

## **The European Network of Young Specialists in Sport Psychology: Past, present and future of ENYSSP and related networks, and tools for young specialists in sport psychology.**

### **Symposium Summary**

The purpose of this symposium is to (1) discuss the past, present and future of the European Network of Young Specialists in Sport Psychology (ENYSSP) and related youth networks, and (2) propose essential tools useful for young specialists in research and applied work in sport psychology. The first paper by Jannes, Weibull and Sanchez summarizes the origins of ENYSSP. More specifically, the authors will summarize how students from the first European Masters Program on Exercise and Sport Psychology started to work towards the development of a forum for sharing ideas and knowledge amongst young specialists in the field, and will further discuss the structure and functioning of ENYSSP. The second paper by Meganck, van den Berg and Menkehorst discusses the use of peer consultation by protocol to enhance problem solving and learning from peers in a collaborative and cooperative way. The third paper by Hagger focuses on important tools needed to publish your first article in a journal in exercise and sport psychology. The fourth paper by Simon and Hussain presents the Canadian Network for Young Specialists in Exercise and Sport Psychology, and discusses the importance of bridging cultural gaps in sport psychology. The fifth and last paper by Lima, Leshchuk, Sousa, Vaisetaite, Merola, Zourbanos and Jannes looks at what lies ahead for ENYSSP. Specifically, the authors discuss in an interactive way the future challenges and networking tools ENYSSP members should consider in the near future.

### **Paper 1 abstract**

#### **ENYSSP yesterday and today: History, objectives, structure, membership and services**

Caroline Jannes, Ghent University Hospital, Centre for Sports Medicine, Ghent, Belgium, & Psy4Sport, Ghent, Belgium; Fredrik Weibull, Halmstad University, Centre for Welfare, Health and Sport, Halmstad, Sweden; Xavier Sanchez, Chester University, Chester, United Kingdom

The foundation of the European Network of Young Specialists in Sport Psychology (ENYSSP) grew out of the European Master's Program on Exercise and Sport Psychology (Daraujo et al., 2006; Jannes et al., 2008). Specifically, its Intensive Course (IC) where students and lecturers from all over Europe interact during two weeks inspired the students from the 1996-1997 and 1997-1998 editions to start up a network. These alumni started to work towards the development of a more stable forum to share ideas and knowledge between young professionals in the field. In 2003, during the FEPSAC congress in Copenhagen (Denmark), ENYSSP was formed officially. Some of the main objectives of ENYSSP are to coordinate European links between students, young researchers, educators and professional practitioners; to promote and facilitate a cross-national cooperation for research, education and applied work in Sport and Exercise Psychology (SEP); and to support the development and standardisation of

official degrees in SEP within Europe. The structure of ENYSSP includes three different departments: Research, Applied and Education. The three departments are given equal importance within the organisation, which is reflected in the services ENYSSP provides. Some of the services ENYSSP provides are the Website ([www.enyssp.org](http://www.enyssp.org)), the Forum, Newsletters, yearly Workshops, and the ENYSSP e-mail Flashes (e.g., job positions adverts).

#### Paper 2 abstract

##### **Peer consulting amongst young specialists**

Jeroen Meganck, Sport Psychologie Opleiding en Consultatie, Antwerp, Belgium

Frank van den Berg, & Hardy Menkehorst, Mental Training and Coaching Centre, Groningen, The Netherlands

This presentation will focus on the peer consultation protocol (PCP) as a process that permits young specialists in sport psychology to work through challenging issues/problems using their combined skills and experiences. According to van den Berg and Menkehorst (2007), PCP is based on the belief that our peers are our greatest resource and our best critics as they have working knowledge and intimate understanding of areas of critical concern. Young specialists in sport psychology can benefit from PCP to analyze their professional behaviours and to make changes in their practice. PCP is used by sport psychologists in The Netherlands on a regular basis since 1998, and by senior sport psychologists from different European countries in the European Forum of Applied Sport Psychologists in Top-Sport (FAST-group). The presentation will discuss the 10 step protocol and the importance of proper facilitation.

