

INTERNATIONAL SOCIETY for SPORT PSYCHIATRY NEWSLETTER

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Report from Our Annual Meeting

The ISSP held its annual meetings on May 17-18, 2009 at the American Psychiatric Association's meeting in San Francisco, CA. On May 17 we held our Board, Luncheon, and Business meetings and our Scientific Session. Our Luncheon speaker was Jennifer Sey, 1986 US Gymnastics champion and author of "Chalked Up." We discussed her life in the gymnastics world, the strain it put on her family, how she dealt with depression, an eating disorder, the institutionalized abuse and how she was able to move forward and lead a successful life. We then discussed it in our Scientific Session. Toni Baum and David Conant-Norville gave us a sneak preview of Symposium. Jahi Anderson presented an "Update on Cooper's Sport Psychiatry Program." Jahi is going into his 4th year of residency. The program has been expanded to all four high schools in Camden, NJ. All consultations are free and no longer on site, but at Cooper Hospital. We discussed the pros and cons of moving offsite and funding issues. Barid Bhattachovya discussed "The Psychological Benefits of Physical Activity." Several members refer to patients to physical therapists and gyms

covered by insurance for mental health reasons.

Our Business meeting started with announcements about new Board positions. The new President is now Tom Newmark. Remaining as Vice President is Toni Baum and Todd Stull as Treasurer. Eric Morse is now Immediate-Past President and Secretary. Ian Tofler returns as Newsletter Editor. Each Board member chairs one of the eleven committees. We had budget and committee reports. Our Child Division is presenting the movie, "Swimming Upstream" at the American Academy of Child and Adolescent Psychiatry annual meeting in Honolulu, Hawaii from Oct 27- Nov 1, 2009. For the first sixteen years, membership dues have remained at \$75. Due to financial issues, we decided to raise yearly dues to \$100. "The Evolution of Sport Psychiatry Circa 2008" by Glick, Morse, and Kamm is being published in the fall issue of the International Journal of Sports Medicine. Next year's symposium topic at the APA in New Orleans will be on doping. We discussed our 501c3 status, branding, and ideas on finding a corporate sponsor. We decided to join PADS (Professionals Against Doping in Sports).

The ISSP held its symposium entitled "The Obsessive-Compulsive

Spectrum in the Athlete: Psychopathology or Competitive Edge?" on May 18, 2009. Sam, a basketball student athlete from St Marten's College in Portland, Oregon spoke about his struggles with OCD since childhood. He has had many rituals and compulsions that make him late for everything, including class. Sam "red-shirted" the year with the support of his coach. He believes that in basketball, OCD has made him a better player! He practices more, especially free throw shooting. Sam reported that he could not tolerate medications due to fatigue and that CBT has been the most beneficial therapy. Progressive muscle relaxation and imagery of the beach have also have been helpful. Sam did not see the benefit of exposure therapy or homeopathic remedies of herbs and massage. David Conant-Norville followed with more of Sam's history and the unique challenges of treating athletes with OCD. Medication trials of fluvoxamine, escitalopram, clonazepam, clomipramine, and quetiapine caused side effects and Sam preferred psychotherapy. After teaching Sam skills, Dr. Conant-Norville had him practice the skills, substitute these skills for rituals, build them into his daily schedule and recommended that he continue playing basketball. Sam encouraged athletes not to wait to have their OCD treated by Sport Psychiatrists.

Saul Marks interviewed Kelly McDonald, 2007 Pan Am bronze medalist Canadian 3-meter diver who suffered with OCD. It started with a few rituals and throat clearing, but progressed to difficulty coming off the diving board (baulking). At home, her symptoms included many checking behaviors, especially the toaster. She became sad and eventually lost her love

of diving. She became suicidal and told a teammate. She then saw an OCD expert and did not do well until she met with a Sport Psychiatrist who changed her medication and picked up on the diagnosis of ADHD. With proper treatment she improved and returned to diving. She has set a goal of making the 2012 Olympics.

On video, Toni Baum then interviewed Jennifer Sey. As a gymnast, she dealt with performance anxiety and a fear of injuring herself. She spoke openly about her struggles with anxiety, depression, and an eating disorder. She had rituals of rocking three times before her performance, picking at her nails and biting the inside of her cheeks until she would bleed. The pain would overcome and distract herself from the anxiety. She became suicidal while dealing with injury and career termination. She complained that the team doctor did not help her and pushed her to return to play too soon. She did not know about Sport Psychiatry, but interestingly, doubts she would have asked for help at that time.

Thomas Newmark then presented "Athletes and Superstitions." He defined different superstitions and differentiated them from OC Spectrum disorders. The reason that athletes are superstitious involves mastery, the desire to control events that may not be able to be controlled. Q & A involving all of our speakers was spirited and greatly appreciated. Many attendees joined the ISSP at the end of the symposium.

