

## **Report of the 15th Annual Northeast Atlantic Sport Psychology Conference**

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Temple University hosted the 15<sup>th</sup> Annual Northeast Atlantic Sport Psychology Conference in Philadelphia on April 5 and 6, 2013. A total of 120 people participated in 28 presentations during the weekend, including students and professionals from a variety of organizations, private practice, and colleges, among them Adler School of Professional Psychology, Argosy University, Ball State University, Boston University, Drexel University, Ithaca College, Kean University, Montclair State University, Rutgers University, Seton Hall university, Shippensburg University, Springfield College, Temple University, University of Hartford, University of Pennsylvania, University of the Sciences, West Chester University, West Virginia University, and Winston-Salem State University..

Dr. Kristen Dieffenbach of West Virginia University delivered the keynote address, entitled "A De-Fuzzed Tennis Ball, Double Dribbling, and a Triple Ironman: The Cornerstones of a Career?" With insight and humor, Dr. Dieffenbach analyzed the contribution of her varied experiences as student, athlete, coach, and mentor to her development as a sport psychology professional. Her captivating talk provided much food for thought while also weaving together the subsequent presentations.

Conference attendees had the opportunity to register for NASP's pre-conference AASP Continuing Education workshop, led by Dr. Mitch Abrams of Learned Excellence for Athletes. During the workshop, entitled "Treatment of Trauma in Athletes," Dr. Abrams presented some of his ongoing work on this significant, but often underemphasized topic. Participants learned to identify various types of trauma experienced by athletes, along with models for responding to traumatic events and an array of effective intervention strategies. Attendees earned certificates of completion and eligibility for AASP continuing education units.

Other NASP highlights included the Student Involvement Seminar--featuring presentations by the AASP and APA Division 47 student liaisons--career panels and consultant skills workshops, student paper and poster sessions highlighting research on a wide variety of topics, and Saturday's always exciting raffle, in which students took home an abundance of prizes ranging from books to clothing. In light of the variety of institutions represented, networking opportunities were plentiful, and attendees departed with renewed energy and enthusiasm. Conference evaluation data indicate that attendees thought NASP was very well organized, with the vast majority indicating intent to return next year. The 16th Annual NASP Conference is scheduled for March 28 and 29, 2014. See you there!