

ISN LECTURE SERIES 2/2016

DATE

18th AUGUST 2016 (THURSDAY)

VENUE

PERDANA HALL, NATIONAL SPORTS INSTITUTE OF MALAYSIA

BUKIT JALIL, KUALA LUMPUR

INVITED SPEAKER:

Dr. Gurmit Dhillon, Specialist Psychologist, Talking Therapies, Goodmayes Hospital, United Kingdom.

TOPIC:

1) Mental Health of Athletes and Treatment Approach

The evidence base surrounding the mental health and wellbeing of elite and upcoming athletes is inadequate in that, studies in this area are limited due to methodological problems and that there is poor understanding of overlaps between clinical psychopathology and performance. Currently, elite athletes appear to be experiencing high prevalence of mental disorders relative to general population. Limitations in this area further complicate the process of identifying specific diagnosis and interventions. Whilst there is some attention paid recently, broadly, there is a need to be addressed. This presentation looks at understanding some of the basic issues in this area and possible ways of early screening of mental health diagnosis in athletes with a view of finding appropriate evidence based intervention.

ABOUT THE SPEAKER:

Dr Gurmit Singh Dhillon is a Psychologist and Psychotherapist accredited with the British Psychological Society and British Association of Behaviour and Cognitive Psychotherapy. He graduated with a BSc in Sports Science at University of Malaya in year 2000. Following this he moved to the UK and pursued his MSc and PhD in Cognitive Therapy for severe mental illness. He specialises in psychological assessment and treatment for Anxiety Disorders and Severe Mental Illness. He is currently working with the National Health Service and is an active contributor to the research in this area. He has also made several presentations at Psychology organisations in the UK, Europe and currently writing an article for submission in a peer reviewed journal.

TENTATIVE PROGRAMME

9.00 am Participant registration

9.30 am Welcome speech

9.35 am Topic:

Mental Health of Athletes and Treatment Approach

10.35 am Break

10.45 am **Interactive session (Q&A, Group discussion)**

11.30 pm End

FAQ:

Who can participate?

- Everyone in the sports field, i.e. sports scientists / officers / practitioners / physicians, academicians, administrators, students, coaches, athletes

How do I register?

- Do register online at www.isn.gov.my

How much do I have to pay?

- **FREE**

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