WELCOME

Sport psychology, chaplaincy & faith
Working together for well-being & performance
PROGRAMME FOR DAY

9.00    Registration
9.45    Welcome Vladimir Felzmann; JP2F4S & St. Mary’s University
         Introduction Warren Evans, SCUK
10.00   Matt Baker: The prevalence of faith in football
         Linvoy Primus: A player’s perspective on the influence of faith
         on well-being and performance
11.15   Break/refreshments
11.45   Mark Nesti: Sport Psychology in the English Premier League:
         Encounters with Faith.
12.30   Lunch (provided)
1.30    Brian Hemmings The Sport Psychologist and Chaplain: Reflections on
         four & David Chawner: years of collaboration in professional cricket
2.15    Mustafa Sarkar: Ethical considerations when working with religious
         and spiritual athletes
3.00    Break/refreshments
3.20    Emma Huntley Working with athletes of faith: the importance of
         & Nichola Kentzer: reflective practice
4.00    Plenary Session – Questions
4.30    Depart
A Warm WELCOME

Welcome: Vladimir Felzmann;
JP2F4S & St. Mary’s University

Introduction: Warren Evans,
CEO Sport Chaplaincy UK
"Personally I know the importance of chaplaincy in my life and I am delighted to be a Ambassador of Sports Chaplaincy UK recognising the vital work of Chaplains within sport."

Fabrice Muamba
Bolton Wanderers
"Chaplains can be of help to all sorts of people involved with sport, when crisis, need or difficulty comes. I commend the idea of sports chaplaincy and the work of Sports Chaplaincy UK to you."

Sir Alex Ferguson, CBE
Former Manager
Manchester United
"Chaplaincy brings a personal touch- people feel they can be listened to as individuals. If chaplaincy was established in every club, I believe it would be of huge benefit to the game as a whole"

Sir Ian McGeechan, OBE
Former Head Coach British and Irish Lions
‘The role of a sports chaplain is to provide holistic pastoral and spiritual care...all towards the well-being of people in the pressurised, competitive and emotional world of professional sport.’

‘Chaplains should be pastorally proactive and spiritually reactive, ensuring they do not impose their beliefs on others’. 
Sport Psychology & Chaplaincy

Gamble, Hill & Parker (2013)
Chaplains & Psychologists:
Role, Impact and Interactions
within English Premiership Football
Spirituality/Faith & Sport Psychology

Watson & Nesti (2005)
Maranise (2013)
Egli et al. (2014)
Sarkar et al. (2014)
Mosley et al. (2015)
The Prevalence of Faith in English Football
1. The upsurge in faith interest
2. How football has started to address this
3. Examples of best practice
4. The role the sports chaplain can play in advising clubs and supporting those of faith
• Pastoral Support Director in English Football since 2009
• Role overseen by Premier League, English Football League & PFA
• 73 of 92 clubs in PL & EFL with 88 chaplains
FAITH

• What is “faith”?  
• Muslim

Muslim Premier League BBC July 2013
92/93 0 to 40 2013

50 currently in PL
The Association of Muslim Footballers (AMF) seeks to support Muslims in professional football, and provide a platform for professional Footballers to share their experiences of overcoming barriers with aspiring Footballers, and young people in general.

info@the-amf.com
How is English football addressing the issue?

BELIEF IN THE GAME

A PRACTICAL GUIDE TO SPIRITUALITY, FAITH AND FOOTBALL – FOR COUNTY FAS, FAITH COMMUNITIES, GRASSROOTS AND PROFESSIONAL CLUBS
## FA Religious calendar 2016/17

