



CHAMPIONS OF THE PROCESS.

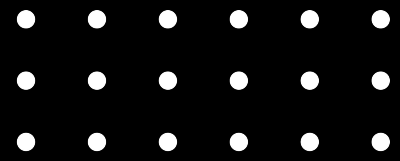
# Athlete's Mental Profile

Danny Desin, EdD, CMPC

[mtpeakperformance.com](http://mtpeakperformance.com)



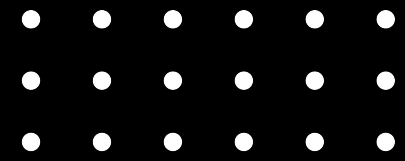
# Introduction



- **M.S. in Psychology–Sport Psychology (2018)**
- **Ed.D. in Sport and Performance Psychology (2021)**
- **Association for Applied Sport Psychology**
- **Certified Mental Performance Consultant (CMPC) – 2019**
- **USOPC Sport Psychology Registry**



# Introduction



- **Sport Psychology**
- **Physiological vs. Psychological**
- **Where does sport psych fit into injury recovery?**
  - **Mental Skills to improve physical capabilities**



# Models of Mental Recovery

## **Grief Response (Hardy & Crace, 1990)**

- Denial
- Anger
- Bargaining
- Depression
- Acceptance and Reorganization

# Models of Mental Recovery

## Psychological Relevance (Grindstaff et al., 2010)

- **Perspective**
  - A change on perspective of sport and life
- **Emotion**
  - Dynamic shifts of emotion, willingness to share feelings
- **Coping**
  - Meaning of accepting the challenges of injury, overcoming them
- **Relationships**
  - Importance of connection and social support in recovery

# Observations (anecdotal evidence)

- **Athletic Identity and Passion**
  - Tests the ability to cope when things are out of balance
- **Fear**
  - Of reinjury, performance losses, inadequacy, not living up to “expectations”
- **Lack of motivation**
  - Not seeing the meaning in rehabilitation, struggling to find achievement
- **Losing control of the narrative**
  - “Why did this happen to me? I feel like I have no control over my recovery”
  - New research on the Narrative approach to sport and injury (Everard et al, 2024)

- Presenting Problem

- Athletic History

Other sports? How long? Why did you fall in love with it?

I

- Strengths and Weaknesses

- Highest and Lowest moments

- Experience with mental skills?

Pre, during, and post game.

- Breakdown of presenting problem

Miracle question

# Initial Consult

Meant to increase my awareness and their awareness. Taken from a variety of intake procedures. How the athlete answers these questions shows a lot about where they are mentally.

# Mental Skills

**Here is a collection of skills often covered**

- *\*\*The performance area changes\*\**
- Goal Setting
  - Process vs Outcome Goals
- Strengths, AI, and Passion
- Mental Toughness and Composure (in recovery)
- Mental Rehearsal (aka visualization)
- JOURNAL
  - Self Aware vs. Self Conscious



# Wrestling

×

×

×

×

## What is Mental Toughness?

- Ability to focus
- Ability to rebound from failure (resilience, grit)
- Ability to cope with pressure
- Determination to persist in the face of adversity

**Wrestling requires a unique mix of physical and mental toughness**



# Wrestling

- **Demands**

- Short time in competition
- Physical exhaustion
- Contrasting styles
- Relationship with pain

×

×

×

×



# Wrestling

- **Mental Skills**

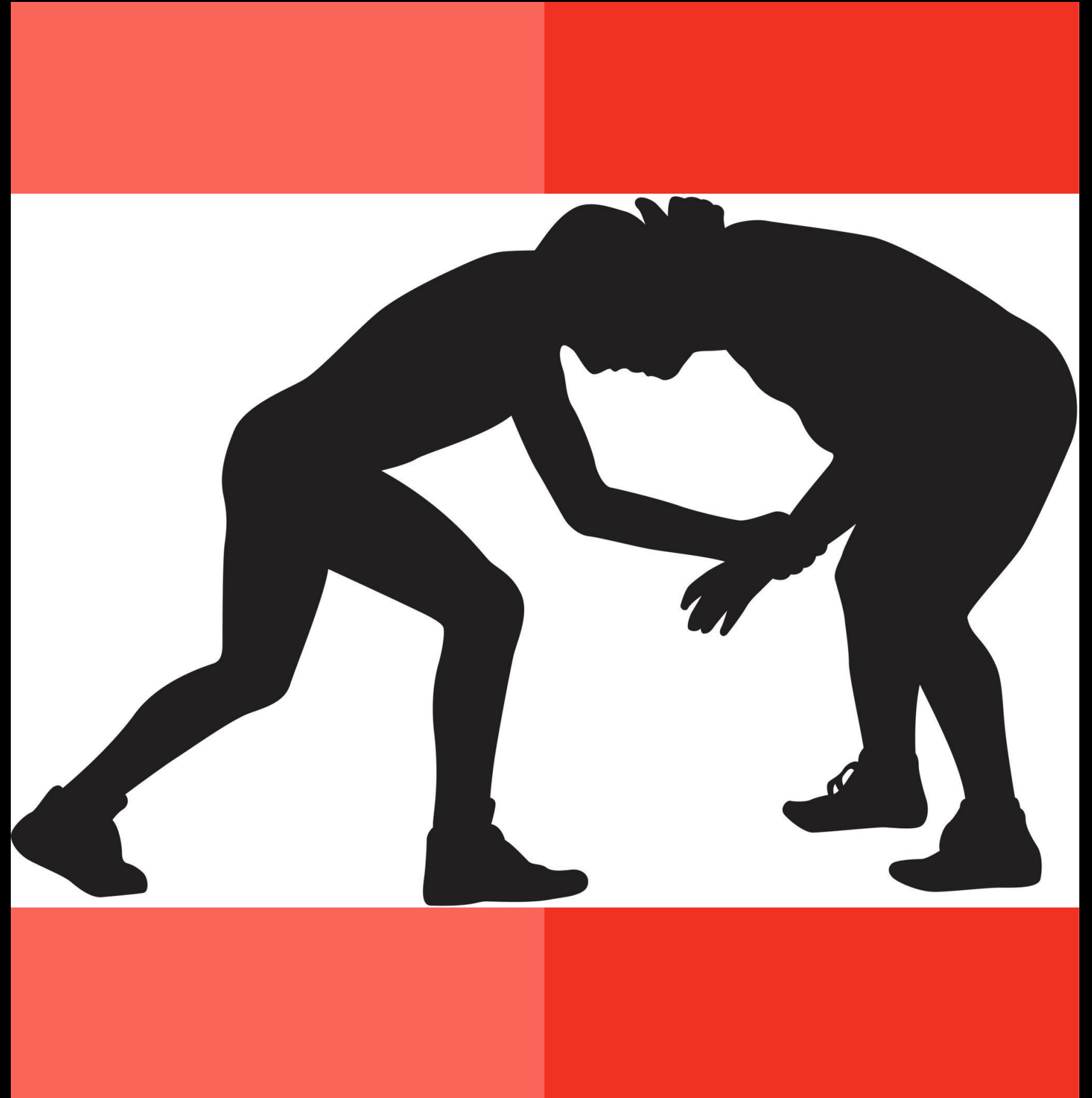
- Goals
- Routines
  - Mental Rehearsal, cues, relaxation
- Refocusing
- Evaluations

