



Post-Congress Report – FEPSAC Congress in Innsbruck

Congress Theme

**Performance under pressure in sports ,military/police,
performing arts, medicine, business and daily life.**



Image 1: Over 1,000 participants at the sport psychology congress in Innsbruck

(Photo: CME)

Just ahead of the Olympic Games, the FEPSAC Congress took place at Congress Innsbruck under the direction of **Dr. Dr. Christopher Willis**, in collaboration with the **Sport Psychology Section of the BÖP (Austrian Federal Association of Psychologists)**. More than **1,000 participants from over 50 countries** attended this record-breaking event. The program featured **over 800 scientific contributions** presented by international experts and practitioners.

Participants included professionals from **Red Bull Salzburg, FC Bayern Munich, the German Football Association (DFB)**, national and international Olympic training centers, national coaches from a wide range of sports, e-sports executives, representatives of the performing arts such as the **Cirque du Soleil**, and members of military and police special forces – including Austria's elite unit **Cobra**.

Entire departments of sport psychology traveled from the **USA, Canada, Australia**, and various **Asian countries** to participate. The **United Kingdom** sent the largest national delegation with **over 90 participants**, followed by **Germany, the USA, and Canada** (each with more than 60 participants). Also well represented were delegations from **Switzerland, Spain, Poland, the Netherlands, Japan, Taiwan and Turkey**.

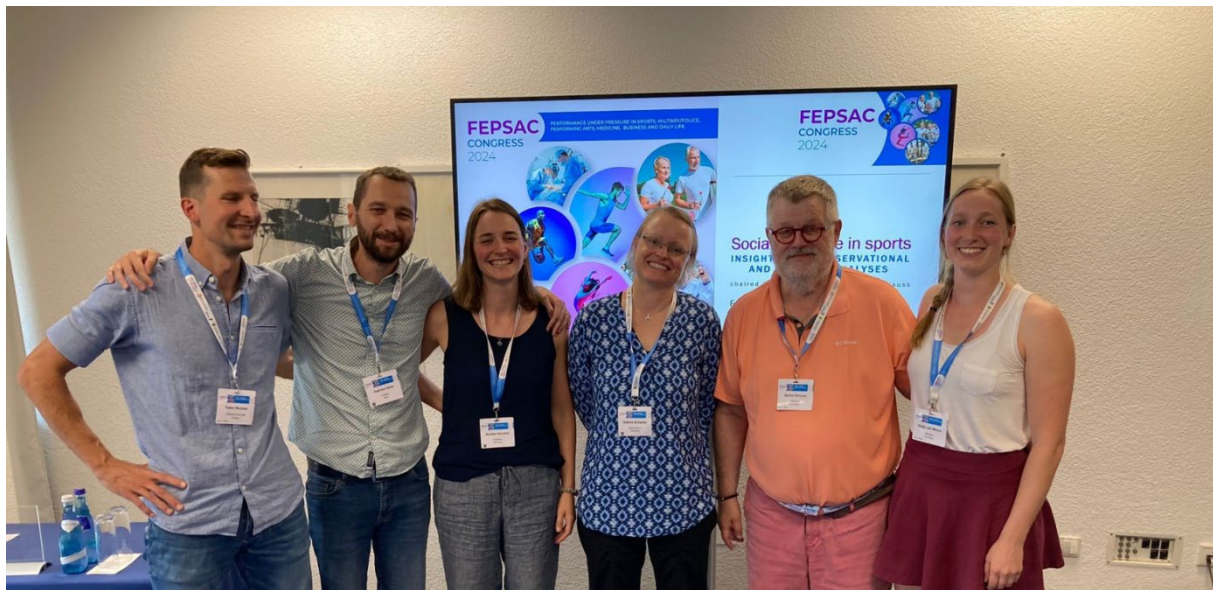


Image 2: International expert exchange – Dr. Fabio Richlan, Ass. Prof. Fabrizio Sors, Dr. Amelie Heinrich, Prof. Sabine Schaefer, Prof. Bernd Strauss, Edda van Meurs (Photo: private)

Record Participation from Austria

With 48 participants, Austria was represented more strongly than ever before at an international sport psychology congress. Among them were professionals from Red Bull Salzburg, the Olympic Training Center Vorarlberg, the universities of Innsbruck, Salzburg, and Vienna, Austrian private universities, national sport psychology associations, and numerous freelance practitioners such as Thomas Kayer and his Groundwork Team.



Image 3: Congress VIP evening with strong Austrian participation (Photo: private)



Renowned Keynote Speakers Included:

- **Dan Gould** (Michigan State University)
- **Cecilie Thøgersen-Ntoumani** (University of Southern Denmark)
- **Duarte Araújo** (University of Lisbon)
- **Stiliani “Ani” Chroni** (Norway University of Applied Sciences)
- **Mia Stellberg** (IOC E-Sports representative)
- **Kristoffer Henriksen** (Team Denmark)



Image 4: Keynote speaker Dan Gould (Photo: CME)

A key focus was the **performance of Olympic athletes under pressure** at the upcoming **Paris Games**. Discussions revolved around **psycho-regulation strategies**, the use of **virtual reality**, and **artificial intelligence** in Olympic contexts.