<table>
<thead>
<tr>
<th>Month</th>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>August</td>
<td>2016</td>
<td>RAKSHA BANDHAN</td>
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<tr>
<td>September</td>
<td>1/30</td>
<td>FIRST DAY OF NAVARATRI / DIWALI</td>
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<tr>
<td>October</td>
<td>3/4/12/17-18/24-25</td>
<td>TISHRI / CHESVADE / YOM KIPPUR / SUKROTTI / SHRAWAN / TISHRI</td>
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<td>November</td>
<td>24 Dec - 1 Jan</td>
<td>CHANUKAH (HANNUKAH)</td>
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<tr>
<td>December</td>
<td>12</td>
<td>PURIM</td>
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<td>January</td>
<td>28</td>
<td>CHINESE NEW YEAR</td>
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<tr>
<td>February</td>
<td>1</td>
<td>BEGINNING OF LENT</td>
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<tr>
<td>March</td>
<td>14/16/17</td>
<td>GOOD FRIDAY / EASTER SUNDAY / EASTER MONDAY</td>
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<tr>
<td>April</td>
<td>13/28</td>
<td>HOLIDAY / HINDU NEW YEAR</td>
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<td>May</td>
<td>11-18</td>
<td>PASSOVER*</td>
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<tr>
<td>June</td>
<td>27 May - 26 June / 28 June</td>
<td>SHAVUOT*</td>
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<tr>
<td>July</td>
<td>12</td>
<td>EID AL-ADHA / AOHA</td>
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<td>August</td>
<td>30</td>
<td>DIWALI/BANDI CHHORDIWAS</td>
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<td>September</td>
<td>14</td>
<td>BIRTHDAY OF GURU NANDAK</td>
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<td>October</td>
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<td>BIRTHDAY OF GURU GOBIND SINGH</td>
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<td>November</td>
<td>13</td>
<td>VAISAKH</td>
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<td>December</td>
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*Events marked with an asterisk (*) are not universally recognized by all religions and may vary in observance.
How is English football addressing the issue?

• Faith Survey 2015/16
1. Does the club provide facilities for prayers or reflection?
2. Does the club use the services of a faith leader/representative of faith/chaplain?
3. Is the club aware of how many different faiths are represented amongst players at the club? If so, how many? Please indicate faiths if known.
PL clubs - Response
- Responded: 18
- Did Not Respond: 2

EFL clubs - Response
- Responded: 46
- Did Not Respond: 26
PL clubs - Facilities for players

- Clubs Providing Facilities to Players: 11
- Available but not offered to Players: 3
- No Facilities: 2
- Did Not Respond: 4

PL clubs - Location of facilities

- Facilities at Stadium AND Training Ground: 7
- Facilities at Stadium OR Training Ground: 2
- No Facilities: 4
- Did Not Respond: 7
EFL clubs - Facilities for players

- Clubs Providing Facilities to Players: 32
- Available but not offered to Players: 5
- No Facilities: 9
- Did Not Respond: 26

EFL clubs - Location of facilities

- Facilities at Stadium AND Training Ground: 11
- Facilities at Stadium OR Training Ground: 9
- No Facilities: 26
- Did Not Respond: 26
PL clubs - Services of a Faith Rep/Chaplain

- Clubs Using Faith Representative/Chaplain: 15
- Clubs Not Using Faith Representative/Chaplain: 2
- Did Not Respond: 3

EFL clubs - Services of a Faith Rep/Chaplain

- Clubs Using Faith Representative/Chaplain: 32
- Clubs Not Using Faith Representative/Chaplain: 14
- Did Not Respond: 26
PL clubs - Faith of playing staff

- Clubs Aware of Faiths Represented Amongst Players: 10
- Clubs Unaware of Faiths Represented Amongst Players: 2
- Did Not Respond: 8

EFL clubs - Faith of playing staff

- Clubs Aware of Faiths Represented Amongst Players: 26
- Clubs Unaware of Faiths Represented Amongst Players: 19
- Did Not Respond: 27
Best Practice

• Man City Faith Room
Best Practice

• Man City Faith Room
• Sunderland Friday Mass
• West Ham Communion
• AFC Bournemouth multi faith charter
• 10 + clubs pre match/week day prayers
• Charlton players involved in inter faith event
• 1-2-1 faith support
Sports Chaplain
Looking forward

• Signpost
• Provide spiritual input/guidance/support
• Closer relationship with Sports Psychologist
• Advise on faith facilities at Club
• Circulate faith calendar
• Circulate other advice – e.g. Ramadan support
• Better monitoring
• Further research
• Refreshment Break

• Next session starts 11:45
Sport Psychology in the English Premier League: Encounters with faith

Dr. Mark Stephen Nesti  CPsychol., AFBPsS.,
Reader:  Psychology in Sport
Liverpool John Moores University
• Introduce my experience of sport psychology support in the EPL
• Present new approaches to (sport) psychology based on Catholic perspectives on the human person
• Opportunities for Chaplaincy and Sport Psychology in professional sport
This presentation draws on work carried out in 2003-07 as Director of the Centre for the study of sport and spirituality at York St John University.

