

Multi-Sensory Imagery Training - Role Of Psychology In Injury Prevention

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Following an athlete's injury, it is common practice to have an objective assessment of the physical healing and recovery. It is also important to consider the Psychological Response to the Injury in the Rehabilitation Process.

According to Achterberg, J. (1985), it is common to consider that if the body is ready, the mind is ready. But this simple attitude, in the case of a recently injured athlete can lead to immediate re-injury or injury to another part of the body through temporary or permanent loss of confidence.

A Mind-Body Approach is suggested to reduce this negative effect on performance and the rehabilitation process. As Dr. Larry Dossey, a physician from Dallas, states: "the mind can penetrate to the cellular level of the body and modify mindless bodily processes. The body-mind connection is no longer in the category of mere folk wisdom or superstition; now it has been demonstrated scientifically (1985).

This approach was inspired from Dr. O. Carl Simonton who developed in the early 70's a model of emotional support for the treatment of cancer patients... an approach that introduced the concept that one's state of mind could influence their ability to survive cancer.

This presentation will highlight the Role of Multi-Sensory Imagery Training in the healing process through the creation of an Inhibition of the sensory perception of heat, audition, vision and pain. It will describe some steps followed by Injured Athletes using Deep Relaxation Multi-Sensory Imagery Training in preparation for an effective rehabilitation and prevention program.