

Name: Keerthana Swaminathan

Position Applying for: Members-at-large of the ISSP Managing council

Nominated by: Dr. Franco Noce

Seconded by: Dr. Chris Harwood

**Link to profile and website: <https://keerthanaswaminathan.com/>,
www.linkedin.com/in/keerthana-swaminathan**



Biography

Keerthana Swaminathan is the President of the Indian Sports Psychologist Association (INSPA), established in 2021 to create a collective identity and supportive community for sport psychology professionals in India. She began her work at a time when the field had little recognition nationally, gradually building trust with athletes and organizations ranging from Olympians and IPL teams to Paralympians and grassroots athletes.

She is also the Co-director of The Performance Doctor, a multidisciplinary center in Chennai that brings together sports medicine, psychology, nutrition, physiotherapy, and strength & conditioning. This initiative reflects her belief that athletes thrive when care is integrated rather than fragmented, and when their well-being is valued alongside their performance.

Currently pursuing her PhD, Keerthana's research focuses on psychological safety, stress appraisals, and social support in athlete development. She is committed to bridging research and practice, with a particular emphasis on culturally rooted and sustainable approaches to mental skills training.

She is also co-author of the book *Minds in Motion: The Catalysts' Role of Sports Psychologists*, which brings together perspectives from across India to highlight resilience, grassroots growth, and systemic change. An ISSP-R listed and Polyvagal-informed sport psychologist, Keerthana continues to explore ways to integrate global standards with context-

specific practice. A lifelong dancer and sportsperson, she approaches psychology with the view that behind every performer is a person whose environment, relationships, and inner world shape their journey. Her work is guided by the values of collaboration, inclusivity, and the belief that sport psychology must grow in ways that honor both science and human experience.

Position Statement

As Member-at-Large, my vision is to help ISSP strengthen sport psychology globally by building inclusive structures, supporting ethical practice, and amplifying voices from diverse regions. My experiences in India have shown me both the challenges and the possibilities when a field is still emerging. They have taught me that growth requires more than recognition—it requires communities that guide, mentor, and create sustainable systems for professionals and athletes alike.

Through INSPA, I have seen how a professional association can embody responsibility: setting standards, offering role models, and giving practitioners a sense of belonging. I believe ISSP can extend this globally, particularly by engaging with countries where sport psychology is developing rapidly but often without consistent structures.

One area I am passionate about is fostering cross-cultural research and dialogue. Too often, sport psychology relies on data from limited contexts. By integrating knowledge from underrepresented regions, we can create frameworks that are more inclusive, ethical, and globally relevant. This, in turn, will support regulation, credibility, and integration of our work into broader systems of athlete care.

I also believe strongly in interdisciplinary collaboration. Athletes are whole people, and their well-being depends on care that unites rather than divides disciplines. ISSP can lead by modeling and promoting this integration worldwide.

Above all, I bring a learner's mindset. There is much more to be done, and I see this role as a chance to listen, connect, and co-create pathways that ensure sport psychology grows responsibly and inclusively for future generations.

Short Statement

Keerthana Swaminathan, Co-Founder of INSPA and Co-director of The Performance Doctor, is a practitioner and PhD scholar passionate about bridging research and practice. She believes sport psychology must grow through inclusive structures, ethical practice, and global collaboration. As Member-at-Large, she seeks to amplify diverse voices and co-create pathways for sustainable athlete care and professional development.