Study of existential phenomenological psychology at The University of Alberta (1987-89) and The University of Hull (1992-97).

Consultancy work 3-5 days a week at EPL teams (Bolton 01/07, Newcastle 07/08, Hull 08/09 (Chelsea, 10/15, Everton 15/17) and total of 22 years sport psychology work with professional footballers.
And reading:
Josef Pieper (1963:1981) on contribution of St Thomas Aquinas:
Courage, Humility, Beauty, Hope, Sacrifice, Suffering, Spirit, Contemplation, Play and Joy.

(Key words from my EPL experience)
GK Chesterton
The importance of Paradox
(Penalties are very hard)
Science to serve human persons not reverse
Synthesis of reason and faith
Value of tradition
Knowledge of and from the PEOPLE
AND...Traditional Cognitive sport psychology: Confidence, Self Esteem, Motivation, Mental toughness, Coping, Mental skills training, etc

Psychological skills or Identity (Character)

Performance or care (well being) ....more dualistic nonsense.... HUMAN PERSONS
Order Your Copy Today

**Psychology in Football**

By Mark Nesti

In this groundbreaking guide to the role of the sport psychologist within elite and professional football, leading sport psychologist Mark Nesti argues that working closely with coaches and players to create a receptive environment is vital if psychologists are to add maximum value to team and individual performances.

Drawing on a decade's professional experience working at the top level of English football, Nesti offers a detailed guide to delivering sport psychology in an elite team sport environment, from practical drills on the training field to shaping organizational behavior at club level. The book explores the full range of issues and themes that define the role of the professional sport psychologist working in football today, including:

- Mental skills training
- Group cohesion and team dynamics
- Counseling, trust and confidentiality
- Transitions in football
- Managerial and coaching philosophies
- Structure, communication and organizational psychology

The book is illustrated throughout with real-world case studies, drawing on research into sixteen professional clubs across five European countries, and concludes by suggesting how other elite team sports can learn from the experiences of professional football. This is the only book to outline a holistic approach to psychology in football and the only book to offer such a rich combination of theory and practice. It is therefore essential reading for all students of sport psychology and all psychologists and coaches working in elite team sport.

2009 | 212 pages | Paperback: 978-0-415-54999-8 | $49.95  

For more information and online ordering:

http://www.routledge.com/9780415549998
Key references: It's only a silly game!!

**Pieper, J.** German Thomist philosopher

**Van Kaam, A.** Dutch Catholic priest and author of: Existential Foundations of Psychology (1969) Duquesne University, USA.


**Fr. J Schall** SJ. Professor of Political Philosophy: Reasonable Pleasures (2013)

**Buber, M.** Professor and Rabbi, Zionist and author of: I and thou (Ich und Du)..... A landmark of twentieth century intellectual history (Prof. R.G Smith, University of Glasgow)
Chelsea 1 Hull City 1......This is not what it is all about as a sports psychologist or a Chaplain .......BUT IT IS WHAT IT IS ALL ABOUT !
BIG SAM (former England manager) and the SPIRIT (Chaplains in the tunnel...no MST psychs!!!)

Hope your psychology can accommodate the spirit!

My best ever players often have a religion...are you threatened by this as a psychologist? My best sport psychologist...?
Answer: Fr Pat Murphy !!!
Manager and coaches are sport psychologists!

Results-Performance *(process)*-Results!

Volatile, intense, irrational, passionate and ruthless!

Planned, systematic, focused, conservative, traditional and sentimental!

LIFE....fun, suffering, anxiety....JOY

Chaplains impact on PERFORMANCE ...yes they do...
Challenges to the person
Mind, body, spirit, soul..

Public global humiliation

A (sport) psychology capable of accepting that morality and ethics (values!) are unavoidably part of the discipline
Prolonged engagement inside clubs

1 to 1 confidential sport psychology counselling with first team players ...**10 per week and key staff**

Closed world, trust, misunderstanding, conceptualisation of much psychology and sport psychology.

