

**1**

HKSI  
ELITE TRAINING SEMINAR:  
SPORTS PSYCHOLOGY

**NOT JUST  
COUNSELLING**

**Artemis Fang**

Senior Sports Psychology Officer

**2**



**WHAT WE DO?**



**1**

In House Consultation

**1**

**2**

Biofeedback Training & Cognitive training

**2**

**3**

Keep regular communication with coaches, support staffs

**3**

**4**

Visual training with VR

**4**

# WHAT I DO?



**1**

Individual,  
group  
consultation

**1**

**2**

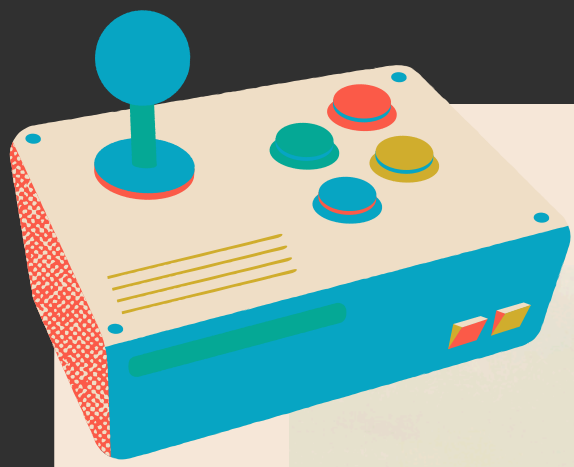
Onfield support

**2**

**3**

Education  
workshop for  
athletes,  
coaches,  
parents

**3**



# VTS

## DETERMINATION TEST

### Application:

- reactive stress tolerance
- ability to react under complex stimulus conditions.

### Stimulus:

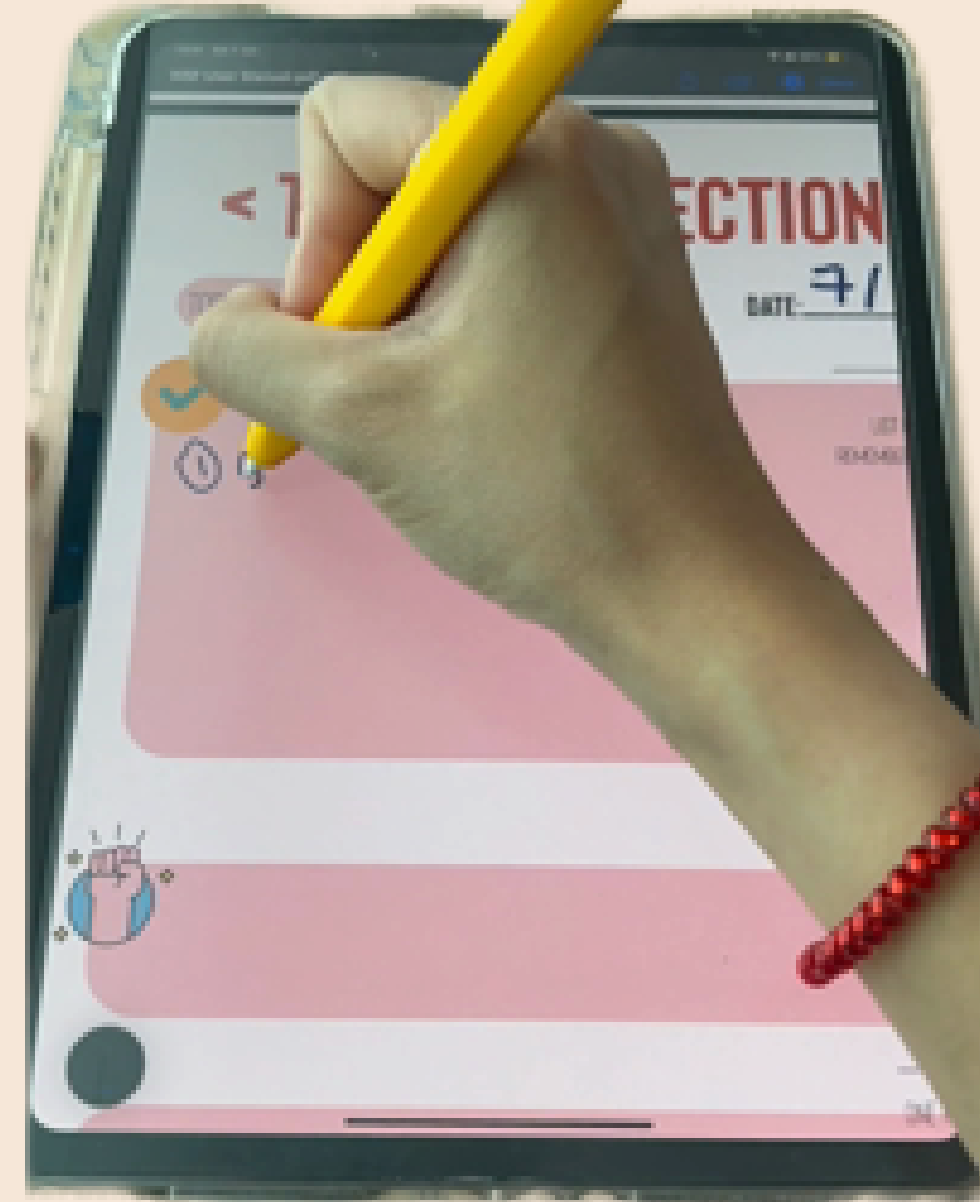
- Colour
  - white, yellow, red, green, blue
- Tone
  - low (250Hz)
  - high (1000Hz)
- Foot Signal
  - Left
  - Right





