



Helping athletes achieve better mental health and improved performance

Second National Conference: The Mental Health of Athletes

Thursday 18 October 2018

Venue: Leeds United Football Club, Elland Road

Keynote Feature: Olympic Gold Medalist, Etienne Stott MBE interviewed by Professor Steve Peters (Chimp Management Ltd)

Olympic gold medal winning canoeist, Etienne Stott, is one of many elite athletes who credits Professor Peters with giving him the psychological tools to achieve at the highest level. In discussion with Professor Peters, Etienne will describe the mental skills and techniques that he developed and that helped him to finally ascend the top step of the podium in London 2012.

About our keynote athlete:

Etienne Stott won the Gold Medal at the London 2012 Olympics in the sport of canoe slalom, with his crew-mate Tim Baillie. On the 2nd of August, 2012, in front of a huge crowd, Etienne and Tim delivered a time of 106.41 seconds in their first Olympic final, a time that was never beaten.

About our keynote presenter:

Professor Steve Peters: MBBS, MRCPsych, BA, PGCE, MEd (medical), Dip. Sports Med, Consultant Psychiatrist; Senior Clinical Lecturer, Sheffield Medical School; Chief Executive Officer of Chimp Management Ltd; works in elite sport with Sky ProCycling and GB Taekwondo with current and past involvements in other Olympic and non-Olympic Sports including: British Cycling, Liverpool Football Club, England Football, England Rugby, World Championship Snooker and Professional Golf.

The sporting environment contains a unique combination of stresses and pressures. This raises questions of how to measure the mental health in athletes and whether standard illness criteria are fit for sport or need adapting to take account of the sporting context. It also raises questions of how best to respond to these stresses and pressures...

- What support do injured athletes need with their mental health?
- What mental skills can be developed to manage pressure and ensure optimum performance in the heat of competition?
- How does sport deal with unusual challenges such as diet and weight?
- When does supporting and challenging an athlete to push themselves to their limit become harassment, bullying or worse, abuse?

All of these questions, and more, will be considered from the perspective of both the athlete and his or her support team.

Conference Chairs / Speakers:

Professor Alan Currie: MB ChB, MPhil, FRCPSych, Consultant Psychiatrist, Regional Affective Disorders Service, Newcastle and visiting Professor in Sport & Exercise Science at the University of Sunderland. He chairs the RCPsych's Sports and Exercise Special Interest Group.

Dr Allan Johnston: MBBS, MRCPsych, Cert.Med.Ed(IU), is a Sports Psychiatrist at ThisIsMy: Sports Medicine Clinic in Leeds where he works with a multidisciplinary team to deliver elite sports medicine care. He is also an experienced Consultant NHS Psychiatrist across Community care, Deputy Chair of the RCPsych Sports and Exercise Psychiatry Special Interest Group & Trustee of the award winning State of Mind Sports charity.

Professor David Collins: BEd, MS, PhD, Chair and Director of the Institute of Coaching and Performance (ICaP), University of Central Lancashire, Director of Grey Matters Performance Ltd.

Florence Lebrun: Researcher, Institute of Coaching and Performance (ICaP), University of Central Lancashire.

Dr Marwan Al-Dawoud: MBChB, MRCP, MFSEM(UK), DipSEM, Sport and Exercise Medicine Physician at the NHS and This is my: Sports Medicine.

Dr Vincent Gouttebauge: MSc, PhD, Ex-professional Footballer, Assistant Professor, Chief Medical Officer, Academisch Medisch Centrum / Universiteit van Amsterdam, Department of Orthopaedic Surgery.

Dr Carolyn Plateau: PhD, FHEA, Lecturer in Psychology, Loughborough University

Dr Emily Dudgeon: 800m runner who finished 6th in the 2012 World Junior Championships and competed in the 2014 Commonwealth Games

Chris Chapman: Former Head Coach England Women Rugby League team and Talent and Performance Lead Officer, UK Coaching

Carole Billington-Wood: Senior Consultant England, NSPCC Child Protection in Sport Unit (CPSU)

Samantha Little: Senior Case Manager, British Athletes Commission (BAC)

Schedule

8.45am Registration & coffee
9.30am Conference commences
5.00pm Conference closes

Programme topics include:

- Mental health in elite sport: Are athletes a special case?
- Sports injuries and their impact on mental health
- Eating disorders and sport - a medical perspective, an athlete's perspective and new research
- Keynote Feature: Olympic gold medalist, Etienne Stott MBE, interviewed by Professor Steve Peters
- A coach's insight into well-being and mental health
- Protecting athletes from harassment and abuse

Learning objectives:

- A coach's insight into well-being and mental health
- Learn how athletes can use mental skills and techniques to support performance under pressure
- Gain knowledge on the distinction between a normal response to sporting stresses and pressures and warning signs of mental ill health
- Develop an understanding of the symbiotic relationship between physical and mental health in elite sport
- Understand the contribution of the sporting environment to the nature and extent of disordered eating in sport
- Appreciate the range of welfare concerns in sport and offer an overview of the necessary responses
- Ensure that athletes with mental health problems receive high quality treatment and rehabilitation

Who should attend?

All those individuals who have an interest in and a responsibility for the mental health of athletes, for example: Sports medicine specialists, Performance directors, Team managers, Coaching staff, Clinical psychologists, Sports psychologists, Psychiatrists, Clinical and sporting academics, Athletes.

Promotional Opportunities Please contact us for further information regarding the sponsorship packages available at the conference.

For more information and [sponsorship enquiries](#) please contact us on **0113 257 2139** or email enquiries@etnetwork.co.uk or visit our website educationandtrainingnetwork.co.uk

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> Delegate booking form

Enquiry date

Booking date

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1 Coal Hill Lane, Leeds, LS28 5NA

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▶ Date

Thursday 18 October 2018 - Leeds

▶ Accreditation

This event is accredited with 6 CPD hours subject to your peer group approval. You will be asked to sign in at the start and finish of the course in order to receive your certificate of attendance.

▶ Conference Fee

£230 +VAT per delegate
including course materials,
lunch and refreshments.

▶ Contact us

Education and Training Network

Tel: 0113 257 2139

Fax: 0113 257 8159

Email: enquiries@etnetwork.co.uk

▶ Information about your booking

Confirmation of registration: All bookings will be confirmed in writing. Online bookings will receive an automated confirmation email/receipt. Joining instructions will be sent as soon as possible. We reserve the right to change the programme without prior notice. Where for any reason, beyond its control, ETN cancels an event, the liability of ETN shall be limited to a refund of the fee payable to ETN for that event. You may wish to take out insurance against cancellation.

Cancellation and refunds: All cancellations must be submitted in writing. If verbal cancellations are given, a written communication must follow immediately. If written cancellation is received more than 4 weeks before the event a 80% refund will be given, between 4 weeks and up to 14 days a 50% refund will be given, within 14 days of the event, no refund will be given. Should you be unable to attend, a substitute delegate may attend in your place. Late cancellations may incur additional charges.

Changes to an order/booking: All changes in delegate bookings will be subject to an administration fee.

Accommodation: If required, delegates will need to book their own overnight accommodation. There are a number of websites that offer accommodation deals eg www.laterooms.co.uk, www.booking.com, www.lastminute.com.

▶ Payment information

By cheque: a cheque for £..... is enclosed. (Made payable to Education and Training Network UK Ltd)

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Please add the event & date and delegate name as your payment reference.

Individuals: Please add your name and event date as your payment reference.

Your payment will be processed via Sage Pay and your details will not be stored after successful processing.