**NB:**... like an effective Chaplain
Dialogue is often about:
Dealing with being dropped …… **DE SELECTION**
Why the manager is a prat!
Plans to move to another club
Relationships...coaches, players, domestic, family, illness, etc
Failure to follow the coaches advice
Enjoyment, motivation towards training, anxiety in front of goal, hiding on the wing!
A form of self analysis and clarification...what psychological skills and personal qualities do I need to develop or renew?

Often an uncomfortable encounter.......not about positive thinking....but being real!

Developing courage and humility (NOT mental toughness....)

Note Aquinas views Corlett (1996).
About developing the whole person, their self awareness, self knowledge and identity.

This means...who you are, what you stand for, and where are you going...
For some it means to develop a more spiritual outlook...I am not mere material but also a spiritual being in search of meaning...
Jung (1995) Patients not suffering from ‘a clinically definable neurosis, but from the senselessness and emptiness of their lives’

Frankl (1984) Search for Meaning

Giorgi (2000) A Human Science approach to psychology...Phenomenology

Ronkainen et al., (2014) Existential meaning, spirituality and sport

Restoring the psyche (soul) to psychology!
Watson & Nesti (2005)… Argue for an approach that can accommodate this...

- Phenomenological approach in sport psychology allows for empirical study (Edmund Husserl and St Edith Stein)
- Opposed to reductionism….Being as a unified whole…Catholic philosophy and anthropology

- A return to THINGS THEMSELVES (Nesti, 2011)
Holistic assumed to mean: emotions and cognitions inside and outside sport for athlete

BUT HOLISTIC meant to mean...unified whole....a PERSON...mind, body spirit...

Values, the transcendental....SOUL !
Sport psychologists without knowledge about basics of **philosophical and anthropological accounts of human BEING**.

Operate as... *technicians*...*Sophists* (Corlett, 1996)

And then as real people ..... 

BUT ironically, can’t get away with this in PROFESSIONAL SPORT!
Who am I ...?

What is really important to me?

Values...Meaning...Mystery...Peace!
I am more than my role
More than my self
I am a relationship with the ultimate source of being....God

Sport psychologists need to acknowledge the lived world of their clients....or do we always know best?
An important part of personal identity for some (EPL a Global Multi Cultural Matrix)
The staff are more respectful than academic sport psychologists!
Most important source of personal meaning

Unconditional love in a brutal world of utilitarianism and ruthlessness
Nesti (2011) argues for this approach to sport psych practice and research. Counselling footballers with spiritual and religious beliefs...A phenomenological approach to identity.

Sport psychologist should know about both of these as part of lived world of many elite athletes...not about selling a particular spiritual or religious view but acknowledging this dimension in human (and sport) life
Opportunities for Sports Chaplaincy and Sport Psychology

Methodist chaplains lead the way.....despite few of their denomination....big lesson to all !

Why no invites to sport psych conferences?
Pastoral ....the person who plays football
Qualitative Research between sport psychologists and Chaplains....
Eg: Counselling for well being and performance

Chaplains involved in recruitment of sport psychswith head of sports medicine and PD.

Chaplains involved in staff team away days
.....BWFC
• Church Universities to encourage more research and scholarship in Chaplaincy and sport

• **Personalist approaches to sport psychology**...to impact research and applied work of SPs. *(the case of Matt Hickson...REF ...grants...)*

• Why no academic Sport Psych's in at first team full time doing 1 to 1 work?

• Over 80K graduate and PG students studying sport science, development, sport coaching, PE...time to influence their curriculum.
• Lunch Break
• Next session starts 1:30pm
The Sport Psychologist & Chaplain: Reflections on Four Years of Collaboration in Professional Cricket

Dr. Brian Hemmings, St. Mary’s University & 
Revd. David Chawner, SCUK
• Consultant at Northants CCC
• Paid formal part-time role
• Approx. 100 hours/15 days per year
• 1997 – 2001 & 2006 - present
• Chaplain for 10 years at London Wasps
• 2007, left the local pastorate to become full time Pastoral Director for Rugby Union.
• 2011, co-managed the chaplaincy programme at the Rugby World Cup in New Zealand.
• 2012 Northants CCC club chaplain: Voluntary role
How our collaboration started

• David had moved to Northampton
• Recommendation to meet through others
  • Previous coach/new coach
  • Financial situation of club
Do Cricketers need pastoral support?

