

## "DR ABCDE: The Application of Psychology in Sports, Health and Rehabilitation"



Philip Lew, who completed MSc in Sport Psychology at the Liverpool John Moores University in 2014, is currently the lead sport psychologist of Team Sports and former Head of Sport Psychology Centre in the National Sports Institute of Malaysia. He is also an Exco Member of the Malaysian Sport Psychology Association (MASPA).

Over the past 3 years, he has provided psychological support (training and on-site) to numerous sports teams, international and professional performers, including two Olympic swimmers, through developing tailored interventions to assist athletes and

coaches in preparation for competition and to handle the psychological demands of the sport. He was also selected to be a member of the Malaysian contingent to provide sport science support to the national athletes in the 2017 Malaysian SEA Games, 2017 Malaysian Asean Para Games, 2017 Asian Winter Games in Sapporo and 2015 SEA Games in Singapore. His most recent engagement was providing sport psychology support to the national under-20 ice hockey team in their Gold Medal winning journey at the 2018 IIHF U20 Challenge Cup of Asia last month. Working primarily with the national men's field hockey team, he is responsible for the team's mental preparation and also travelled with the team to major tournaments, e.g. World League, Olympic Qualifier, Asian Champions Trophy and Australian Hockey League. His upcoming assignments are prepping the national field hockey team and the national men's rugby 7s team in their pursuit for the Commonwealth Games, Asian Games and World Cup for the year 2018.

Besides applied work with the national athletes, Philip is frequently being invited to deliver lectures on sport psychology topics (e.g. mental preparation and team dynamics) in conferences (e.g. 3rd Malaysian Sport Psychology Conference 2017), universities (e.g. Liverpool John Moores University and UiTM Shah Alam), talent camps, educational and coaching programmes, e.g. the Asian Football Confederation (AFC) "A" Certificate Coaching Award. He is also being elected to be a manuscript reviewer for the Journal of Applied Sport Psychology and Journal of Sport Rehabilitation.

Philip, who is currently pursuing a Doctor of Philosophy at the University of Southern Queensland supervised by Professor Peter Terry, published two journal articles and two newspaper articles in 2017. He also organized and presented a symposium presentation, titled *The Field of Sport and Exercise Psychology in Malaysia*, in the 14th International Society of Sport Psychology (ISSP) World Congress of Sport Psychology Seville, Spain last year.