×

×

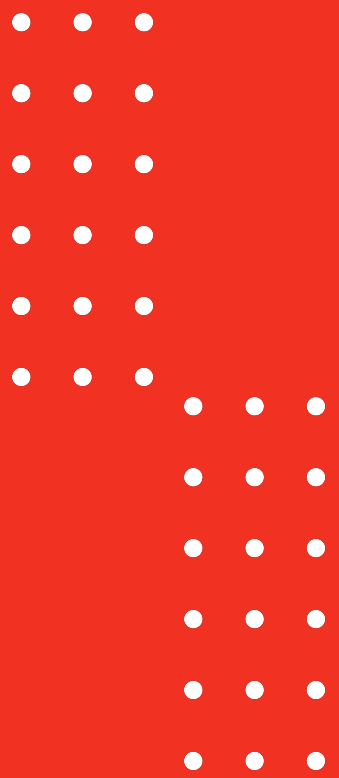
×

×



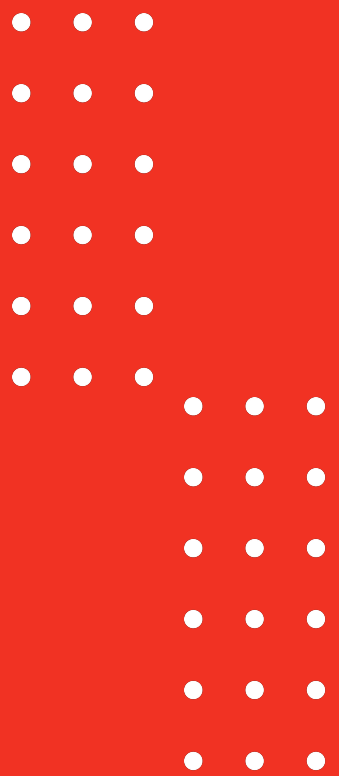
# Case Study #1

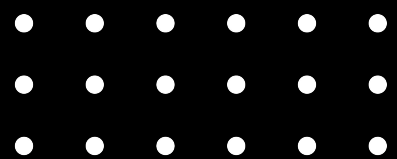
- **A high school wrestler has won a state championship, but is feeling great pressure to become a multi-state champion. He feels like he might be burning out or losing motivation, or maybe that his relationship with the sport has changed. He gets very nervous for matches against good opponents and does not show much excitement for matches against easier opponents. He says that he is “overthinking” much more than he ever has and worries that it will negatively impact him when the state tournament comes.**



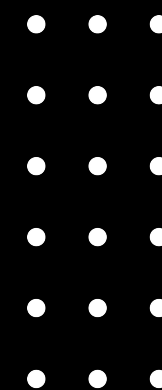
# Case Study #2

- **A high school wrestler has experienced a significant shoulder injury in the off-season. She is on track to come back right before the season starts, which is only weeks away. She has struggled with motivation during the recovery and says that she still fears certain movements that will be a part of her return-to-sport requirements. She know she is physically capable, but says there is something mentally holding her back. She also believes that she will not be at the same level when she does return and feels the burden of expectation from her team, her coaches, and her parents. She thinks about the possibility of never competing at the same level again and that the way she thinks will always hold her back.**






# THANK YOU



CHAMPIONS OF THE PROCESS.

 (406) 794-2048

 [www.mtpeakperformance.com](http://www.mtpeakperformance.com)

 [ddesin@mtpeakperformance.com](mailto:ddesin@mtpeakperformance.com)

