STUDENT HEALTH AND COUNSELING SERVICES

Sport Psychology

Introduction and Services

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AGENDA

- Introduction to Sport Psych Staff
- SHCS Services
- Mental Skill (Mindset & Awareness)
- Questions
SPORT PSYCHOLOGY STAFF

Help Athletes/Teams:

• Cope with Performance Concerns
• Improve Mental Skills
• Mentally Prepare for Competition
• Return From Injury
• Improve Practice Efficiency
• Sharpen Motivation
• Visualize Performance
• Mindfully Engage
• Compartmentalize Stress
• Manage Team Dynamics
• Shift Mindset
• Develop Pre-Performance Routine
• Increase Confidence

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Interim Sport Psychology Coordinator & Post Doctoral Resident

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Counseling & Sport Psychology Intern
SHCS Services

Individual Counseling
SHCS utilizes a brief therapy model (3-5 sessions approx. 45 mins each)
- Make an Appointment online in your student-portal or call 530-752-0871
- Unlimited services through Lyra with UCSHIP

Group Counseling
Find a comprehensive list at https://shcs.ucdavis.edu/group-services-new

Crisis Services
Appointments, drop-ins, & Telehealth visits offered at SHWC & North Hall
- UCD Consultation Line: 530-752-0871
- Text Crisis Line: Text RELATE to 741741
- Yolo County Davis Crisis Line: 530-756-5000
- Suicide & Crisis Lifeline: Call or text 988

Team Presentations & Outreach
For outreach presentations or events (about our services, for a one-time or on-going performance/team related workshop) email sportpsych@ucdavis.edu
Process Groups

Schedule your screening appointment via Health-e-Messaging

- Adelante Mujeres
- Adelante Mujeres - An Informal Support Space Completamente en Español!
- Building Social Confidence
- Engineering Small Group Process
- Family Differences
- Graduate Career Exploration Group (GCEG)
- Grief Support Group
- HEAL
- Healing Through Connections - Graduate Student Group
- Hey it's me, Anxiety
- "The Journey" Undergrad Therapy Group
- L&S Connections Group
- Lavender Connection: LGBTQIA+ Graduate and Professional Student Support Group
- Lavender Connection: LGBTQIA+ Undergraduate Student Support Group
- Liberation: Support Group for Survivors of Intimate Partner Violence
- Living with Chronic Medical Conditions and Disabilities Group

Men's Group
- Nourish: The Body & The Self
- Phoenix Rising: A Support Group for Undergrad Survivors of Sexual Trauma
- Thank You, Next - Rebuilding After Breakup
- Undergraduate Career Exploration Group (UCEG)
- Women's Wellness Group

Support Groups and Workshops

(Reservation Required)

- BIPOC Support Circle
- First Year Student-Athlete Group
- Heart of Medicine: A Medical Student Support Group
- Non-Binary Support Group
- Waiting to Exhale: BIPOC student-athlete support group
- Wellness Wednesday Talking Circle - Coping Strategies for Native American Students
- Write to Thrive: Expressive Arts Support Group for Survivors of Sexual Trauma

Drop-In Support Groups
- Aggies 4 Recovery
Mental Skills to Consider

Mindset & Awareness

In order to optimize performance it could be helpful to first increase your awareness of what is going right, what is going wrong, and everything in between!

Get a better sense of how you think and feel by noticing potential Thinking Errors...
Thinking Errors

Personalisation

"This is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

Over-generalising

"Everything is always rubbish"

"Nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw.

Emotional reasoning

Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot.

Mental filter

Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes.

Disqualifying the positive

Discounting the good things that have happened or that you have done for some reason or another.

That doesn't count.

Should/must

Using critical words like 'should,' 'must,' or 'ought' can make us feel guilty, or like we have already failed.

If we apply 'shoulds' to other people the result is often frustration.

Jumping to conclusions

There are two key types of jumping to conclusions:

- Mind reading (imagining we know what others are thinking)
- Fortune telling (predicting the future)

Magnification (catastrophising) & minimisation

Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important.

Labelling

Assigning labels to ourselves or other people

I'm a loser
I'm completely useless
They're such an idiot
CHANGE YOUR MINDSET

1. Become aware of your own errors in thinking
2. Recognize how the thinking error makes you feel and take notice
3. Challenge or reframe the error
Thank You
for listening!
Any Questions?