



INSTITUTE OF CONSTRUCTIVIST PSYCHOLOGY

# Training with mind: the psychology of the coach-athlete relationship

**Free workshop led by Francesca Del Rizzo**

**Thursday 10<sup>th</sup> June 2010  
2 p.m.-6 p.m.**

The coach – athlete relationship is at the heart of any sport experience, especially in the context of juvenile sport. The coach cannot be considered as simply an instructor or, worse, a trainer. In fact, he can be an example, a master, a guide, a mentor for the athlete. The coach – athlete relationship is also fundamental to guarantee the athlete's growth both in a sport and personal field. And furthermore, it is remarkable that it is only recently that psychology has developed a scientific interest in the subject.

Kelly's Personal Construct Psychology is a very useful tool to understand the experience of sport from an athlete's and coach's point of view, and it also allows us to focus on their relationship, starting from the uniqueness of the people involved and using rigorous and sound theoretical machinery.

In this workshop we will work together on the usefulness of a psychology applied to the sports world, on the possible goals of a constructivist psychological intervention and on the ways Kellian theory can help us to understand and make possible experiences had by the different "sports actors".

*Francesca Del Rizzo, Psychologist and Psychotherapist, Consultant for the sport organization C.O.N.I. (Italian National Olympic Committee), Learner-Teacher of the ICP School of Constructivist Psychology.*

The workshop will be held on Thursday 10th June 2010 from 2 p.m. to 6 p.m. at the School of Institute of Constructivist Psychology, via Martiri della Libertà 13 – Padova, Italy.

The admission is free but reservation is required. Please, contact us at +39 049 8751669 or [scuola@icp-italia.it](mailto:scuola@icp-italia.it)

Please note the talk is only in Italian.

**Approved by Ordine degli Psicologi - Consiglio Regionale del Veneto**