

# FEPSAC CONGRESS 2024

**WE INVITE PSYCHIATRISTS,  
CLINICAL PSYCHOLOGISTS  
AND PSYCHOTHERAPISTS  
TO FEPSAC 2024**

## **SPORTS PSYCHIATRY, CLINICAL SPORTS PSYCHOLOGY AND SPORTS PSYCHOTHERAPY**

PERFORMANCE UNDER PRESSURE IS A CRUCIAL ASPECT IN THE FIELDS OF SPORTS PSYCHIATRY, CLINICAL SPORTS PSYCHOLOGY AND SPORTS PSYCHOTHERAPY. ATHLETES OFTEN FACE INTENSE PRESSURE RELATED TO COMPETITION, PERFORMANCE EXPECTATIONS, AND THE CHALLENGES OF BALANCING THEIR ATHLETIC AND PERSONAL LIVES.

WE INVITE PSYCHIATRISTS, CLINICAL PSYCHOLOGISTS AND PSYCHOTHERAPISTS TO JOIN OUR CONGRESS TO DISCUSS TOPICS LIKE MENTAL HEALTH ASSESSMENTS, PERFORMANCE ANXIETY, DEPRESSIVE DISORDERS, EATING DISORDERS, RED-S, SUBSTANCE USE, AND SUBSTANCE USE DISORDERS, GAMBLING DISORDERS, STRESS MANAGEMENT, COPING STRATEGIES, TAILORING INTERVENTIONS, CRISIS INTERVENTION, REFERRAL TO SPECIALIZED SERVICES AND PROFESSIONAL DEVELOPMENT.

YOU ARE WELCOME TO ATTEND THE FEPSAC 2024 CONGRESS, WHETHER OR NOT YOU PLAN TO GIVE A PRESENTATION.



[WWW.FEPSAC2024.EU](http://WWW.FEPSAC2024.EU)