

2016 AASP South Central Regional Conference Program

April 22th (Friday)

| <u>Time</u> | <u>Event</u> |
|--------------|---|
| 4:30pm | Registration Begins |
| 5:00-5:15 pm | Opening and Welcome Speech |
| 5:15-6:15 pm | Keynote Speech 1 - Dr. Monro Cullum Facts and Myths about Sports-Related Concussion |
| 6:15-6:45 pm | Session 1 Research Presentation - Deanna Perez (Boston University) Intuitive Control and Positive Competitive State Anxiety: New Assessments to Predict Clutch Performance |
| 7:00-9:00 pm | Conference Social - East Side Denton (117 E Oak St, Denton) |

Keynote Bios: Monro Cullum, Ph.D.

Dr. Cullum received his PhD in Clinical Psychology from The University of Texas at Austin, followed by a postdoctoral residency in neuropsychology at the University of California San Diego and San Diego VA. He became Assistant Professor of Psychiatry and Neurology at the University of Colorado Health Sciences Center in Denve and was recruited to UT Southwestern in 1994 to develop and direct clinical and research programs in neuropsychology. Dr. Cullum is currently a tenured Professor of Psychiatry, Neurology, and Neurological Surgery, Chairman of the Division of Psychology, and Director of Neuropsychology at The University of Texas Southwestern Medical Center where he holds the Pamela Blumenthal Distinguished Professorship in Clinical Psychology.

He is nationally recognized in the field of neuropsychology, a field focused upon understanding brainbehavioral relationships and the evaluation and treatment of patients with known or suspected cognitive disorders. He is a past-president of the National Academy of Neuropsychology and the Society for Clinical Neuropsychology, a division of the American Psychological Association. Dr. Cullum is board-certified in clinical neuropsychology and is active in clinical service, teaching, leadership, and research. He has authored over 160 peer-reviewed articles, 30 book chapters, and two books, and has developed several tests of neuropsychological function. He has served as principal or co-investigator on multiple grants involving cognitive disorders and is a reviewer for scientific journals in the fields of neuropsychology, neurology, and psychiatry. He is the neuropsychology consultant to the Dallas Cowboys and Dallas Stars, as well as the senior neuropsychologist in the Texas Institute for Brain Injury and Repair at UT Southwestern and the Leader of the Clinical Core of the UT Southwestern Alzheimer's Disease Center.

April 23th (Saturday)

| <u>Time</u> | | <u>Event</u> |
|--------------|------------------|---|
| 8:30-9:00 am | | Registration (coffee and snacks provided) |
| 9:00-9:30 am | Session 2 | Lecture - Thomas Nguyen (University of North Texas) Concussions: Demystifying the Invisible Injury |
| 9:30-10:00am | Session 3 | Research Proposal - Eric Bagby (Northwest Missouri State University) The Influence of Self-Talk on Dynavision Reaction Time and Concentration |

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| 10:00-10:15 am | Break |
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| 10:15-11:30 am | Panel Discussion - Dr. Matt Atkins, Dr. Hillary Cauthen, E.J. Hairston Attending to Injury and Mental Health Concerns of Youth Athletes |
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| 11:30-12:45 pm | Lunch |
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Panel Bios

Matthew Atkins, Ph.D., CC-AASP, has worked with a variety of NCAA Division I athletes and coaches, teaching them to integrate psychological skills into their training and competition. During his pre-doctoral internship at Colorado State University, Dr. Atkins consulted with their athletic department to help them develop substance abuse treatment programming. He also worked as a sport psychology consultant with FC Dallas from October 2009 to November 2010, where he assisted injured athletes in returning to the field more quickly. Currently, Dr. Atkins works for the University of North Texas Center for Sport Psychology and Performance Excellence. His focus in sport psychology includes motivation, injury recovery, developing a "Champion Mindset," healthy youth sport environments, team building and stress management. Dr. Atkins is also a Certified Consultant with AASP.

Dr. Hillary Cauthen, Psy.D., is a Licensed Psychological Associate, and the Owner/Director of Performance Services at Texas Optimal Performance & Psychological Services, LLC located in Austin, Texas. Dr. Cauthen has been involved in athletics since the age of 4. At an early age she has been curious about the athletic mindset and finding ways to enhance one's "heart" and inner drive to reach their own personal success. Her education focused on understanding the psychological aspect of sport when she began to blend the fields of clinical and sport psychology together. Dr. Cauthen strongly believes in the practice of embracing personal growth, enhancing performance, and enriching the passion for her own athletic and professional endeavors. She is currently an active member in her local community, and has professional associations with AASP and Division 47 of the American Psychological Association.

