

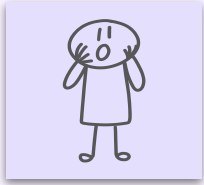
# Using creative techniques in individual or group sessions

Frank Muller

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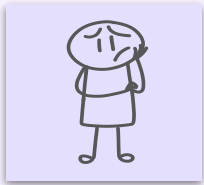


# My fears as sport psychologist



## Being ineffective

- Was I able to help them?
- Will they remember anything?



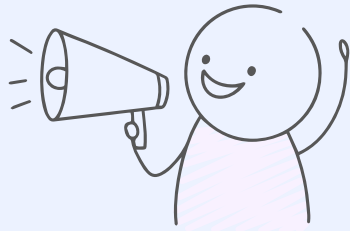
## Being boring

- Did I bore them?
- Do they think sport psychology is boring?



# Creative techniques

- I want my interventions to be **effective & entertaining**
- **By using techniques that are:**
  - Creative
  - Exciting
  - Multi-sensory
  - Memorable



## Different tools:

- Everyday objects
- Own body & Movement
- Chairs
- Analogies
- Writing & Drawing

## Drawn from:

- Impact therapy
- ACT
- Systemic therapy

# 3 goals

Visualization

Make them see it...



Experience

Lasting Impact

# Examples

Help them see it with the help of...

1. Worksheets
2. Black- and whiteboard
3. Flipcharts: normal & self-adhesive
4. Post Its
5. Moderation cards: normal & self-adhesive
6. Pictures, Images & Drawings
- ...

# 3 goals

**Visualization**

Make them see it...



**Experience**

Make them understand & feel it...



**Lasting Impact**

# Examples

## Use objects to help them understand & feel...

1. importance of opening up (container & little objects)
2. perception of a situation (rope)
3. effect of thinking about consequences (chair)
4. effect of relaxation/meditation (snow globe)
5. concentration & focusing (flash light)
6. resilience (ball & bubble wrap)
7. time management (cups & water)
8. athletic identity (blocks)
9. stress(management) (cup & water)
10. effect of harsh criticism (cups, water & food colouring)
- ...

# 3 goals

## Visualization

Make them see it...



## Experience

Make them understand & feel it...



## Lasting Impact

Make them remember it...





# Examples

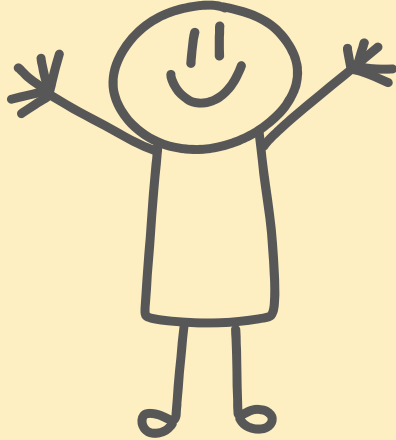
Help them remember it with the help of...

1. Summary & worksheets
  2. Cards: Index cards, post cards, etc.
  3. Little boards
  4. Keychain
  5. Journal
  6. Boxes & Jars
  7. Photos/pictures
  8. Visual cues: stickers, little objects, etc.
- ...

Using the available objects come up  
with 2-3 creative exercises or  
analogies for individual or group  
sessions

Group activity (3-4 per group)





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# Thank you!

## Inspiration/Resources:

- “Dr. Julie” on Youtube, Instagram or Tik Tok
- “Impact techniques” on Google or Youtube
- Online Course “ACT for Adolescents” on Psychwire:  
<https://psychwire.com/harris/act-adolescents>
- Coaching tools (German, English & French): [www.metafox.eu](http://www.metafox.eu)
- Local craft store, supermarket, toy store & hardware market