

## **2016 AASP Southwest Regional Conference Final Report**

The University of Denver hosted the 2016 AASP Southwest Regional Conference April 8-9. The conference had 80 people registered for the conference and 14 additional attendees (e.g., keynote speakers, faculty, panel members). The conference included 14 presentations, two keynote speakers, two panel discussions, and two applied workshops (see attached 2016 AASP Southwest Regional Conference Schedule). The 2016 AASP conference was promoted five times throughout the conference, as well as the AASP website.

The theme of the conference was *training generation 2020*, and the keynote speakers reflected the theme. The keynote speakers for the conference were Dr. Renee Appaneal and Dr. Charlie Brown. Dr. Appaneal is a senior sport psychologist for the Australian Institute of Sport. Dr. Appaneal holds the executive leadership role and is the service provider to the Australian Institute of Sport Athlete Rehabilitation Center. Dr. Brown works with performers of the highest ability- national champions, world record holders, Olympians, professional athletes, professional performing artists, CEO's, business owners, and editors. Dr. Brown helped to pioneer the field of performance psychology and was elected as a Fellow by the American Psychological Association in 2011 in recognition of his work in advancing the application of sport psychology principles to performance areas beyond athletics. The two panels for the conference were an eating disorders and addictions in college athletic departments panel and a future directions in sport and performance psychology panel. The eating disorders and addictions in college athletic departments panel discussed what is being done and what can be done to support college athletes with eating disorders and addictions. The eating disorder and addictions panel included four professionals who have earned their doctorates and are working in either college athletic departments, eating disorder centers, or addiction centers, and one professional who earned their MA in sport and performance psychology and is working with athletes with eating disorders. The future directions of sport and performance psychology panel discussed what future professionals in sport and performance psychology can do to continue to progress the field. They also shared their perspectives on the direction of the field of sport and performance psychology. The future of sport and performance psychology panel included three professionals with doctorate degrees who are prominent professionals in the field of sport and performance psychology. The two applied workshops included one on motivational interviewing with athletes taught by a professional with a doctorate degree and another on how to teach multiple mental skills using one activity taught by a professional with an MA in sport and performance psychology.

Attendees feedback from the conference suggested that the central highlights from the conference were the keynote speakers, variety of abstract presentations, and networking opportunities. The keynote speakers were able to provide an educational and entertaining look into different aspect of sport and performance psychology, while engaging the audience with their unique career stories. The networking opportunities included an organized social for students, presence of keynote speakers after their engagements, and several professionals in the field in attendance. Variety in abstracts are represented in the attached schedule.