



Beyond the Game: Boundaries, Identity, and Times of Transition in Sport

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Beyond the Game is all about helping families create balanced identities and set healthy boundaries for young athletes.

With the push toward early specialization, along with the influence of social media, navigating the world of youth sports can be challenging.

This session will explore how to foster diverse interests, plan for the future beyond sports, and have the tough but necessary conversations to ensure that sports remain centered on values, character, and real-life connections.

Spoiler Alert: A great sport experiences is not just about earning a college scholarship!



“Worry less about making the right decision, and focus on making your decisions right”





Emotional Rigidity

Emotional Agility

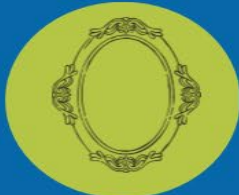
Face your thoughts/feelings with curiosity and compassion

Detach from your stories to see the big picture

Focus on your core values and long term goals

Go for tiny steps and continual movement

1. Step Up



2. Step Out



3. Walk Your Why



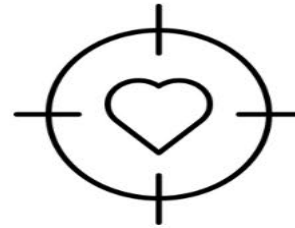
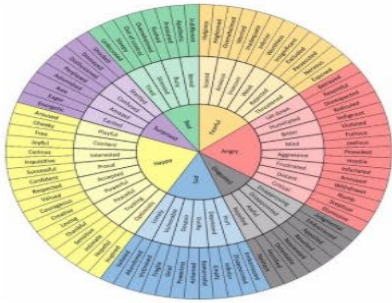
4. Move On





Emotional Rigidity

Emotional Agility



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Developed within a coherent theoretical and philosophical framework, Acceptance and Commitment Therapy (ACT) is a unique empirically based psychological intervention that uses acceptance and mindfulness strategies, together with commitment and behavior change strategies, to increase psychological flexibility.

Psychological flexibility means contacting the present moment fully as a conscious human being, and based on what the situation affords, **changing or persisting in behavior in the service of chosen values.**



Personal Values Card Sort

The Personal Values Card Sort is intended to help people clarify their own central values and consider how they might reflect those values in their daily lives.

For the purpose of this exercise, think about values related to your family.

Step 1 - Sort the the values into five piles: *Not Important to Me, Somewhat Important to Me, Important to Me, Very Important to Me, and Most Important to Me.*

Step 2 – In the *Most Important to Me* pile, can you prioritize ten values?



Personal Values Card Sort

The Personal Values Card Sort is intended to help people clarify their own central values and consider how they might reflect those values in their daily lives.

Step 3 – In the *Most Important to Me* pile, can you prioritize seven values?

Step 4 – In the *Most Important to Me* pile, can you prioritize five values?

Step 5 – In the *Most Important to Me* pile, can you prioritize three values?

Step 6 – In the *Most Important to Me* pile, can you prioritize your top value?



Personal Values Card Sort – Reflective Exercise

What does this value mean to you and your family?

Why did you choose this value?

In what ways is it important to you and your family?

How does this value show up for you and your family?

Are there other ways that it could show up more?



Committed Action

The act of taking steps to live in accordance with values. (Hayes, 1986)

Translating Values into Committed Action

Identifying what is truly important in your life/family and then actively taking concrete steps, even in the face of discomfort, to live in alignment with values. (Harris, 2009)



Case Study

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