# PAPER WORK

- Off Season
  - Self reported questionnaires (mental health screening AMS)
  - Evaluation for coming year
  - Wheel of Life monthly reflection
- In season
  - Competition routine booklet
  - Goal setting & Evaluation form
  - Mini routine reminder
  - Worry list

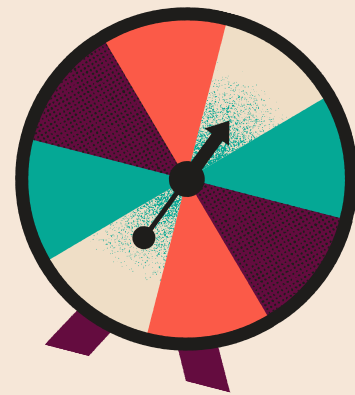




# Workshop

for Relaxation, breathing exercise

## Quiz



←..... increase HR > 100

## Breathing



decrease HR < 70 .....→



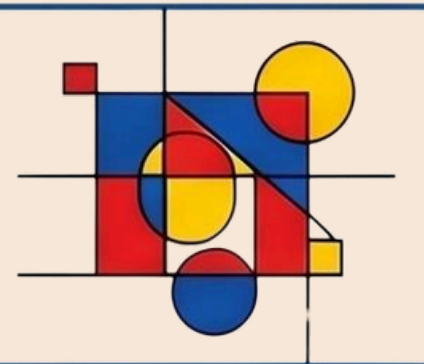
# Expressive Art Therapy approach



## Expressive Arts Therapy: A Multimodal Path to Healing

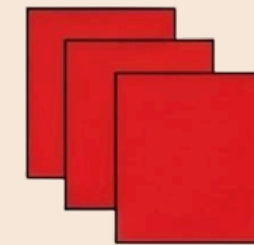
### WHAT IS EXPRESSIVE ARTS THERAPY?

EAT uses a variety of art forms—visual art, music, dance, drama, and poetry—to help individuals express feelings that may be unreachable through words alone.



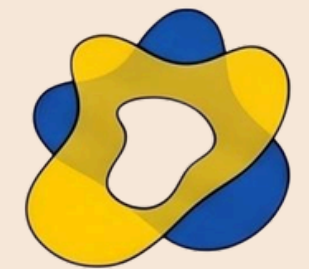
### BEYOND TRADITIONAL ART THERAPY

While Art Therapy focuses on visual media, Expressive Arts Therapy is “intermodal” meaning it frequently combines and flows that meaning it frequently combines and flows three different on the client’s needs.



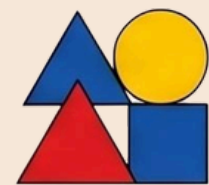
### PROCESS OVER AESTHETICS

The focus is never on producing a “beautiful” piece of art; rather, it is on the sensory-based expression and the insight gained through the act of creating.



### THE FIVE CORE MODALITIES

#### VISUAL ARTS & IMAGERY



Includes painting, drawing, collage, and sculpting to give symbolic form to complex internal emotions and memories.

#### DANCE & MOVEMENT



Uses the body’s kinesthetic sense and rhythm to release feelings and improve body image and self-concept.

#### MUSIC & SOUND



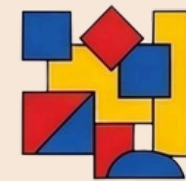
Employs rhythm, song-writing, and instruments to explore emotional states and facilitate group connection.

#### DRAMA & ENACTMENT



Utilizes role-play, puppets, and storytelling to safely externalize conflicts and rehearse new ways of interacting.

#### WRITING & POETRY



Uses creative writing and “dialoguing” with art images to enhance understanding and physical health, particularly in trauma recovery.

### COMMON THERAPEUTIC INTERVENTIONS



#### THE EMOTIONAL X-RAY

A technique where clients use lines and colors inside a pre-drawn human figure to visualize where they physically feel hidden emotions.



#### EGG & CAVE DRAWINGS

Metaphorical storytelling tools used with children to help them visualize “breaking out” of trauma and viewing the world from a place of safety.



#### SCRIBBLE CHASE

A playful dyed activity where participants follow each other’s lines, promoting rapport and spontaneous kinesthetic expression.

