**Practical Experiences**

**Gangyan Si**

I started my sport psychology consultant career in mainland China from 1994 Asian Games when providing service to the Chinese sailing and windsurfing teams and I began my applied sport psychology work in Hong Kong when I took the role of the head of sport psychology center at Hong Kong Sports Institute in 1999. My service in both places continues to present.

**Service to Chinese National Teams**

My service to Chinese National Teams in mainland China is the project work, it is a service project supported by Chinese National Sports Administration. I provided my service based on the service agreements with the teams. I had worked with Chinese national sailing and windsurfing teams for the 1994 Asian Games, and worked with Chinese swimming team, gymnastics team, and diving team for the preparation of 2004, 2008, 2012, and 2016 Olympics. A usual practice is that I started to work with a few key athletes who were medal hopefuls in the team one year before the Olympics. I occasionally travelled with the team for the training camp or competitions according to the requests from the team. However, that travelling with the team is usually not a part of service agreement.

For both 2004 and 2016 Olympics, I worked with Chinese swimming team. The task was to work closely with the coaches to provide psychological supports/training to several top swimmers. Swimming is a tough, very physiologically and psychologically demanding sport. I worked with swimmers for two main issues: a mental capacity to bear the extremely intensive workload during the training and a psychological stability under the huge pressure of competition. A female swimmer and a male swimmer whom I was working with won the gold medal in 2004 and 2016 Olympics, respectively. For 2008 and 2012 Olympics, I worked with Chinese athletes in gymnastics and diving teams, respectively. These two sports have some similarities in terms of psychological qualities, both belong to “self-presentation” sports, that means the athletes should focus on their own tasks, not the opponents during the competitions. The high cognitive anxiety is usually an obstacle to prevent athletes reaching the peak performance. Two female gymnasts and one female one male divers whom I were working with through the one year circle won the gold medals in 2008 and 2012 Olympics, respectively.

**Service to Hong Kong Teams**

I took the role of the head of sport psychology center at Hong Kong Sports Institute since 1999. It is a full-time job to provide psychological service to HK athletes and coaches as a sport psychologist. I personally worked with HK table tennis, cycling, windsurfing, and tenpin bowling teams between 1999 and 2013, and continued to work with HK badminton, rowing, gymnastics, and Wushu teams since 2017 to present (I worked as an associate professor at Education University of Hong Kong during Sept 2013 – June 2017). As an accredited official team psychologist of Hong Kong Delegation, I attended 2002, 2006, 2010, 2018 Asian Games and 2012 Olympic Games. As the HK table tennis and windsurfing team sport psychologist, I attended 2004 and 2008 Olympics.

My professional career as a sport psychologist at HKSI covers a broad range of working contents from the sport psychology center management to various psychological services including psychological consultation, mental training, on-field supporting, and applied research. I developed a new mental training model called “adversity coping model” which integrated local social and cultural elements. This “adversity coping model” has been widely applied in mainland China, Hong Kong, and Taiwan. More recently, I led a team to develop a manual of mindfulness training of Chinese athletes with a purpose of developing a more culturally competent mental training tool. I also travelled with the different teams for overseas training camp and important international competitions frequently, usually three months per year. I also led the sport psychology center to run a survey to review the working effectiveness on our service by each Asian Games circle (every four years).

The theories and techniques/skills of the second wave of Cognitive Behavior Therapy (REBT, psychological skill training) and the third wave of Cognitive Behavior Therapy (mindfulness, acceptance-based therapy) are the most frequently used models in my daily practice.

During the past 16 years, some of HK top athletes whom I worked with won the Asian and World Champions or the medals of the Olympics.