We look forward to our next annual meeting in May 2010 at the APA in New Orleans. -EM

Morse Farewell Presidential Speech

I would like to thank the ISSP Members and Board. I set four goals for my Presidency:

1) Website

The first thing I did as ISSP President was to buy the society a new domain name, www.TheISSP.com. Before that we had,

www.mindbodyandsports.com/ISSP

from Ron Kamm's website. It was generous of him, but now we have a professional, stand-alone website. Thanks to Nic Dewan with the AATP who donated their website architecture saving us thousands of dollars, and David Conant-Norville for managing the website. The website is a work in progress, but should help us attain my other three goals. Online paying of membership dues has helped out us financially.

2) Shift more of the "work" from the Board to our members.

We created 11 committees – each chaired by a Board member. I have asked each ISSP member to join a committee. Committee meetings and discussion forums can be held on our new website. This will help our membership get more active and feel more a part of the ISSP.

3) Find a corporate sponsor

Most of our funding in the past has come from unrestricted educational grants from pharmaceutical companies. These have been cut, so we need to find a corporate sponsor. We may only need to find one.

To do this, we have:

- a) 501c3 status – becoming a charitable organization will enable us to accept donations

from corporations or private individuals. It was controversial because it cost us \$3000, but we have \$1500 pledged by Board Members and I believe more members will donate.

- b) Developed a professional website. So we can link with or advertise for our corporate sponsor. We also give the appearance of a more professional, organized society worthy of a donation.
- c) Formed a Corporate Sponsor committee to help our search and maintain that sponsorship.

4) Improve our relationship with Sport Psychology

Sport Psychology has gotten a huge head start on our profession. It's a more recognized part of the sporting world. I say, if we cannot beat them, we should join them. To do so, I have:

- a) Attended my 8th AASP annual meeting in a row representing the ISSP in the Sport Psychology Council.
- b) Served on AASP's Ethics Committee to help narrow the definition of Sport Psychologist.
- c) Attempted to set up a summit meeting between the ISSP and AASP with recent AASP President, Burt Giges, also a psychiatrist.
- d) Served as associate editor of the Journal of Clinical Sport Psychology. We have a column in each quarterly issue. It gives a place to publish our research.
- e) Established Carolina Performance, the only group practice to combine Sport Psychology and Sport Psychiatry, and we have presented on this topic at AASP.

Book Reviews

Future Endeavors:

We have recently defined Sport Psychiatry. But, I ask, what is the ISSP? Do we have an identity crisis? Are we an organization that only points to producing programs for the APA and AACAP? I hope we put the “I” in the ISSP and have meetings internationally. I hope we have stand-alone meetings. I hope we have more and bigger press releases. I hope we have bigger speakers to draw more attention.

This requires money, vision, optimism, and a willingness to take risks.

We need more training opportunities for residents. I have my 3rd resident doing a elective this August at NC State, Tom Newmark has a high school elective, and David McDuff has trained residents with the Orioles and Ravens. We need more. Thank you.

- Eric Morse, M.D.
ISSP Immediate-Past President

In the past year, two ISSP members have written books. Michael Lardon, M.D. has authored Finding Your Zone: Ten Core Lessons for Achieving Peak Performance in Sports and Life and Eva Ritvo, M.D. has co-authored The Beauty Prescription: The Complete Formula for Looking and Feeling Beautiful with Debra Luftman, M.D. I have enjoyed reading them both.

Dr. Lardon’s book is all about Sport Psychiatry. The first page, entitled *Praise for Dr. Michael Lardon and Finding Your Zone*, gives glowing testimony of how he has improved a dozen listed athletes’ careers and lives. They also love his book. While not going into its ethical dimensions, the list is extremely impressive.

Dr. Lardon is a former champion table tennis player and uses his own experience with the zone in his introduction. Dr. Lardon has performed extensive research with athletes in the zone. He defines the zone as “a mental state in which your thoughts and actions are occurring in complete synchronicity.”

Each of the 10 core lessons to get and stay in the zone is given its separate chapter:

- 1) Dream** – Tapping into your unconscious mind can improve your performance by giving you direction, inspiration and self-actualization.
- 2) Be Prepared to Overcome Odds** – While competition cannot be fully simulated in practice, preparing well in advance (not just before) will reduce performance anxiety.

- 3) **Transform Desire into Will** – How to invest the energy of desire toward your goal. He recommends developing goals, plans, and reassess.
- 4) **Trust Your Brain, Keep It Simple, and Stay Positive** – How to focus and commit to executing a simple plan.
- 5) **Stay in the Now and Be in the Process** – Focus on process not outcomes. Avoid distractions like the media, cell phone, texts, etc. Worrying about the future or past drains mental energy.
- 6) **Manage Your Emotions and Thoughts** – Developing an observing ego or “know-mind awareness” can help master negative emotions and thoughts. Reality checks and reframing can prevent catastrophizing.
- 7) **Keep Your Motivation Pure** – Play for fun, passion, or to be your best. Playing for fame, money, or for others’ approval undermines one’s ability or potential by creating needs and burnout.
- 8) **Acceptance and Faith Conquer Fear** – The fight-or-flight response impairs cognition and fine muscle coordination. Developing a larger perspective can reduce the fear of a moment’s performance.
- 9) **Build Confidence and Win** – The four components of building confidence are mastery experiences (having some success leads to expecting success), vicarious learning (seeing someone else you know succeed makes you believe you can do it), modeling (behaving like your role model), and social

persuasion (positive verbal reinforcement from someone you trust).

