

Guest address: The evolution of psychology in High Performance Sport

The use of psychology within a high performance sporting context has grown immensely over the past 5-10 years. There are numerous media releases about the importance of the mental aspect of performing across a number of our successful sporting campaigns from the All Blacks through to our highly successful Olympic and Paralympic campaigns. However, there has never been a formal pathway for psychologists to develop their competence in this area. This talk will outline a bit of a story on my own development as a practitioner as a picture of the bad old days of sport psychology delivery through to the current pathway for individuals wanting to develop competency in the area of performance psychology and the importance of peer supervision in the process of development. This session will also involve a panel discussion with three individuals who have come through different paths in their development as high performance psychology practitioners.



Rod Corban is a Senior psychologist within HPSNZ. He has worked in the high performance sport system since 2004 and has seen changes in how psychology is utilised in this context during this time. He has worked across a variety of sports and across multiple Olympic and Paralympic campaigns. Previously, in the UK, he developed the first named undergraduate degree in Sport Psychology validated by the BPS, and continues to be passionate about the training of psychologists wanting to work in a performance setting. He currently spends his time providing support to the NZ Paralympic programme and NZ Cricket as well as supervising a number of psychologists working in the high performance systems in NZ and overseas.