

**SOPHIAALEN**

**October 17<sup>th</sup> 10.30 – 11.20**

**“Body and brain: a complete athlete! How to cope with sports injuries from a psychosocial perspective.”**

***Chair: Ulrika Tranaeus (SWE), Associate prof.***

**Adam Gledhill (GBR), Associate prof.:** Psychological response to sport injuries, the downside (and maybe upside) of a sport injury.

**Andreas Ivarsson (SWE) prof:** Reflections on how athletes’ health and mood (well-being) can be measured during rehabilitation?

**Niklas Cederström (SWE), PhD:** Using psychological training in rehabilitation following sports injury – practical tips and potential impact