

2020 AASP Northeast Regional Conference



Friday, March 6th

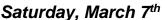
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3:00-4:00pm	Registration and Check-in – Health Sciences Center, Main Lobby	
3:45-4:00pm	Opening Remarks – Health Sciences Center, Room 163 Dr. Judy Van Raalte, CMPC (Director, Athletic Counseling), Dr. Jasmin Hutchinson, CMPC (Director, Sport & Exercise Psychology), Gabrielle Salvatore & Emily Tyler (Co-Chairs, Planning Committee)	
4:00-5:00pm	Keynote Address I – Health Science Center, Room 163	
	Tiff Jones, PhD, CMPC How to Teach and Incorporate Mentality Zones into Sport Practices	#AASPNE2020
5:00-5:10pm	Break	@AASPSpringfield
5:10-5:40pm	Session 1	
Session 1A:	Lecture – Health Sciences Center, Room 163 Adam Feit, MS & Jasmin Hutchinson, PhD, CMPC The Use of Sport Psychology in Collegiate Strength and Conditioning	
Session 1B:	Lecture – Health Sciences Center, Room 165 Steve Brown, LMHC Development and Implementation of a Mental Skills Education Program for Middle and High School Students	
5:40-5:50pm	Break	
5:50-6:35pm	Session 2	
Session 2A:	Workshop – Health Sciences Center, Room 225 Diana Curtis, MS, Caitlin Haworth, MS, & Kira Sparks, MS Practicing Off the Field: The Application of Sport and Exercise Psychology in Additional Domains	
Session 2B:	Paper Session – Health Sciences Center, Room 163 1 — Doug Eng, EdD, PhD Periodization of Mental Skills in Tennis for Advanced Players 2 – Mallory Meyer Athlete Burnout: Domestic vs. International	
	6:35-6:45pm	Break
6:45-7:15pm	Session 3	
Session 3A:	Workshop – Health Sciences Center, Room 225 Jim Helling, LICSW, CMPC Moral Injury, Leadership Betrayal and College Athletic Systems of Care: Psychological and Ethical Implications	
Session 3B:	Paper Session – Health Sciences Center, Room 163 1 — Matt Charest & Su Langdon, EdD Surprise! Uniforms Are Not Uniformly Experienced	
	2 – Sophia White The Role of Positive Emotional Expression on Sport Emotion and Collective Efficacy	
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Break

2:55-3:05pm 3:05-3:30pm

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8:15-9:00am Breakfast - Health Sciences Center, Room 225 Keynote Address II – Health Sciences Center, Room 163 **Diversity CEU** 9:00-10:00am Angel Brutus, PsyD, CMPC Baggage Claim: Embracing Work with Clients of Diverse Backgrounds 10:00-10:15am **Break** 10:15-11:00am Session 4 #AASPNE2020 Session 4A: Paper Session – Health Sciences Center, Room 163 @AASPSpringfield 1 — Logan Cavanaugh, MEd Widening the Lens of Peak Performance: A Discussion of Relevant Skills and Practices Used with Combat Veterans 2 - Ashlee Groover Physical Therapist and Client Perceptions of Psychological Support Provided During Rehabilitation Sessions 3 - Emily Jakob The Psychological Effects of Taper on Nonprofessional Ironman Triathletes Workshop – Health Sciences Center, Room 225 Session 4A: Lois Butcher-Poffley, PhD, CMPC & Don Milham, PhD The Athlete Evolution Model: A (W)holistic Approach to Athlete Success 11:00-11:10am **Break** 11:10-11:40am Session 5 Lecture - Health Sciences Center, Room 165 Session 5A: Robert Mendoza, MS Two! Student Practitioner Approach and Experience to Conducting Psychological Skills Training with a College Wrestling Team Lecture - Health Sciences Center, Room 225 Session 5B: Latisha Forster Scott. PhD Factors Impacting Student-Athlete Sport Dropouts and the Role of the Sport Psychology Consultant 11:40-1:00pm Lunch – Health Sciences Center, Room 163 Keynote Address III – Health Sciences Center, Room 163 1:00-2:00pm Nate Zinsser, PhD Delivering Applied Sport Psychology Services in Collegiate, Military and Professional Settings Break 2:00-2:10pm 2:10-2:55pm Session 6 Session 6A: Workshop – Health Sciences Center, Room 163 Ashlee Groover, Matthew Rieger, Joseph Carbone, Kathryn Colby, Rachael Cormier, Erika Monsalve, Emily Seaman, Monica Tews, Judy Van Raalte, PhD, CMPC & Britton Brewer, PhD. CMPC Applied Sport Psychology in Multidisciplinary Sport Injury Rehabilitation Settings Session 6B: Paper Session – Health Sciences Center, Room 225 1 — Josh Burger, MS NCAA Division I Tennis Coach Perceptions and Strategies of Mental Toughness Development 2 - Emily Tyler, MS International Student-Athletes' Perceptions of Belonging and Inclusion at a Division I Institution 3 - Zack Bryant, MA A Guide to Navigating the Potential Negative Consequences of Retiring from Sport

AASP Student Information, Closing Remarks & Evaluation – Health Sciences Center, Room 165