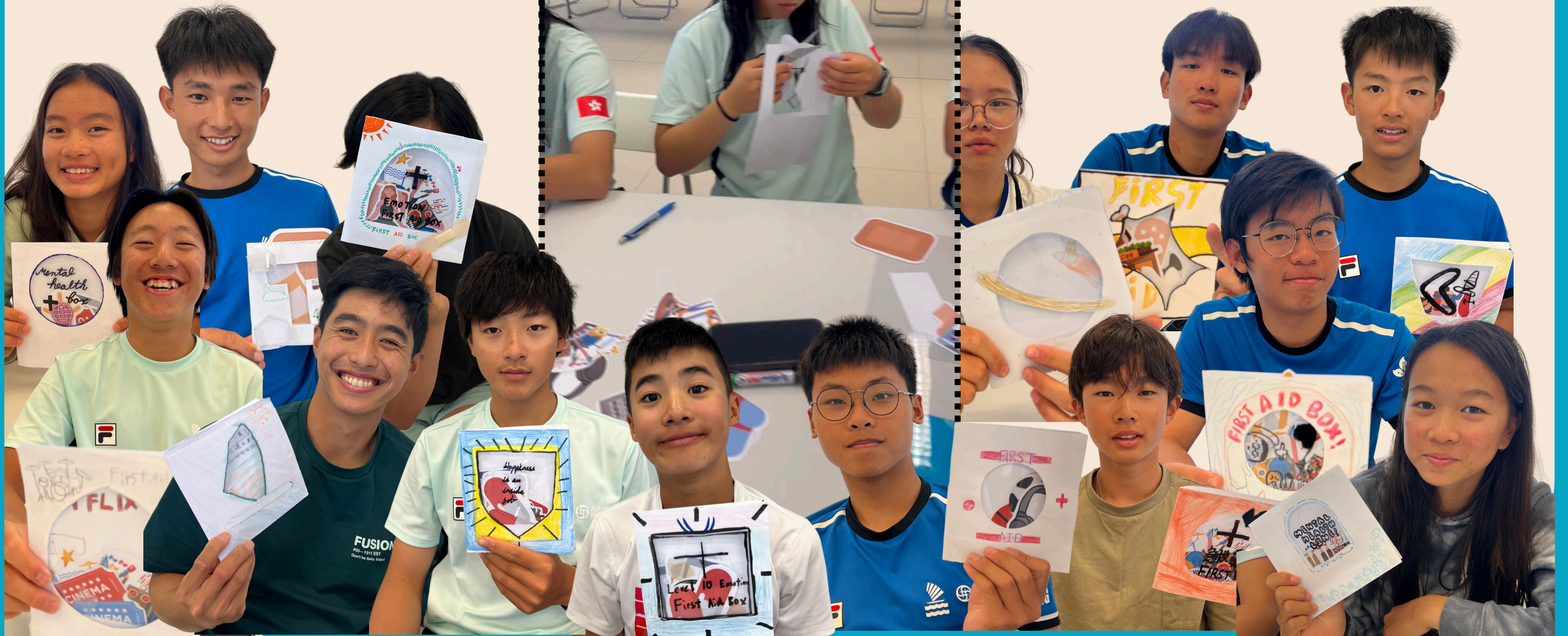
### THE CREATIVE CONNECTION

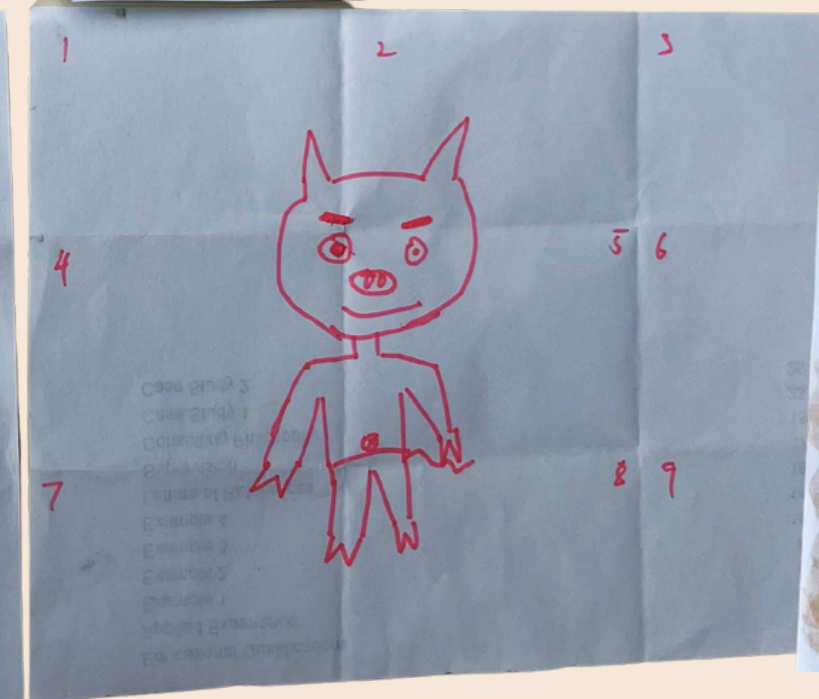
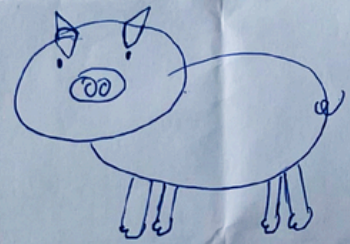
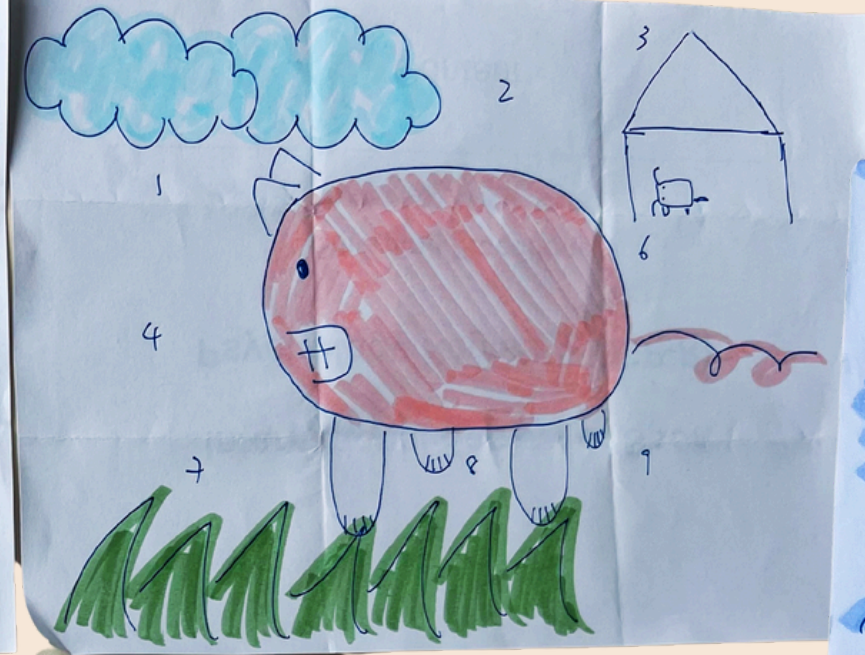
As theorized by Natalie Rogers, one art form naturally stimulates another, allowing for a “sequential unfolding” of expression and deeper therapeutic depth.

