Sport psychologist training starts at the UP

Bonnie Bakuretz is the professional operational coordinator of the new training course for sport psychologists, who is currently a PhD student at the Department of Psychology at the Faculty of Humanities and Social Sciences of the UP, but has already completed the training course for sport psychologists at the Hungarian University of Sports Science. She also works for associations and sports teams in individual and team sports. Applications for the course at the UP are still open until 15th August.

As a sportsperson, is it embarrassing to admit to seeing a psychologist today?

Some people don't go because why should they?! There are teams where it is compulsory to have a sports psychologist for both the men's and the women's team. The good news is that coaches are also becoming more cooperative. I have a good place! Not asking for the help of a sports psychologist on an individual level can evolve later.

Our science is young!

A lot of problems have recently surfaced in Hungarian sport. As a sports psychologist, I wonder what could have been done about abuse, swimmers being beaten with slippers and sticks, or our footballers being practically objects of ridicule in the public consciousness until recently...
A lot depends on how an athlete can adapt to a situation. If a sports performance is made up of ten units, then one of those is for the psychologist. And the other members of the staff range from coaches to trainers to trainers to dieticians, all equally responsible for the athlete's ability to perform in a betting situation. I want to be a preventative tool to help someone be balanced and perform well. I can reduce anxiety, unlock motivation, raise awareness, improve concentration... But it's very important to know the limits of my competence. An abuse, a nutritional problem, a sports psychologist is not the right person. This is one of the important criteria of our training: sports psychologists should be aware of how far their hands can reach. How far someone should be referred to a clinical psychologist. Some things go to deeper levels, they can go to a deeper level, like who someone wants to prove to and why they want to prove a sporting performance, but swimming scandals, for example, should go to a professional who knows how to do that.

What will the sports psychology course starting at the UP in September offer?
What we have noticed is that there are more and more athletes, more and more clubs, more and more focus on sport across the country. Until now, qualified psychologists could only graduate from the Hungarian University of Sports Science. I did my training there under the guidance of Ágota Lénárt. Post-graduate academies are growing like mushrooms in the countryside, and vocational training is only available in Budapest. We are working to have vocational training in the countryside as good as in Budapest, because there is a great need for specialists.