Edrian (E.J.) Hairston, M.S., ATC, LAT, FST-1, is entering his seventh year as an assistant athletic trainer at the University of North Texas. Hairston handles the daily operations of the athletic training room and works primarily with men's basketball and assists with football. Hairston graduated from Greensboro College in 2000 with a bachelor's degree in sport and exercise studies with an emphasis in athletic training, and later he returned to school to complete his master's degree in 2006 from North Carolina Central University in physical education with an emphasis in athletics administration. Hairston was an intern athletic trainer at North Carolina State University, working with softball in its inaugural campaign. After completing his master's degree, Hairston accepted his first full-time staff position as an assistant athletic trainer at Western Carolina University, where he worked with women's soccer for two years. He then moved to Florida to work with baseball and men's basketball at Stetson University. Also during his time there, he worked as the strength and conditioning coordinator for two years. He has been working with sport psychology professionals in providing services to collegiate athletes as well as high school athletes.

| <u>Time</u> | | <u>Event</u> |
|---------------|------------------|---|
| 12:45-1:45 pm | Session 4 | Lecture - Mike Margolies (Mental Training Inc.) A 40-year ride on a Rollercoaster We Call Applied Sport Psychology |
| 1:45-2:00 pm | | Break |
| 2:00-2:30 pm | Session 5 | Research Presentation - Nicole Harnisch (Northwest Missouri State University) Confidence and Cognitive Processing: Results from a Dynavision Training Program for Collegiate Student Athletes |
| 2:30-3:00 pm | Session 6 | Lecture - Brian Yu (University of North Texas) The Jeremy Lin Effect |
| 3:00-3:15 pm | | Break |
| 3:15-4:15pm | | Keynote Speech 2 - Dr. Jon Metzler Potato, Potato, Performance, Resilience...Let's Call the Whole Thing Off |
| 4:15-4:30 pm | | Closing |

Keynote Bios: Jonathan N. Metzler, Ph.D., CC-AASP, FAASP

Dr. Metzler provides a unique balance of science and practice in sport psychology as Primary Curriculum Developer for Armed Forces Services Corporation in support of the United States Army's Resiliency Directorate. Dr. Metzler provides thought leadership for training strategies to enhance Soldier performance, readiness, and resilience. He also provides professional development and mentorship of Master Resilience Trainer - Performance Experts to ensure quality service delivery. Located at Fort Hood, Texas, Dr. Metzler joined the Army contract in January 2010, briefly serving as Interim Training Center Manager in January 2012. From 2005 to 2010, Dr. Metzler was an Assistant Professor at Georgia Southern University where he served as Co-Coordinator of the Sport Psychology graduate program, Coordinator of the undergraduate Exercise Science program, Chair of the Institutional Review Board, and member of the university Graduate Committee. In this role he helped to establish working relationships with all of the Georgia Southern University teams to provide authentic and immersive supervised experiences for graduate students in sport psychology.

As a Certified Consultant through the Association for Applied Sport Psychology (AASP) and member of the United States Olympic Committee Sport Psychology Registry, Dr. Metzler has extensive experience providing sport psychology consultation to teams and athletes representing 18 different sports of various competitive levels including intercollegiate athletes, Olympians, Paralympians, and professional athletes. Dr. Metzler has been very active in advancing the profession of sport psychology. He has published peer-reviewed articles in the Journal of Applied Sport Psychology (JASP), the Journal of Sport & Exercise Psychology, Measurement in Physical Education and Exercise Science (MPEES), and Structural Equation Modeling and delivered several presentations at multinational professional meetings. He co-authored a graduate level book entitled Training Professionals in the Practice of Sport Psychology which is in its second edition and currently serves as reviewer for JASP and MPEES. In 2007, he received the MPEES Reviewer of the Year Award. His contributions to the profession were acknowledged in 2012 when he received distinction as a Fellow of AASP. In that same year, he received the highest honor and responsibility of the profession by being elected by his peers to serve as President of AASP.

Dr. Metzler earned three Bachelor of Arts degrees in Psychology, Physical Education, and Secondary Education from Concordia University-Portland. He earned a Master of Arts in Exercise and Sport Science specializing in Sport Psychology from the University of North Carolina at Chapel Hill, and a Doctorate of Philosophy in Kinesiology specializing in Psychology of Movement and Sport from the Pennsylvania State University.