# EMOTION FIRST AID BOX

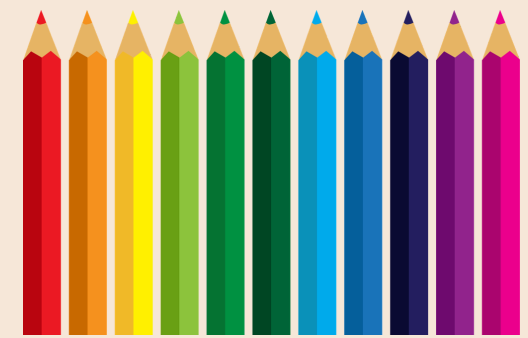
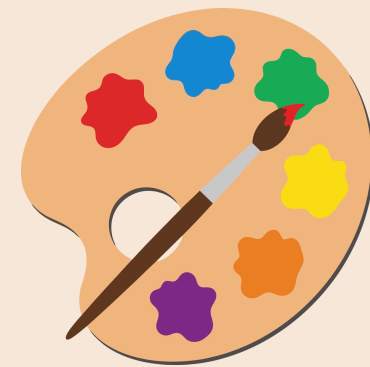


# EMOTION FIRST AID BOX





# PAINTING

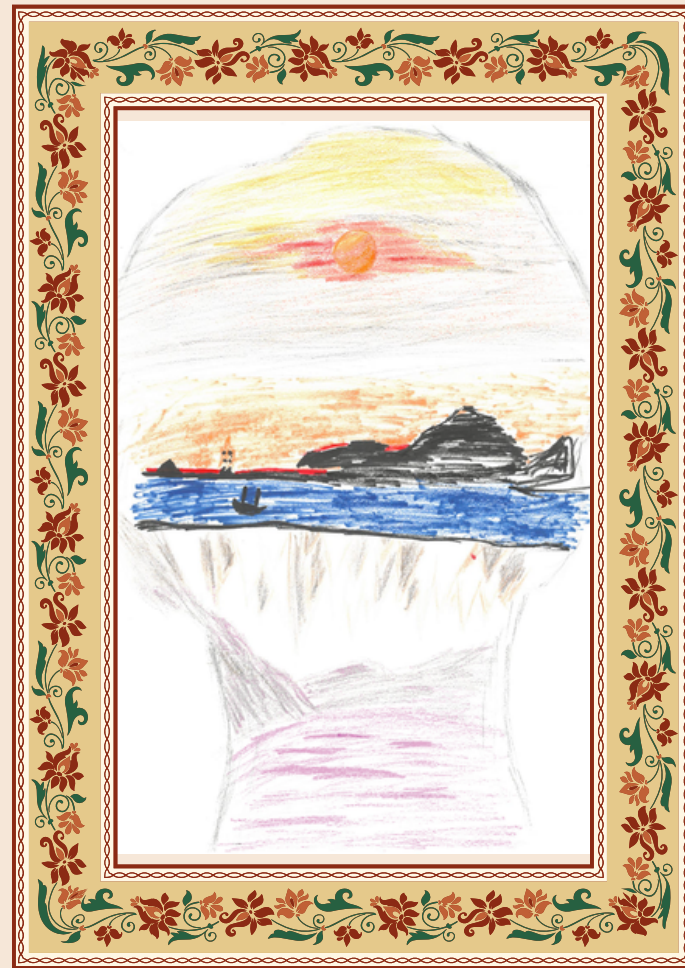


# YEARLY REVIEW



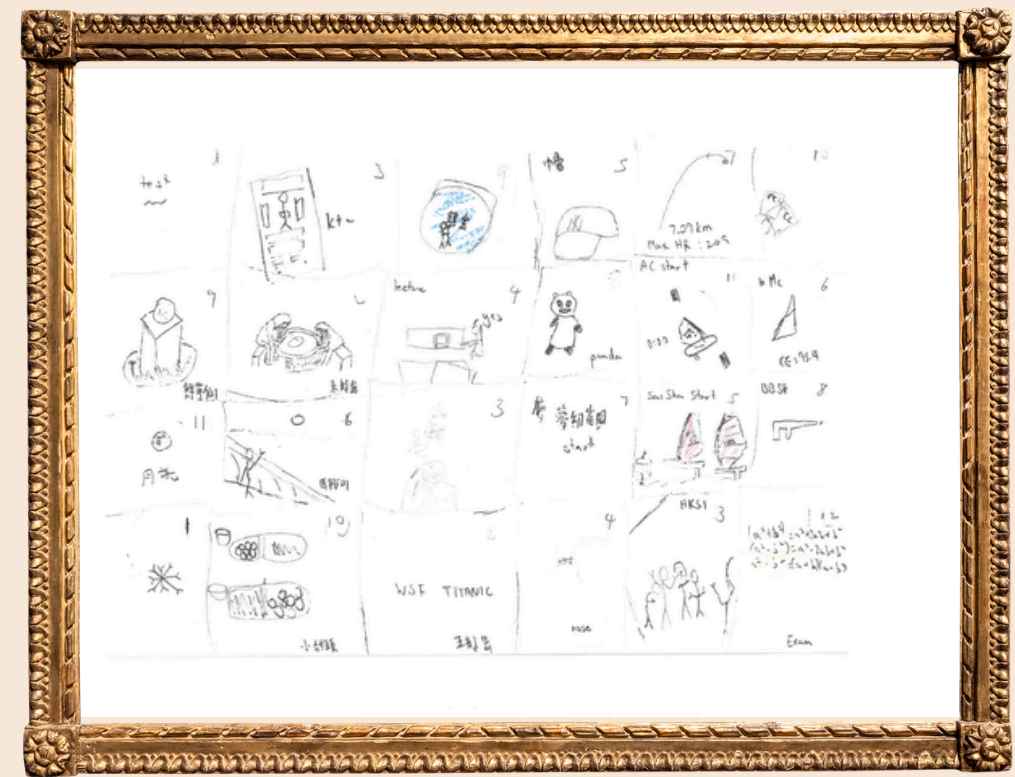
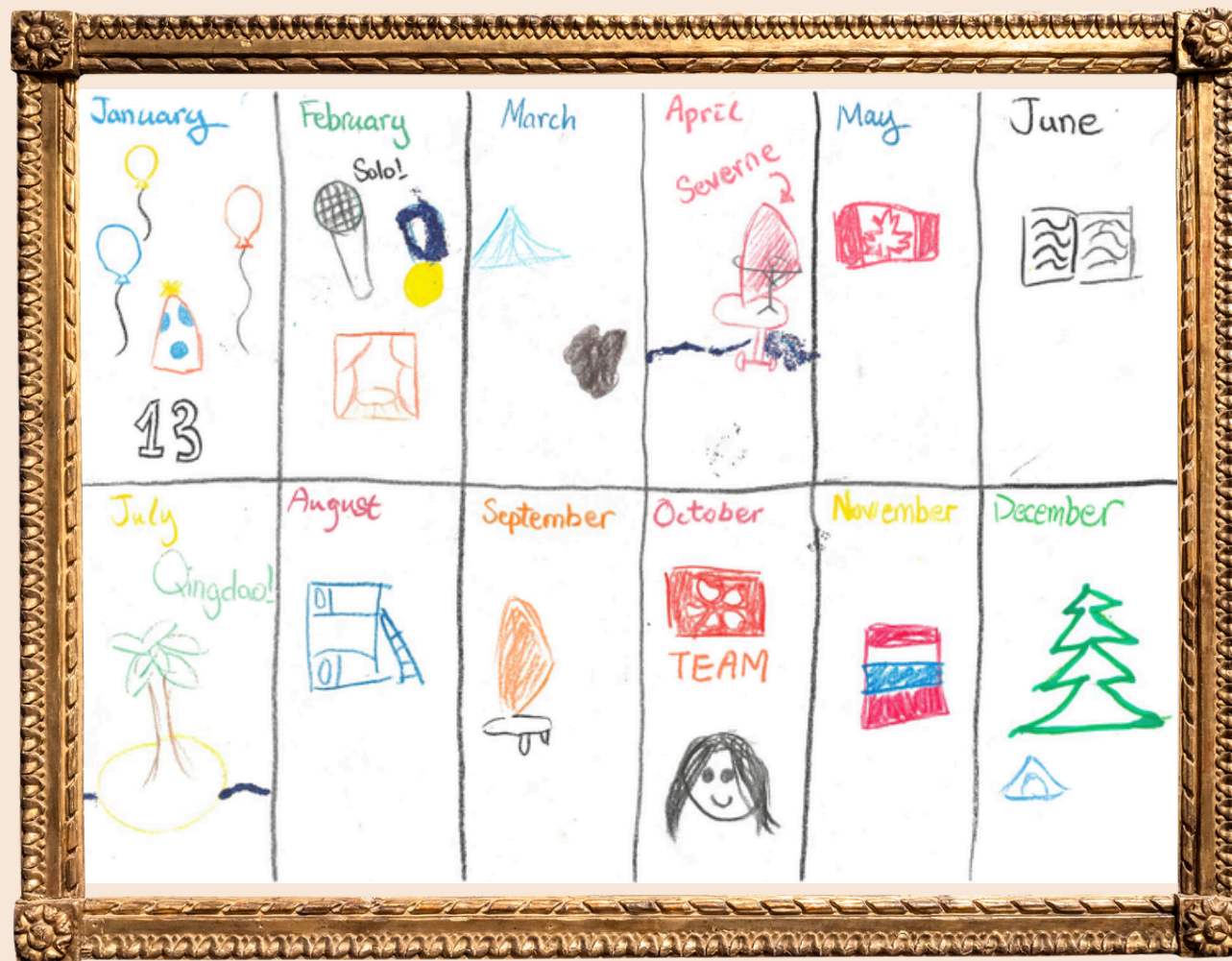
# Yearly Review