#### Paper 3 abstract

##### **How to publish your first article**

Martin Hagger, University of Nottingham, Nottingham, United Kingdom

This presentation will provide guidelines for starting researchers about the aims, scope, criteria for acceptance, and peer review procedures of journals in the field of Sport and Exercise Psychology such as Psychology of Sport and Exercise. Specifically, it will focus on the details about the characteristics of a successful research article and tips on how to get manuscripts accepted. For example, tips will be provided on how to organise the content of manuscripts to highlight the unique aspects of the research and how it can contribute to the sport and exercise literature. Other tips include how to develop appropriate layout, common fallacies and assumptions to avoid, and methodological and analytical considerations. Useful information on what reviewers are looking for when they evaluate a manuscript will be provided with a view of ensuring that researchers develop their article appropriately. Advice will also be given on how to respond to reviewers' comments should a researcher be asked to submit a revised version of the manuscript. The presentation will be followed by an opportunity for the audience to ask questions.

Paper 4 abstract

**The Development of the Canadian Network of Young Specialists in Sport and Exercise Psychology (CNYSSSEP): Current and future challenges in bridging ‘cultural gaps’**

Christopher Simon, School of Human Kinetics, University of Ottawa, Ottawa, Ontario, Canada & Aman Hussain, University of Manitoba, Winnipeg, Manitoba, Canada

In light of the conference theme, ‘meeting new challenges and bridging cultural gaps’, this stage of our symposium will address current and future challenges in the establishment and maintenance of the recently founded Canadian Network of Young Specialists in Sport and Exercise Psychology (CNYSSSEP). In association with the Canadian Sport Psychology Association (CSPA), it is a network aimed at unifying young specialists to facilitate collective growth and positive development through information sharing, cohesive and cooperative leadership, and commitment to the advancement of sport and exercise psychology. Serving as inspiration, in association with the International Society of Sport Psychology (ISSP), European students and young professionals have already established the European Network of Young Specialists in Sport Psychology (ENYSSP), an organization concerned with the promotion and dissemination of knowledge in the field of sport psychology in the areas of research, education, and applied work (ENYSSP, 2008). This presentation will highlight the importance of involving youth within this field to bridge existing cultural gaps. In light of this discourse, do such gaps simply represent geographical or international differences? Could they extend to the sub-cultures within sport psychology (e.g., theory versus practice, qualitative versus quantitative research)? Concurrent with movements to bridge ‘culture’ under its traditional meaning, perhaps similar efforts *within* the field could allow us to embrace our own unique subcultures, and work towards a more global, unified network. As such, collaboration between networks like the CNYSSSEP and ENYSSP could play a vital role in these future endeavours.

Paper 5 abstract

**The years ahead of ENYSSP**

Lara Lima, Universidade da Beira Interior, Covilha, Portugal  
Olesya Leschuk, Moscow State University, Moscow, Russia  
Catarina Sousa, Universidade Lusofona de Humanidade e Tecnologias, Lisbon, Portugal  
Lina Vaisetaite, Lithuanian National Olympic Committee, Vilnius, Lithuania  
Giorgio Merola, University of Roma Tre, Rome, Italy  
Nikos Zourbanos, University of Thessaly, Thessaloniki, Greece  
& Caroline Jannes, Ghent University Hospital, Centre for Sports Medicine, Ghent, Belgium, & Psy4Sport, Ghent, Belgium

**The 12<sup>th</sup> ISSP WORLD CONGRESS OF SPORT PSYCHOLOGY  
Marrakesh - June 17- 21, 2009**

The present Managing Council thinks there is a future for ENYSSP and draws attention to three needs. First, ENYSSP needs to be up to date, meaning that it will have to continue to attract new members while retaining some of the previous members. New members can pose new questions and keep the concerns of the network updated while previous member can share more knowledge and resources. Second, ENYSSP needs to be proactive and dynamic. The great challenge of the current MC is to continue to promote initiatives like the Newsletter, Forum, Website and workshops. Also, ENYSSP foresees to create new formats such as a cross-cultural research network with other universities, National federations and summer camps on applied sport psychology, as well as to support members' initiatives. Third, ENYSSP needs to strive for visibility within the sport psychology community, be it in research, education or applied networking. Also, ENYSSP needs to collaborate with student representatives from e.g., ISSP and networks in this domain such as CNYSSSEP. The current ENYSSP members create and will continue to create conditions that allow better education, research and practice in sport psychology, especially for those starting in this amazing field.