PRESENTATION ABSTRACTS

DEANNA PEREZ - INTUITIVE CONTROL AND POSITIVE COMPETITIVE STATE ANXIETY: NEW ASSESSMENTS TO HELP PREDICT CLUTCH PERFORMANCE

New research suggests that how anxiety affects performance may depend on athletes' interpretation of the cognitive and somatic symptoms. A positive interpretation may lead an athlete to performance increments, or a clutch performance, under pressure. To better understand this response, the positive-themed state Competitive State Anxiety Inventory - Positive (CSAI-P) was proposed for the present study to act as a companion to the Competitive State Anxiety Inventory - 2 Revised (CSAI-2R). Meanwhile, a previous measure of perceived control was modified to compose the new Intuitive Control Inventory (ICI). Samples of university students (n = 703) and student-athletes (n = 126) completed the ICI. Subsets of these participants then completed the CSAI-P and the CSAI-2R, and shot two sets of 15 basketball free throws. Shooters were told their second set of attempts would be video-taped, with the intent being increased pressure. Ultimately, participants were categorized as experts (n = 173) if they either made at least two-thirds of their first 15 free throw attempts, or were student-athletes.

A multiple-group confirmatory factor analysis favored one-factor solutions with good reliability for both the ICI (8 items) and the CSAI-P (10 items), across both experts and novices. Meanwhile, a path analysis of the free throw shooters suggested that intuitive control mediated the relationship between state anxiety and performance under pressure. Specifically, more positive state anxiety by the CSAI-P and less somatic state anxiety by the CSAI-2R each led to greater intuitive control. More intuitive control then predicted better performance. Thus, it is recommended that coaches and practitioners encourage athletes to respond to pressure with hope or excitement – more so than concern or tension – and then translate these symptoms into a performance that feels intuitively right. This path to success may be explored in greater depth in future studies of expert athletes.

THOMAS NGUYEN - CONCUSSIONS: DEMYSTIFYING THE INVISIBLE INJURY

Concussions are highly prevalent in sports, and the media spotlight has been shown on this injury in recent years. However, we are in the beginning stages of understanding this "invisible injury" along with its cognitive, physical, and emotional reactions. SPCs and sports medicine staff are on the forefront to recognize the psychological signs and symptoms that often accompany concussions. Concussed athletes who are at-risk can be found on opposite ends of the spectrum: those who hide the injury from their teammates, coaches, and physicians and put themselves at further risk of re-injury and those who feel helpless from the consequences of their injury. SPCs and sports medicine staff can help educate athletes on concussions, monitor them through treatment, and help shift sport cultures that promote unhealthy practices regarding concussion prevention, management, and treatment.

ERIC BAGBY - THE INFLUENCE OF SELF-TALK ON DYNAVISION REACTION TIME AND CONCENTRATION

The purpose of this study was to measure the influence of neutral, positive, and negative self-talk on reaction time and concentration as measured by score on the Dynavision D2 Board. Researchers hypothesized that self-talk would influence Dynavision Board scores. Participants included undergraduate students from a Midwestern University that had either little or no experience with the Dynavision board. The two tests used to measure concentration were the Dynavision board and concentration grids (Heinen, 2011). Participants were randomly assigned to positive, negative, or neutral self-talk groups. Self-talk was operationally defined as the nature of the words shown in the Dynavision T-Scope and then recited verbally as participants completed the Dynavision program. Each participant completed a concentration grid and Dynavision programming specific to their experimental condition. Results indicated that the type of self-talk did not predict Dynavision scores. However, results indicated a significant difference in scores between participants who were enrolled in a Sport Psychology course and students who were not. In addition, concentration grid scores were positively correlated with Dynavision scores, providing support for the reliability between the most recent and more traditional measure of concentration.

NICOLE HARNISCH - CONFIDENCE AND COGNITIVE PROCESSING: RESULTS FROM A DYNAVISION TRAINING PROGRAM FOR COLLEGIATE STUDENT ATHLETES

The Dynavision D2 vision training board has been shown to be reliable in assessing reaction time performance among athletic and rehabilitation settings. This has clear benefit in regard to training hand-eye coordination in competitive athletes. This study assesses the effect of Dynavision D2 vision training not only on reaction time, but also on state and trait sport confidence, physical self-efficacy, and explores the differences in these variables between sport types. Participants were 40 student athlete volunteers from a highly competitive Division II university. Sport types include football, volleyball, soccer, basketball, tennis, and track and field. Results indicate a change in confidence, reaction time, and cognitive processing ability between the treatment and control groups, with the treatment group having an increase in each variable. There was a positive correlation between confidence and cognitive processing ability, as measured by the Dynavision D2 board.

BRIAN YU - THE JEREMY LIN EFFECT

As a racially-diverse early career sport psychology consultant (SPC), I reflect on my experiences working with collegiate athletes and coaches whose racial/ethnic status were different from my own. My reflections cover (a) the external effects of stereotypes, presence (and pernicious effects) of microaggressions, and strategies for effectively coping with such transgressions; (b) stereotype threat and how Jeremy Lin's entry into the NBA affected my self-perceptions; and (c) a call to action to further promote a multicultural approach to sport psychology training, research, and practice. In sharing these thoughts, I hope to promote further dialogue in the emerging field of cultural sport psychology.