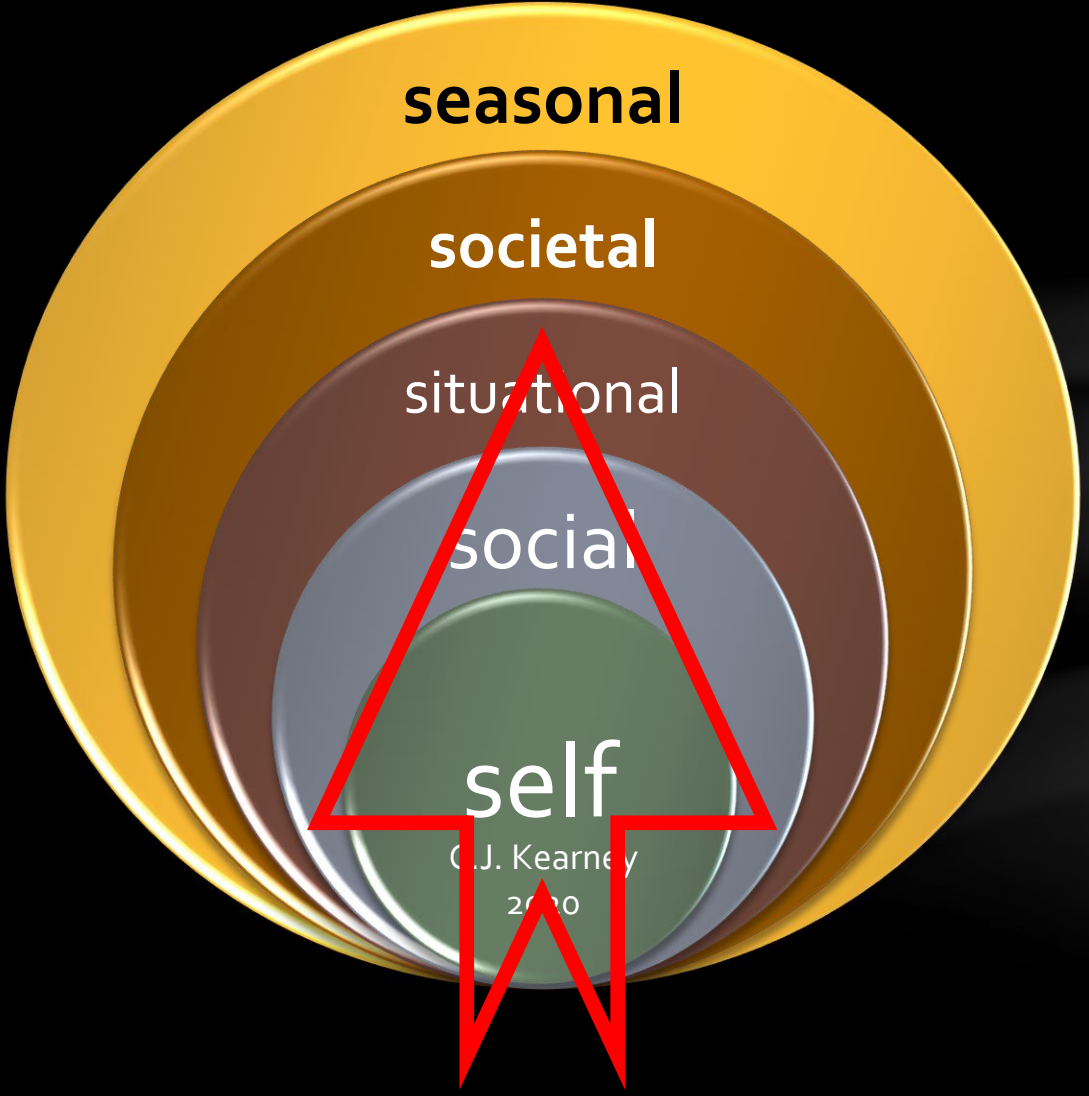
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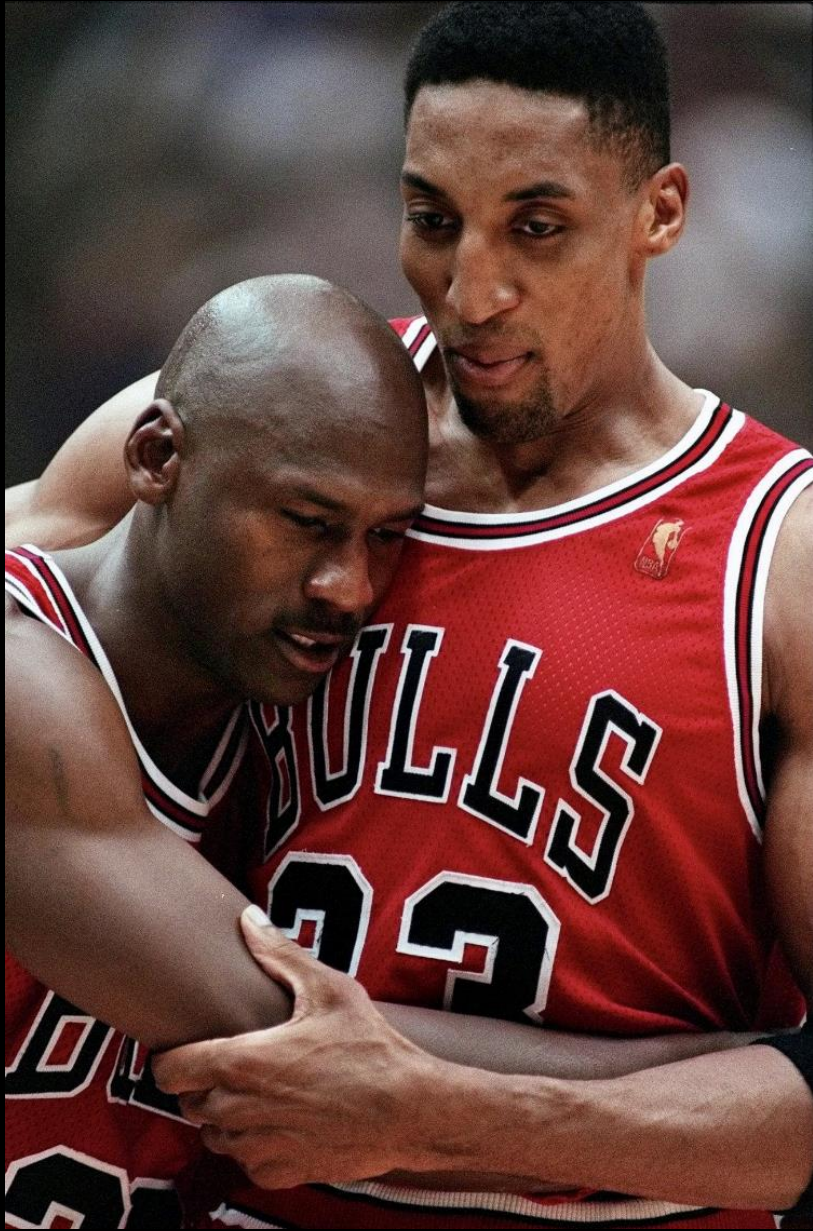
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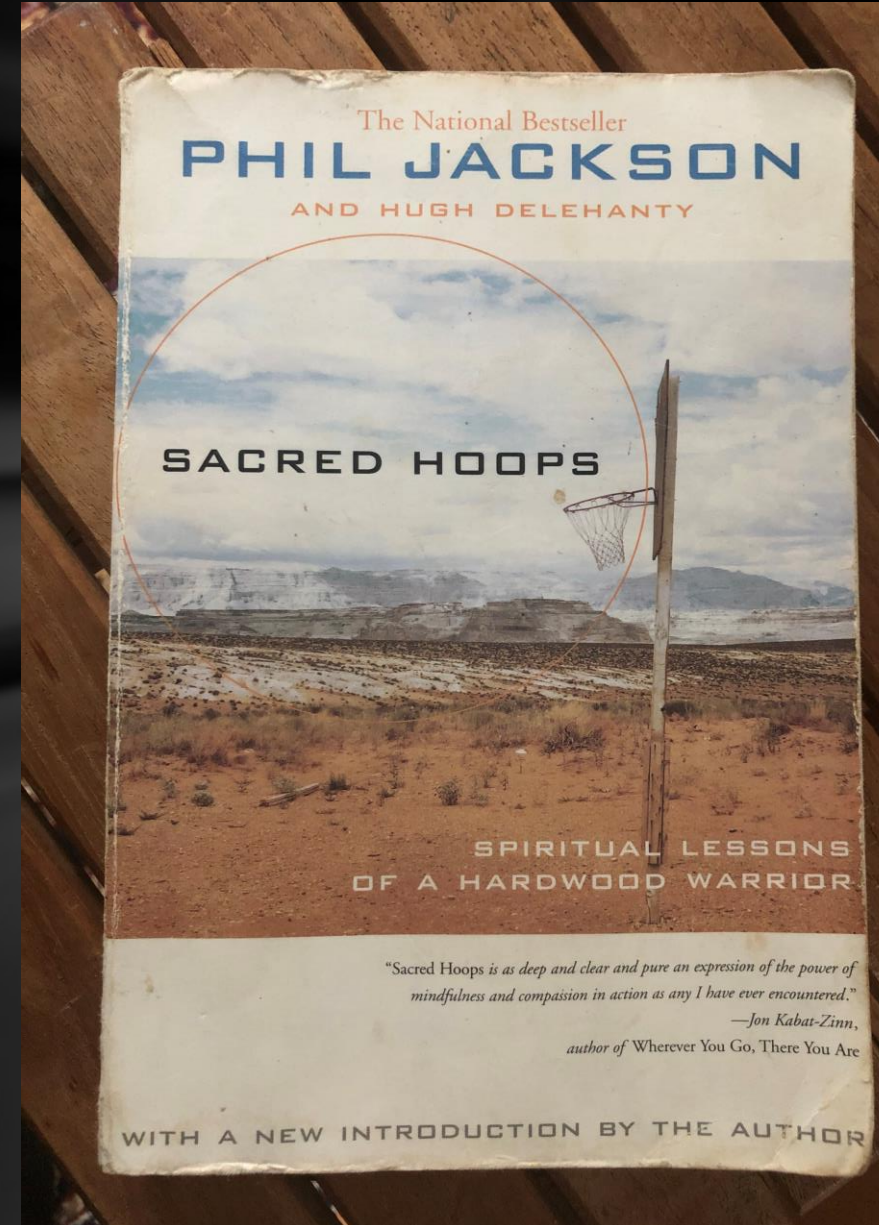
Teams need a shared mental model & social identity to grow

A compass amidst the chaos



“A good team becomes a great team when the players trust each other enough to surrender the **me for the we.**”

– Phil Jackson





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*Go raibh
maith
agaibh*



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