

Build a mental training program

March.05.2016

Author by : Yenchu Chen, Taiwan

Email : chenyenchou7175@hotmail.com

1.Name of athlete : Wang Jie

2.Identification of the issue(s) :

Wang Jie sought for golfing coach to his erratic putting technique. His perfectionist personality drives to improve it. Despite the intensive work he has been unable to make the improvements. He felt frustrated and huge stress. The stress became to affect other aspects of his life like sleep problem, anger, depression etc.

3.Psychological processes :

Putting problem should be bother him for a while. It came to huge stress not only this problem but also perfectionist personality. According to general adaptation syndrome (GAS), he must exerted all his strength to solve it in the beginning. To continue the stage of exhaustion body starting gave the alarm as sleep problem, feel depressed, irritability and fatigue. It should be autonomic nervous system over arousal for a long time stress and to make autonomic instability.

4.Intervention(s) :

The intervention of three methods of Wang, namely intake, mindfulness, and assignment, as described below:

4.1 Intake:At first, to make sure his condition by interview. In order to checking if there has other problems without saying. Not only reconfirming the effects of stress caused to him but also understanding how he cope with the pressure.

4.2 Mindfulness-Based Stress Reduction(MBSR) :Mindfulness is a group training class for 8 weeks, appropriated from ancient Buddhist roots, and clinically innovated by Jon Kabat-Zinn. MBSR core essential is awareness via systematic training. MBSR to nurture people highly body and mind awareness without judging.

A. Emotion:Using body scan to improve his attention along his body, from toes to head. Just aware and accepting of whatever his sense without controlling those feelings. These practice can improve ability of emotion awareness and emotion regulation.

B. Concentration: Meditation practice help him tune out distraction and improves attention skills. It'll promote his putting more stable and more concentrated. Don't under the control of frustrated past and expected future. He can focus on here and now via meditation practice.

4.3 Assignment:

A. Activity to cope with stress: Searching effective activity to cope with stress, maybe to go with family or lightly aerobic exercises. The most important thing is living here and now. No matter how busy it is still arrange the activity to schedule.

B. Mindfulness daily practice: Following the mindfulness group training class's assignment. To meditate and body scan everyday.

