Treatment of chronic pain in cardiac rehab: A sport psychological approach.

Zurich, 12.06.2015
About me

• University degree in Psychology (Zurich, M Sc)
• University degree in Sport Psychology (Bern, FSP)
• Since 2008 applied sport psychologist, own company
  – youth/elite athletes in competitive sports, disability sports, health sports
• Board activities Swiss Association of Sport Psychology SASP

• Psychologist
  – for stress-associated diseases (pain, burn-out; 2009-2011)
  – Project manager suicide prevention Swiss Federal Railways

• Further education / hobbies: outdoor sports, yoga, meditation
The biopsychosocial Model

General model or approach that posits that health is best understood in terms of a combination of biological, psychological and social factors (rather then purely in biological terms).

Example for cardiac rehabilitation:

- **Bio**: Medication, Motion
- **Psycho**: Cognitive behavioral therapy
- **Social**: Social service, Job-Coach
What’s Sport Psychology about?

- Interdisciplinary science: psychology, medicine, sports science and sports practice.
- Captured areas such as competitive sports, health and quality of life.

My tennis racket does not understand me.
Sport Psychology: The PEP-Model

Person - Environment - Performance

- Psychological Training: Visualizing, Breathing, Thinking...
- Collaboration with Coach, Family, Job
- Personal growth (Strengths, Personality)

Bio
Psycho
Social

12.06.2015
www.romanafeldmann.ch
Sport Psychology: It’s all about positive thinking???

Don’t think of a coffee right now!

→ Our thinking influences our behavior.

For successful cardiac rehab:
Behavior modification → Changing the way of thinking!
Transtheoretical Model: Stages of Change
(Prochaska & DiClemente, 1992)
Rubicon-Model (Heckhausen, 1989)

(in Fuchs, 2003)
Positive Psychology...

... complements the traditional study of pathology.

... focus on creating and enhancing subjective well-being (id. happiness, combination of life satisfaction and the frequency of positive and negative affect).

Psychological strengths and resources:
gratitude, optimism, purpose in life,
self-efficacy, kindness,
social relationships.
Positive Psychology

• Examples of interventions:
  – writing letters of gratitude, counting one’s blessing, practicing optimism, performing acts of kindness, mediation on positive feelings toward others, using one’s signature strength.

• Meta-analyses (Bolier et al., 2013; Sin et al., 2009):
  – increased subjective and psychological well-being (r = 0.20 - 0.34)
  – decreased depressive symptoms (r = 0.23 - 0.31)
  – benefits maintain for up to 6 months
  – (psychotherapy r = 0.32)
Positive Psychology

Interventions:
    taught to the individual, performed by themselves (with some professional guidance).

✓ enhances individual‘s empowerment and autonomy (basic needs!).
✓ rapid improvements of mood symptoms, long-lasting effects.

→ Less expensive, less time consuming, no negative stigma, no known negative side-effects.
Benefits of sport psychology in cardiac rehab?

• Based on similar concepts; salutogentic approach.
• Support: As much as possible, as little as necessary.

• The patient / athlete as an expert of his experiences → intrinsic motivation, commitment, self-esteem, basic needs etc.

→ Physiotherapists: Interface between bio and psycho-social; often addressed more frequently than during official sessions.
✓ Use the patients’ openness and make the ‘small‘ experiences attentive. Support in the way of thinking.
References


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