

## Sport and elaboration of the psychic conflict

*Abstract:* The aim of this paper is the understanding of sport as an activity which structures the Ego, or a sublimated Ego. There are different interrelated levels on which sport contributes to the shaping of a Ego-structure: building genuine relationships, respecting rules to achieve a goal, overcoming natural and artificial hurdles. When a person starts facing troubles on his way, the Warrior-archetype (intended in a Jungian way) activate itself, and at the same time, by virtue of its nature, evokes the Hero-archetype. The Hero confronts himself with the power, both facing the power of difficulty and exercising power through the assigning of meaning at the dynamic features of the context. The Hero improve also the capacity of choosing between bad and ugly, life and death, right and wrong. At this level the psychodynamic psychologist who is competent in sport psychology can develop a pathway of knowledge together with his patient.

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