- PCA Employ 6 PDWP managers
- Gambling: EPIC figures
- High profile mental health problems
Mental Health Support in Cricket

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

TALK ABOUT YOUR FEELINGS
Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. It’s part of taking charge of your wellbeing and doing what you can to stay healthy.

EAT WELL
There are strong links between what we eat and how we feel – for example, caffeine and sugar can have an immediate effect. But food can also have a long-lasting effect on your mental health.

KEEP IN TOUCH
Friends and family can make you feel included and cared for. They can offer different views from whatever’s going on inside your own head. They can help you assess, keep you grounded and help you solve practical problems.

TAKE A BREAK
A change of scene or a change of pace is good for your mental health. It could be a five-minute break from your computer, a walk through your local park, or even a weekend away with a friend or family member.
Post-career suicide rates in cricket
WHAT IS SUCCESS?
Building a Working Relationship
Commonalities between Roles

• Roles are often misunderstood/misconceptions
• Can be stigma
• Effectiveness is difficult to measure
• ‘Gaining Entry’ is a challenge
THE ACCEPTANCE LADDER

- Being Affirmed
- Being Consulted
- Being Recommended
- Being Utilised
- Being Trusted
- Being Welcomed
- Being Accepted
- Being Understood
- Being Tolerated
- Being Explained
- Being Known
Understanding Faith

• Faith is more than a label
• Faith affects actions and outlook
• Faith observance may not be mere ritual
Best Practice Guidelines

- Acknowledge context
- Take time to develop relationship & maintain regular communication
- Being seen as ‘a team’ (invitation to sessions)
  - Spend time together & time apart
- Annual review meet with other support staff/PCA
Summary

Rich opportunity in sport to support pastoral care/well-being of athletes through sport psychology and chaplaincy collaboration
Ethical Considerations When Working With Religious and Spiritual Athletes

Dr Mustafa Sarkar
Anecdotal Evidence
Anecdotal Evidence Continued

“Just before walking over [to the Olympic final], Coach pulled me aside and we prayed together as we had done since I was in college. I had heard other athletes ask God to let them win, which I thought was ridiculous. Coach, however, simply asked God to keep me healthy and, if it was His will, to allow me to run at my best. ‘God blessed me with his talent,’ I thought as the prayer ended. ‘His job is done, and it's up to me and me alone to win this race’. (p. 17)

Andrew Trimble: Rugby, religion and me

By Martin Bashir
Religious Affairs Correspondent

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Role of Spirituality in Sport Psychology Consulting

• Reconciling spirituality into athlete-centered models
• Integrating spirituality into mental skills training
• The relationship between spirituality and positive psychological states, such as flow and peak experiences
• The utility of spirituality in sport psychology counselling

Role of Sport Psychologists and Chaplains

“Future research is warranted to explore the potential of a collaborative partnership between the sport psychologist and chaplain, and how they could work more effectively with significant others to provide support to their athletes”. (p. 261)

Ethical Issues in Relation to Culture and Diversity

“A number of sport psychology researchers have put forward various ethical considerations in relation to culture and diversity, particularly religion and spirituality. These include: multicultural competence, training and education, referral systems, and professional boundaries. Despite acknowledging these ethical issues, scholars have yet to systematically explore this pertinent area of enquiry. This is in contrast to other fields of psychology, especially psychotherapy, which have countless texts and articles dedicated to ethical considerations when working with such clients” (p. 581).

Presentation Topic

To explore the ethical issues arising when working with athletes who profess religious and spiritual allegiance.

Definitions: Religion and Spirituality

• Hyman and Handal (2006) explored the concepts of religion and spirituality by asking religious professionals to define the two terms.

• Religion was considered to be something concerned with external and objective organizational practices about a higher power that one performs in a group setting (e.g., church, synagogue, mosque).

• Spirituality was defined as an internal, subjective, and divine experience.