SAIL  
PERSON

# CALENDER LOCATION



# SPECIFIC CLEANING





# Cards



- **Projection**
- **Lowering Defensiveness**
  - express and recognize feelings, learn to confront negative emotions
  - deal with emotional conflicts from the past
  - bypass the self-defense mechanism and allow expressing their true feelings and thoughts
- **Symbolic Expression**
  - helpful for people who lack vocabulary, have poor cognitive abilities, or struggle to express themselves verbally
- **Empathic Distance**
  - describing indirectly
  - increases the space for externalizing and processing emotions





與被肩步  
連結 · 對話卡



**What I gonna do now 🤔**

**What I feel now 🤔**

- 價值判斷 VALUE JUDGEMENT: 基於標準是否得到滿足或評價而放鬆或納悶下的狀況
- DISCOURAGED/HELPLESS: 灰心/無助
- DISTRESSED/CONFUSED: 苦惱/困惑
- HURT/WRONGED: 受傷/委屈
- 觀察 OBSERVATIONS: 區分觀察和評論，不把兩者混為一談。客觀具體地描述當下所發生或對準我們情緒感受的事情。
- 幫助 HELP: 我需要... I NEED...
- 和平 PEACE: 我需要... I NEED...
- 慶祝 CELEBRATION: 當需要滿足時，全然地在現場好好感受當需要滿足時的喜悅。
- 玩耍 PLAY: 我需要... I NEED...
- 休息 REST: 我需要... I NEED...

**What I need now 🤔**

**Let's TRY!**

**Do you want to try this card? 😊😊**



# Puzzle time





# Reflection time



# Reflection time





Sharing time



# This is how I feel

## 我想告訴你



遊戲卡上的五個角色是甚麼？  
介紹情緒守護隊！

**杏仁核**  
Amygdala

杏仁核外形與杏仁相似而得名。杏仁核就像人腦火警系統，面對威脅，就會進入「應急反應mode」，能快速觸發「戰或逃」模式，提高警覺避開危險，同時引發身體反應，如心跳加速、暫停消化等，以應對威脅。它還強化情感記憶，讓特定經歷更深刻，並將情緒與事件聯繫，幫助從經驗中學習，避免重蹈覆轍，做出更明智的決策。

杏仁核從來不會單獨行事，會與其他大腦區域、神經系統及大腦分泌的荷爾蒙緊密合作。

**海馬迴**  
Hippocampus

海馬迴將短期記憶轉化為長期記憶，並整理內容，對學習、情緒調節及適應新狀況非常重要。負責儲存記憶的海馬迴與杏仁核是大腦的「記憶拍檔」，杏仁核為記憶加上情緒標籤，特別與恐懼或壓力相關的。

