

SMA CONFERENCE 2019

CONFERENCE WORKSHOP PRESENTER

DR JAMIE BARKER



Dr Jamie Barker is a Senior Lecturer in Sport and Exercise Psychology at Loughborough University, a Chartered Sport and Exercise Psychologist with the British Psychological Society and a Practitioner Psychologist with the Health and Care Professions Council.

Jamie has an international research profile with research interests centred on applied (sport and performance) psychology research and based around three key themes: intervention effectiveness (including applied research methods), group dynamics and leadership, and resilience. He has over 70 scholarly publications (including 48 peer-reviewed papers, 17 book chapters, four books, and two special issues-which I guest edited).

As a consultant Jamie has over 20 years of experience working in business, professional sport, and the military. For example, he has consulted with Sony Europe, Sony Mobile, Impact International, the Football Association, the England and Wales Cricket Board, Nottinghamshire County Cricket Club, Great Britain Rowing and The Royal Air Force.

Jamie has worked in disability football for over 4 years and is a member of The Football Associations' Disability Performance Group. He was the sport psychologist to the Great Britain Cerebral Palsy Football team and worked with the team at the Rio 2016 Paralympics. Presently, he is the lead National Lead Sport Psychologist for Disability Football within the FA.



Conference Workshop

'Wings to Thrive'

Developing Resilience and Wellbeing in International Disability Footballers

Athlete well-being and resilience are important considerations in elite disability sport. This workshop encourages delegates to explore some of the main threats and challenges to well-being and resilience in elite disability athletes whilst also considering series of practical techniques. Delegates will learn in this workshop through group discussion tasks and experiential practice of resilience and well-being techniques.

Objectives:

- To define psychological resilience and well-being.
- To outline key psychological threats and challenges to disabled athlete well-being and resilience.
- To explore the use of practical techniques which can be used to enhance athlete well-being and resilience.