RRICC Model (Plante, 2007)

• Respect
• Responsibility
• Integrity
• Competence
• Concern

Respect

- Informed consent
- How athletes think their views and beliefs will be viewed during service delivery (e.g., by nonreligious psychologists)
- Reflexivity
- Stereotyping and individuality

Responsibility

• Referral

• Different forms of support
  - Religious and spiritual professionals (e.g., sport chaplains)
  - Appropriate trained professional (e.g., expert in Buddhism)
  - Community resources

Integrity

• Professional boundaries
• Self-disclosure
• Ethical dilemma
  - What happens if an athlete is aware of your religious and spiritual affiliation and seeks religious and spiritual guidance in an area outside your expertise and training?

Competence

- Three main areas of cultural competence:
  - Cultural awareness and reflexivity
  - Culturally competent communication
  - Culturally competent interventions

- Cultural awareness: Training that psychologists receive (But note the belief-practice discrepancy)

- Culturally competent communication: Language (e.g., self talk)

- Culturally competent interventions: Example of REBT

Concern

• Sport psychologists are forced to act when religious and spiritual beliefs put athletes’ with whom they work, or others, at risk.

• “Concern for the welfare of others always trumps other ethical values” (Plante, 2007, p. 896).


RRICC Model (Plante, 2007)

• Respect
• Responsibility
• Integrity
• Competence
• Concern

“Although it is important for sport psychologists to become familiar with ethical guidelines related to religion and spirituality, having a cognitive understanding of these issues is only a first step. For effective cultural praxis, sport psychologists need to experience further religious and spiritual practices, reflect on their own religious and spiritual affinities, and learn to apply routinely the knowledge gained in the form of culturally appropriate interventions” (p. 585)

Reflection on Article

https://www.youtube.com/watch?v=n6xYm1Car1E
References


Thank you

Any questions?

mustafa.sarkar@ntu.ac.uk

@MusSarkar
• Refreshment Break

• Next session starts 3:00pm
Working with athletes of faith: the importance of reflective practice

Emma Huntley & Nichola Kentzer
What does an athlete of faith look like?

Faith is defined as:

‘complete trust or confidence in someone or something’

- Physical abilities
- Training and preparation
- Coach and team

‘strong belief in the doctrines of a religion, based on spiritual conviction rather than proof’

Reference: Online Dictionary
Task

• On the handout provided, identify the characteristics that a sport psychologist and a sport chaplain should possess from an athletes perspective.

• How do they see you?
What is reflective practice?

A **purposeful** and **complex** process that facilitates the examination of **experience** by questioning the whole self and our **agency** within the context of practice. This examination transforms experience into **learning**, which helps us to access, make sense of and develop our **knowledge-in-action** in order to better understand and/or improve practice and the situation in which it occurs (Knowles *et al.*, 2014)

It represents a **commitment to lifelong learning and development** (Cropley & Hanton, 2012)
Purposes

Technical
• To develop technical skills and competencies

Practical
• Uncovering personal meanings and understanding
• Gaining a deeper understanding of oneself

Critical
• Questioning ‘taken for granted’ thoughts, feelings and actions
• Challenging ethical and moral values

(Anderson et al., 2004)
How?

Rolfe et al. (2001)

What?
- Self
- Task/activity
- Professional issues

When?
- Pre-action
- In-action
- On-action

Where?
- Informal
- Formal
Shared reflections

Addresses the concern that ‘reflecting alone can be limited by our own knowledge’ (Cropley et al., 2011, p. 17)
Group Reflection Model

- Self-Awareness
- Communication
- Critical Thinking
- Empathy
- Self-Confidence
- Applied Practice
- Confidentiality
- Trust
- Group Conditions
- Size
- Equality
- Utilise Individual Strengths
- Group Skills
- Equality

Huntley & Kentzer (2013)
Take home messages

• Consider using a reflective model to frame or structure your reflections

• Be aware of the depth/breadth of your reflections – however, there is not always an opportunity to reflect ‘critically’.

• Reflections can change over time, but still be as beneficial.

• Utilise shared reflection as a means to overcome limitations of individual processes.
Further information & suggested readings


Plenary Session – Question
We hope you’ve had a great day!

Please have a safe journey home.