2021 AASP Northeast Regional Conference

Friday, March 5th

3:00-4:00pm
Pre-Conference Student Development Panel Session – Zoom #2
Sarah Cook, Ph.D., Bryan Cummings, M.S., James Kaishian, M.S., Dylan Katz, Greg Kuras, & Brendan O’Neil
Moderated by Eric Belt, M.S.
Sport and Exercise Psychology in Other Industries

3:45-4:00pm
Opening Remarks – Zoom #1
Dr. Judy Van Raalte, CMPC (Director, Athletic Counseling), Dr. Jasmin Hutchinson, CMPC (Director, Sport & Exercise Psychology), Chen Liang, Gabrielle Salvatore & Emily Tyler (Co-Chairs, Planning Committee)

4:00-5:00pm
Keynote Address I – Zoom #1
Robin Vealey, Ph.D., CMPC
Is It in You? On Becoming a Sport Psychology Professional

5:00-5:10pm
Break

5:10-5:55pm
Session 1
Session 1A: Paper Session – Zoom #1
1 — Emma Baumert
Seeing Inside Your Mind: The Physical and Psychological Effects of Practicing Neurofeedback Training in an Elite Female Weightlifting Population

2 — Brittany Benson, John Coumbe-Lilley, Ph.D., Karla Rodriguez, Kelly Stern, Gabe Hall, & Elizabeth Yarma
Is the Military Letting Down Female Athletes Following Severe Sport Injury?

3 — Adam Feit, Ph.D., Elizabeth Mullin, Ph.D., CMPC, Jasmin Hutchinson, Ph.D., CMPC, Brian Thompson, Ph.D.
Understanding the Use of Psychological Skills and Strategies in Collegiate Strength and Conditioning

Session 1B: Workshop – Zoom #2
Kathleen Schaffer, Kathryn Colby, Erika Monsalve, Emily Seaman, Stephenie Spencer, Monica Tews
Zoomshop: Virtual Workshop Tips and Tricks

5:55-6:00pm
Break

6:00-6:45pm
Session 2
Session 2A: Round Table – Zoom #1
Megan Cusik Brix, Ph.D., Joseph Monserratt, Psy.D.
Calling an Audible: Supporting Student-Athletes During COVID-19

Session 2B: Workshop – Zoom #2
Eric Belt, M.S.
Conquering Early Career Challenges in Mental Performance Consulting

6:45-6:55pm
Break
6:55-7:40pm  Session 3
Session 3A:  Symposium – Zoom #1
Britt Brewer, Ph.D., CMPC, Judy Van Raalte, Ph.D., CMPC, Ryan Welch, Derek Wilson,
Cormac Tolan, Margaret Barden, Quameron Mendez-Neff, Fallon Berry
A Mental Cooldown for Sport and Exercise: Background, Preliminary Research, and Application

Session 3B:  Workshop – Zoom #2
Gagandeep Singh, M.S., Josh Burger, M.S., Elliott Waksman, MA, CMPC
IKIGAI and Self-Awareness

7:40-7:45pm  Break

7:45-8:15pm  Poster Session – Zoom #2

8:00-9:00pm  Attendee Social – Zoom #1

**Zoom links will be sent following registration and prior to the conference**
To register:  https://jenz-reach.springfield.edu/modules/shop/index.html?action=courseBrowse&CatalogID=269

#AASPNE2021 @AASPSpringfield
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<th>Time</th>
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<tr>
<td>8:15-9:00am</td>
<td>Speed Mentoring – Zoom #2</td>
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| 9:00-10:00am | Keynote Address II – Zoom #1  
**Duncan Simpson, Ph.D., CMPC**  
*CONTEXT IS EVERYTHING: BEING AN EFFECTIVE MENTAL PERFORMANCE CONSULTANT* |
| 10:00-10:10am | Break                                                              |
| 10:10-10:55am | Session 4  
**Session 4A:**  
1. **Nicholas Hooper, M.S.**  
*Impact of COVID-19 Sport Disruptions on Mental Health of NCAA Division 1 Student-Athletes*  
2. **Kaitlyn Mauder**  
*Posttraumatic Growth Through the Recovery of a Sport-Ending Injury*  
3. **Nina Winsick**  
*Experiences of Transgender and Non-Binary Athletes in Collegiate Sport*  
**Session 4B:**  
**Mark Warrell, Ph.D., Jeannie Parker Beard, Ph.D.**  
*Shifting Focus from Athlete-Student to Student-Athlete and the Role of College Faculty Members* |
| 10:55-11:00am | Break                                                              |
| 11:00-11:45am | Session 5  
**Session 5A:**  
**Danielle DeLisio, M.S., CMPC, E. Earlynn Lauer, Ph.D., Mark Lerman, M.S., CMC, CSCS**  
*Mental Performance Consultants’ Views on Consulting Through the Pandemic*  
**Session 5B:**  
**Susan Sotir, Ph.D.**  
*Feel vs Formula: Facilitators and Barriers Endurance Athletes Encounter When Training with Technology* |
| 11:45-12:15pm | Lunch Break                                                         |
| 12:15-1:15pm | Panel Session – Zoom #1  
**Michael D’Andrea, Ph.D., Joseph Kennedy, M.S., CMPC, Elizabeth Mullin, Ph.D., CMPC**  
*Moderated by Chen Liang*  
*Diversity Panel* |
<p>| 1:15-1:25pm | Break                                                              |</p>
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<th>Time</th>
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<td>1:25-2:25pm</td>
<td>Workshop Session – Zoom #1</td>
<td>Workshop – Zoom #2</td>
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<td></td>
<td>1 — Justin Hebert, Gagandeep Singh, M.S., Aubrey Newland, Ph.D. Utilizing Centering Breaths and Imagery for Performance Enhancement in Closed-Skill Routines</td>
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<td>2 — Kimberlee Bonura, Ph.D. Chair Yoga: Making Mindfulness Accessible</td>
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<td>2:30-3:15pm</td>
<td>Paper Session – Zoom #2</td>
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<td>1 — Kara Scott Relationships and Self-Perception in Sport</td>
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<td>2 — Doug Eng, Ph.D. Objective Measurement of Imagery</td>
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<td>3 — Aisyah Rafae, Judy Van Raalte, Ph.D., CMPC, Britton Brewer, Ph.D., CMPC, Katie Tsitaridis, Alexandria Blaurock Acceptability and Effectiveness of Zoom Workshops on Team Cohesion</td>
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<td>3:20-4:20pm</td>
<td>Symposium – Zoom #1</td>
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<td>1 — John Coumbe-Lilley, Ph.D., CMPC, Amber M. Shipherd, Ph.D., CMPC, Brittany Benson A Threshold Model for Understanding the Emotional Rollercoaster of Athletes Following a Severe Sports Injury</td>
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<td>2 – Lauren Ruhl, LPC The Rollercoaster of Injury: Incorporating the Biopsychosocial Model to Help Predict Recovery Outcomes</td>
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<td>Break</td>
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<td>AASP Student Information &amp; Closing Remarks – Zoom #1</td>
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