- 10) **Perform Under Pressure** – Avoid choking by using attentional shifts or humor. A little extra preparation can make the difference in a winning performance.

Finding Your Zone is a very practical book with concrete examples of how applying these skills can improve performance. I was also fascinated by his personal story. Dr. Lardon is the first sport psychiatrist I know who knew he wanted to be a sport psychiatrist before he went to college. Most of the sport psychiatrists I have met did not know until after medical school. His book is a great addition to the field of Sport Psychiatry.

Dr. Ritvo’s book, **The Beauty Prescription**, has some elements of Sport Psychiatry in it. It emphasizes the power of positive self talk, the need to make an honest self assessment in the Beauty Prescription Quiz, and how to set and maintain goals. The Beauty-Brain Loop of external beauty creating self-confidence and vice versa in a two-way feedback loop can be a parallel to the winning body language and improved performance in performance psychology. I like the ideas of stress management improving outcomes and paying yourself first in the currency of beauty. I fully believe that athletes have changed our society’s view of beauty. Building muscles and being fit is now sexy. The authors recommend hiring personal trainers for both mental and physical benefits. Especially if sport psychiatrists are working with female athletes, I recommend reading this book. –EM

Sport Psychiatry in the UK

Sport psychiatry in the UK is enjoying a much higher profile at present. Much of the credit is due to British Cycling's team psychiatrist Steve Peters, an integral member of the backroom staff in recent years and a key feature of Britain's success at the Beijing Olympics. Cycling (and especially track cycling) was Britain's most successful sport in the country's most successful games in recent memory. The track team won a remarkable 7 of the 10 gold medals available and in addition won 3 silver and 2 bronze medals. Bradley Wiggins (5 times an Olympic medallist) calls Dr Peters 'The Mind Mechanic' in his recent autobiography 'In Pursuit of Glory'.

A retired double Olympic champion is also doing her bit to improve the health of the next generation of Britain's track stars. Dame Kelly Holmes was the 800m and 1500m track gold medallist in Athens and now runs a mentoring initiative for teenage distance runners called 'On Camp with Kelly'. She recently called on ISSP member Alan Currie to help educate athletes and coaches on the Female Triad. Alan has previously worked with UK Athletics, UK Sport and the English Institute of Sport and has a wealth of experience in advising sports organisations on best practice, prevention and screening.

Child Psychiatry and AACAP

Meeting:

Using positive psychology approaches, David Conant Norville and myself approached, from a "non psychopathology" approach the real life characters from the autobiographical movie "Swimming Upstream" about a swimmer's early life in Brisbane,

Australia, in the 1950's and early 1960's. The VIA questionnaire developed by a constellation of psychologists working in association with Martin Seligman at the UPENN institute for positive psychology, have developed 5 strengths with the following 24 facets which should be a part of all sport psychology interviews, those of:

1. Wisdom, knowledge
2. Courage
3. Humanity and love
4. Temperance
5. Transcendence

These features which were reviewed for each of the main characters include in many iterations and variations:

I. Wisdom:

1. Curiosity
2. Love of learning
3. Social intelligence
4. Perspective
5. Judgement
6. Ingenuity

II. Courage:

1. Valor
2. Integrity
3. Perseverance

III: Humanity, love:

1. Fairness
2. Leadership,
3. Teamwork
4. Kindness
5. Justice

IV: Temperance

1. Control, Self regulation
2. Humility
3. Prudence

V: Transcendence:

1. Appreciation of beauty
2. Forgiveness
3. Gratitude
4. Hope
5. Humor
6. Spirituality
7. Zest



Dame Kelly Holmes and Alan Currie

New Members Section

John Deri, M.D.

Mill Valley, CA

Email: drjohnderi@JohnDeriMD.com

www.JohnDeriMD.com

Dr. Deri is in private practice with a special interest in addiction and sport psychiatry. He is a triathlete and has clinical expertise in the treatment of mood and anxiety disorders.

R Rao Gogineni, M.D.

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Integrated Behavioral Care, P.A.

NFL Program for Substances of Abuse,

NFL Players Assistance Program,

Lecturer: New York Giants, New York

Jets

President - Thomas Newmark, MD

The ISSP wants to express our highest appreciation to Eric Morse, MD, our past president for his outstanding achievement. Dr. Morse was president for the past 4 years and has made significant advances to the ISSP with the highest level of dedication and enthusiasm.

I ISSP will be meeting during the APA week in New Orleans, LA in May 2010. For those members interested in presenting at the Scientific Session, please email your submission to Ira Glick, MD at iraglick@Stanford.edu.

I will be updating the members on future activities and goals for the organization. Thank you and have a Happy Holiday!

-Thomas Newmark, MD

ISSP President