**前額葉皮質**  
Prefrontal Cortex

前額葉就像大腦的「理性部門」，負責幫我們冷靜，並與杏仁核合作管理情緒反應。不過，若杏仁核過敏，例如焦慮或害怕時，前額葉能量減少，我們更易慌張或失控。

**腸腦軸**  
Gut-Brain Axis

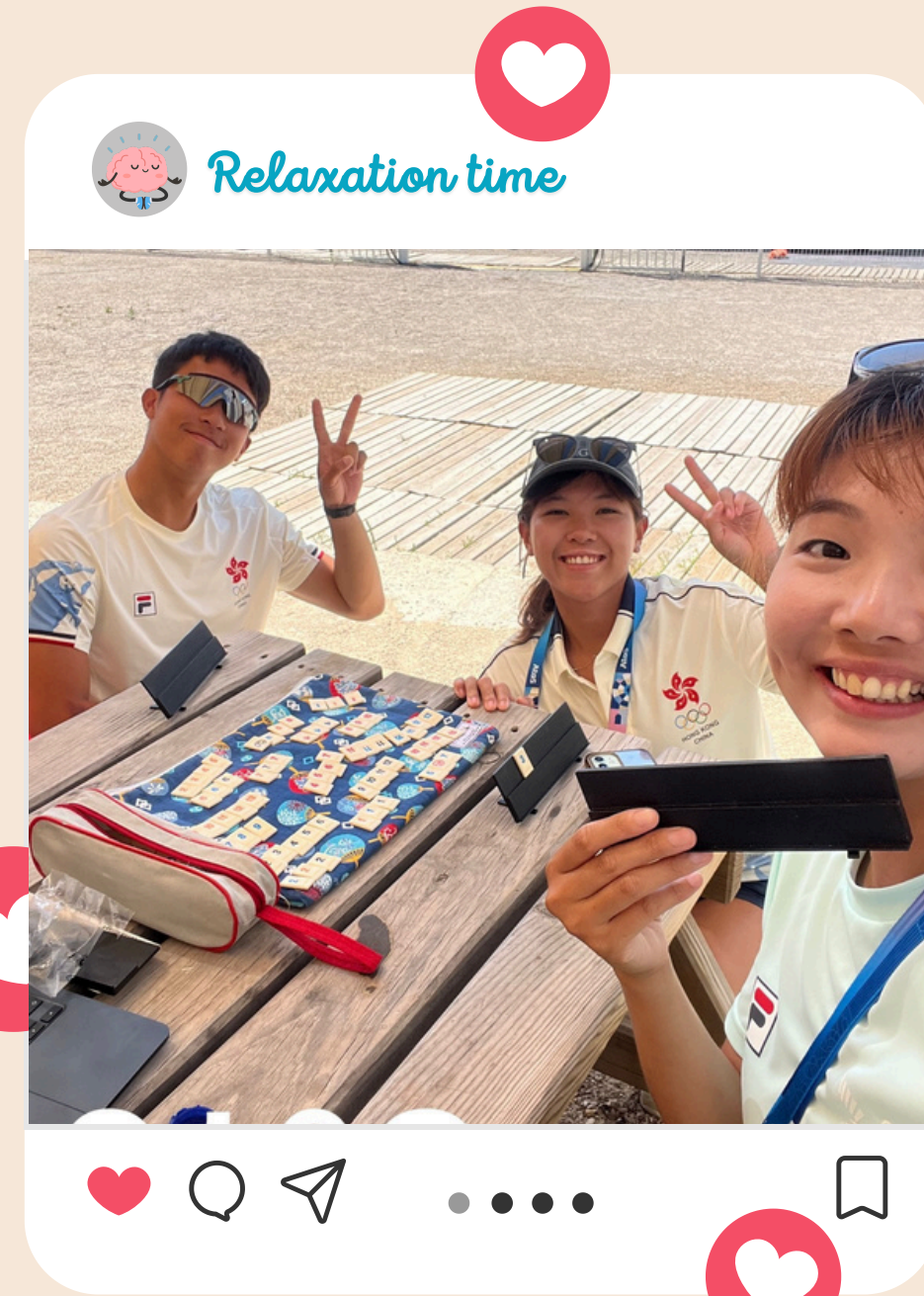
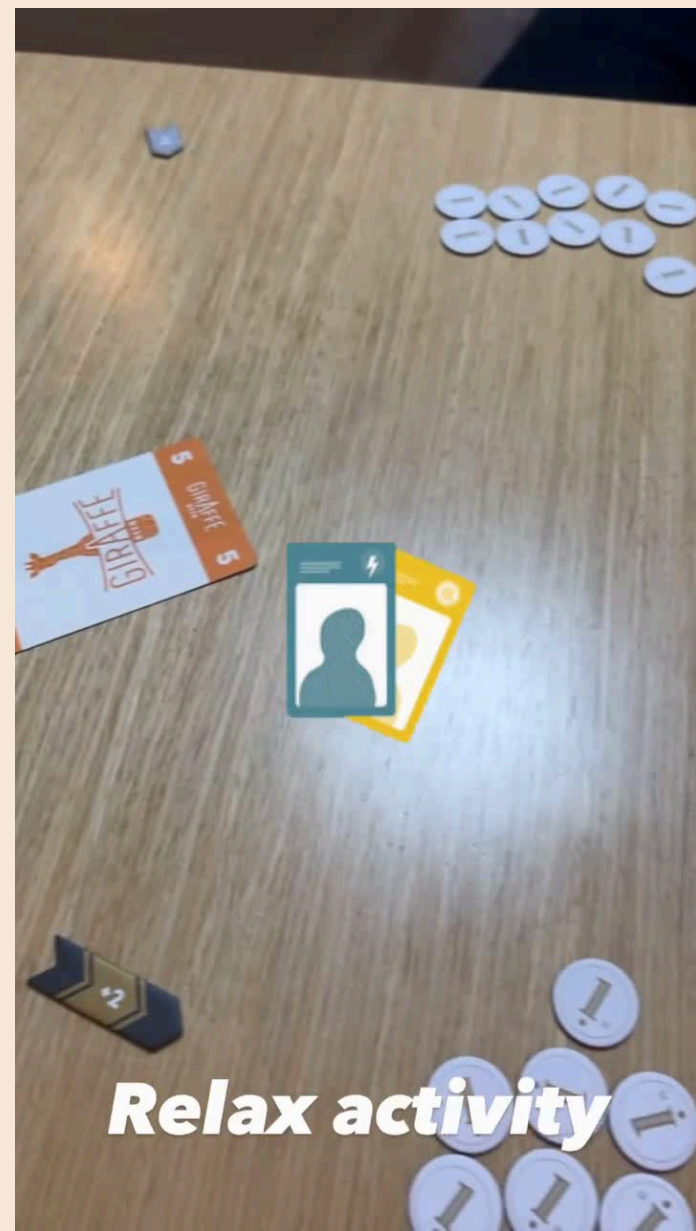
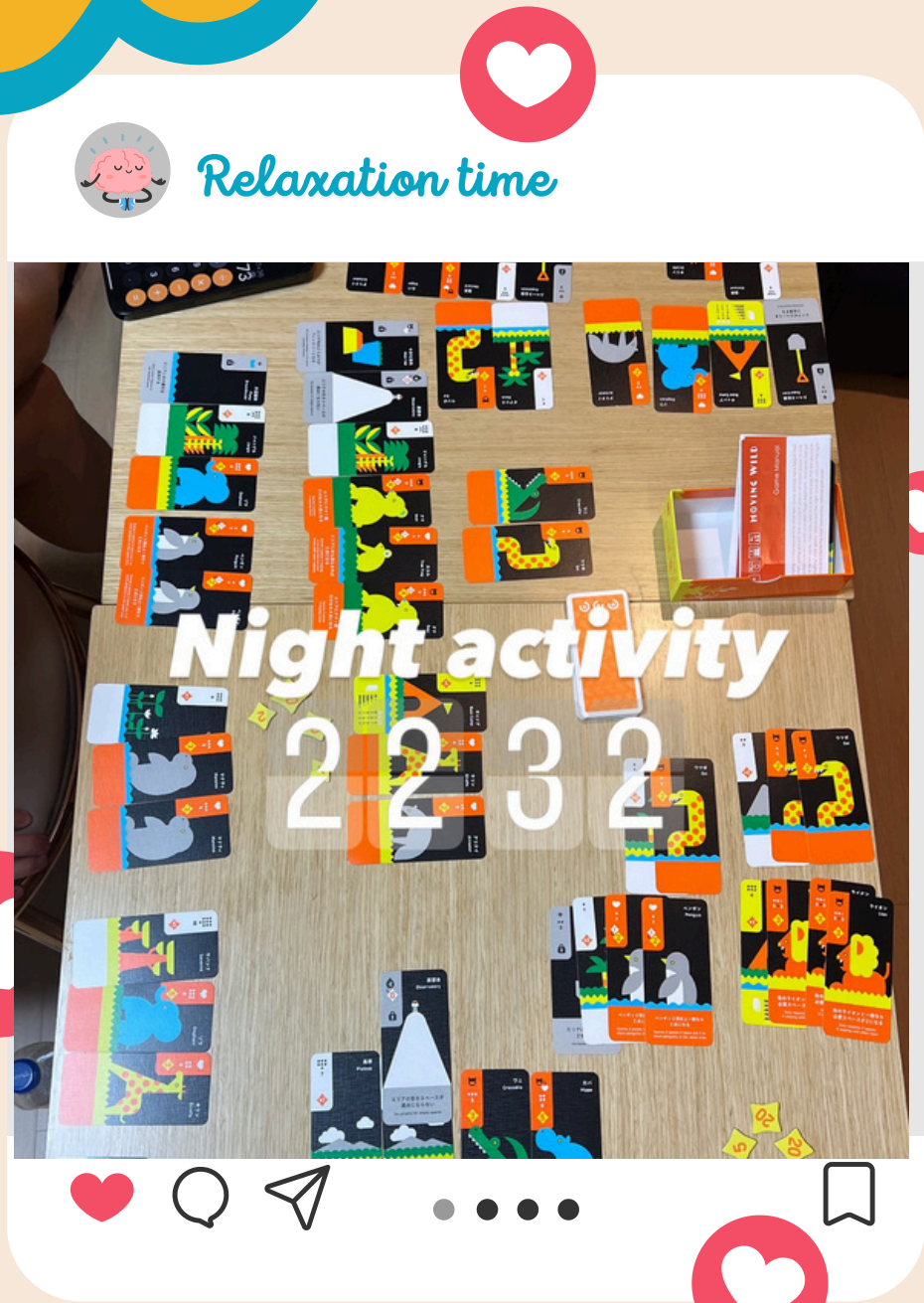
腸腦軸是一個雙向神經。腸道健康影響情緒，大腦亦會調節腸道運作。例如，緊張時會肚痛、吃喜歡的東西心情愉快，都是腸腦軸作用。腸道健康，情緒及專注力都有改善，所以吃得健康好重要！

**催產素**  
Oxytocin

催產素是「愛的荷爾蒙」，可促進親密關係及信任，減少杏仁核反應過度，舒緩恐懼與焦慮。擁抱、牽手、冥想、深呼吸，與人真誠連結如表達感恩或幫助他人，都可刺激催產素分泌，增強幸福感。



# Relax





## REFERENCE & ACKNOWLEDGE

- SINCE Concept Store
- 與孩同步
- NotebookLm AI infographics figure
- Co- Active Coaching
- Dix it
- 與孩同步. 連結. 對話卡

All materials (including artworks, video & photos) are consented by participants.

