

Join us for our first meeting of 2007!



Presents:

Performance and Health Psychology

A discussion with guest speaker

Cal Botterill

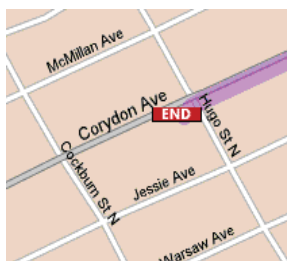
Do the “lessons” of Sport Psychology have relevance for health and high performance? Many fields other than sport are beginning to experience the personal and professional potential of the ideas. A recent pilot study with Medical Residents funded by Canadian Patient Safety Institute (CPSI) and the Faculty of Medicine explored the potential.

Meeting discussion points:

1. Can we get better at responding to fear?
2. Can we force focus?
3. Does over-analysis hurt our perception?
4. Benefits of “real” team over “pseudo” team?
5. How many of us are “under-recovered”?
6. Can “multi-taskers” and “sequential processors” work together?
7. Does believing beat hoping?

It would appear both patients and medical professionals can benefit from the lessons of Olympic athletes (and health and performance psychology). Participants in the pilot study reported enhanced “perspective”, greater self-awareness, better preparation, improved perception and teamwork skills after a six—week intervention. Evaluators of their performance on post-test simulations noticed observable differences in poise, focus, communication, body-language and teamwork.

Pilot study intervention topics included “perspective”, self-assessment, recovery, relaxation, imagery, belief, focusing, emotional preparation, emotional management, team-building, communication, leadership, resonance, coping skills, etc.



January 31, 2007

7:30–9:00 p.m.

Red Cactus, 691 Corydon Avenue

(Beside Civita Restaurant between Hugo Street and Cockburn Street)

RSVP by January 26, 2007 to

manitoba.sciencecafe@gmail.com if you will be attending.



The Manitoba Science Café is a discussion forum giving people the opportunity to discuss a variety of topics in interprofessional teaming in health care; it is not a lecture series. If you’ve got something to contribute, join the discussion. Everyone is welcome!

For more information, email us at manitoba.sciencecafe@gmail.com