

Pacific Northwest Student Sport and Exercise Psychology Symposium 2024 Report

Where: The 2024 PNWSSEPS was held on the Washington State University campus April 26-27.

Participants:

There were 33 people who registered for the conference including 12 professionals and 22 students.

Of the professionals, 8 were CMCP/LMHC/LP, and 6 were university faculty.

Of the students, 10 were undergraduate students, 4 doctoral students, and 8 were masters students.

Participants came from Washington, Idaho, Utah, Oregon, and California.

Seven higher education institutions were represented:

- Washington State University
- Western Washington University
- Lewis Clark State College
- Gonzaga University
- Dominican University of California
- Rocky Mountain University
- University of Arizona - Global

Program Overview: The program included two keynote addresses, two submitted/accepted workshops delivered by professionals, one invited professional delivered workshop, and nine student presentations. The first, by Dr. Trish Nash (Gonzaga University Athletics, Director of Student-Athlete Mental Health Services), was titled “Resilience is in the eye of the beholder” and provided a good overview of how she arrived at her current position, ways in which resilience played a role in different steps of her career, and gave insights into how she manages her current position. The second, by Connor Hartley (Washington State University Athletics, Mental Health Counselor), was titled “Utilizing growth mindset through early career stages” addressed in detail how growth mindset relates to both working with athletes as well as navigating his early career in sport psychology and mental health counseling. Two accepted workshops by CMCP professionals including one by James Branham titled “Character strengths and resilience: A nexus for personal growth and well-being” and one by Dane Anderson titled “Deconstructing diagnosis”. Both workshops provided both educational content as well as interactive and hands-on activities for the participants. One invited workshop was delivered by Trymaine Gaither (certified Mindfulness Based Stress Reduction facilitator) and Anne Cox (certified yoga instructor and Professor) provided in depth examination of self-compassion from conceptualization through hands on strategies and practices for fostering self-compassion and self-care. Additionally, there was a Question & Answer session for students to ask professionals questions and roundtable discussions during dinner and lunch for opportunities to network. All participants had many opportunities for professional development and networking. See the detailed program attached.

Summary: Overall, the symposium was very lively and engaging. There were many opportunities for interactions and students and professionals alike were able to engage in conversations informally. The student presentations were outstanding and included presentations by both graduate and undergraduate students. The mix of student presentations as well as professional led workshops created a good variety of experiences that showcased a wide range of topics in the field of sport and exercise psychology.

Budget:

Income		Expenses	
AASP Grant	\$500	Food	\$998.51
WSU Kinesiology	\$500	Speakers	\$500
WSU Health Communication	\$250	Raffle Prizes	\$134.16
Registration	\$630	Space	\$191
Total	\$1880	Materials	\$51.77
		Total	\$1875.44
		Balance	\$4.56