In addition, an international expert meeting on **“Safe Sport”**, led by Ani Chroni on behalf of **WomenSport International**, was held for the first time.



Honors and Awards

Dr. Walter Minatti from **Tyrol** was honored with the **BÖP Award** for his lifetime achievements in advancing sport psychology in Austria.



Image 5: Dr. Walter Minatti (Tyrol) – BÖP Award for promoting sport psychology in Austria
(Photo: CME)

Georg Hafner presented **Univ.-Prof. Dr. Dieter Hackfort** with the **international Ema Geron Award** for lifetime achievement. Another awardee was **Hana Váľková** from the **Czech Republic**.



Image 6: Dr. Dieter Hackfort receives the Ema Geron Award (Photo: CME)



Dr. Nadja Walter, a sport psychologist from **Leipzig**, won **first place** in the **international Applied Slam Final**, which took place for the first time. She competed against renowned colleagues from **China**, the **USA**, and **Austria**. Her inspiring presentation on **mental coping strategies in high-performance pressure situations** secured her victory.



Image 7: Dr. Nadja Walter – winner of the Applied Slam Final (Photo: CME)

Heike Torggler from **South Tyrol** earned an **outstanding second place** in the Applied Slam competition.



Image 8: Sport psychologist Heike Torggler – runner-up in the Applied Slam Final
(Photo: CME)



Images 9 & 10: FEPSAC Honorary Memberships were awarded to **Anne-Marie Elbe** and **Natalia Stambulova** (*Photo: CME*)

Additional Awardees at the FEPSAC Congress:

- **Honorary Memberships:** Anne-Marie Elbe, Natalia Stambulova
- **FEPSAC Awards for Young Researchers and Practitioners in Sport Psychology**

Poster Presentations – Young Researchers

1. Radhika Butalia
2. Joseph Varga
3. Charlotte Welch

Oral Presentations – Young Researchers

1. Valeria Eckardt
2. Hanna L. Glandorf
3. Sem Otten

Poster Presentations – Young Practitioners

1. Alexander McWilliam
2. Simon Valverde

Oral Presentation – Young Practitioners

1. Ismael Pedraza-Ramirez



Jury Committees

Applied & Science Slam Award

Chair: Sylvain Laborde

Jury: Peter Haberl, Angi Keplinger

Young Researchers

Chairs: Markus Raab, Cecilie Thøgersen-Ntoumani

Jury: Katherine Tamminen, Ruud Den Hartigh, Leslie Podlog, Joanne Butt

Young Practitioners

Chair: Michala Bednarikova

Jury: Sebastian Brueckner, Rita de Oliveira, Maurizio Bertollo

Image 11: FEPSAC Jury – Awards for Young Researchers (Photo: CME)

Image 12: FEPSAC Jury – Awards for Young Practitioners (Photo: CME)



Image 11: FEPSAC Jury – Awards for Young Researchers (Photo: CME)



Image 12: FEPSAC Jury – Awards for Young Practitioners (Photo: CME)



Regional Contributions & Sporting Highlights

Local experts such as **Dr. Christian Fink** and **Stefan Maier** discussed **pressure situations in sports medicine**, particularly during the rehabilitation phase of professional athletes. These were complemented by personal stories from elite athletes like **snowboarder Elisa Elhardt**.

A unique highlight was the **first-ever Football World Championship for Sport Psychologists**, supported by the **City of Innsbruck** and the **Tyrolean Football Association**:

- **Team USA/Canada** defeated the **ENYSSP** team in the final.
- **Austria** claimed **third place** in a penalty shootout against the **United Kingdom**.



Image 13: First World Championship in Sport Psychology – Innsbruck Stadium (Photo: CME)



Image 14: The Austrian team at the award ceremony for 3rd place – including Simon Nussbaumer, Jeremias Braid, Christoph Moosburger (thank you to the world's best sport psychology goalkeeper!), Chris Willis, and team captain Georg Hafner (Photo: CME)



Social Program & Atmosphere

Beyond the professional exchange, participants enjoyed a vibrant social program. **Markus Kröll**, a renowned Tyrolean trail runner, led a **trail-running session up the Nordkette mountain range**. Additional highlights included:

- A **VIP evening** in Innsbruck's old town
- **Childcare services** during the congress
- A **lively farewell party** on the final evening



Image 15: Childcare services during the congress (Photo: CME)



Image 16: Closing party of the congress (Photo: CME)

More photos available here:

https://fepsac2024.eu/photo_googledrive/gallery.html