



3:45-4:00pm Opening Remarks
HSC 163/165 **Samantha Adler & Anna Bottino, M.S.** (Co-Chairs, Planning Committee), **Sport & Exercise Psychology & Athletic Counseling Faculty**

4:00-5:00pm Keynote Address 1
HSC 163/165 **Dr. Justine Vosloo, Ph.D.***
Reflections on Cultural Humility, Inclusion and Belonging: Current Trends and Future Challenges for the Practice of Sport Psychology, Considering the Covid-19 Pandemic

5:00-5:10pm Break

5:10-5:55pm Session 1
Session 1A: Paper Session
HSC 225 **1 — Ryan Welch, Christine Selby, Ph.D.***, **Hande Turkeri Bozkert, Hailey Chatterton**
An Exploratory Study of Eating Attitudes, Behaviors, and Knowledge among College Student-Athletes and Non-Athletes

2 — RJ Parrino
Empathy from the Front: A Qualitative Study Analyzing Effective Leadership through the Lens of Marines

Session 1B: Workshop
HSC 163 **Kayla Cloud, M.S., Liz Mullin, Ph.D.***
Trauma Informed Sport and Basic Psychological Needs: Implications for Practitioners

5:55-6:00pm Break

6:00-6:45pm Session 2
Session 2A: Lecture
HSC 163 **Amanda Ferranti, M.A.***
The Top 10 Traits that Helped me Build a Private Practice

Session 2B: Paper Session
HSC 225 **1 — Diana Curtis, M.S., Jasmin Hutchinson, Ph.D.***
Today is Not My Day: Development of a Self-Handicapping Scale for Competitive Amateur Endurance Runners

2 — Piotr Piasecki, M.S.
Student-Athlete Flourishing Program: A Preventative Medicine Approach

6:45-7:00pm Break

7:00-7:45pm
HSC 163/165

Poster Session

1 — Kathryn Diana, Sandra Lee, Ph.D.

Treating Performance Blocks and Enhancing Performance: Is EMDR Effective?

2 — Krista Figueroa, Sandra Lee, Ph.D.

The Answer Lies Within; The Role of EMDR in Overcoming Trauma in Sports

3 – Olivia Snell

Covid-19 and the Athletic Scene: The Effect of the Covid-19 Pandemic on Athlete Identity in College Level Student Athletes

4 — Levone Lee, MSW, Meg Knuettel

The Relationship Between Collegiate Student-Athlete Gender Identity and Mental Health

5 — Cassandra Cunningham, M.Ed., Sandra Lee, Ph.D.

Using Mindfulness-Based Interventions to Reduce Stress, Prevent Injury, and Promote Recovery for Student Athletes

6 – Arianna Shimits, M.A.*

Artistic Athletes, Mental Health, and Mental Performance

7 – Meg Knuettel, Levone Lee, MSW, Kate Maimone, Danielle Renner, Tarkington Newman, Ph.D., Melissa Bessaha, Dolores Cimini, Adrienne Ekas, Marsha Florio, Patricia Kelshaw, Nadine Mastroleo, Valerie Moyer, Kelly Thorne, Karen Collins

Who Collegiate Student-Athletes are Comfortable Speaking to About Mental Health

8 – Kate Maimone, Tarkington Newman, Ph.D., Devan Burke, Levone Lee, Aislinn Mcelhinney

The Development & Transfer of Life Skills of the Manchester Police Athletic League

7:45-9:00pm Attendee Social: **Cheney AB**





9:05-9:30am Day II Opening Remarks + AASP Student Information
[Zoom 1](#)

9:35-10:20am Session 3
Session 3A: Paper Session
[Zoom 1](#) **1 — Sam Fonder, Jasmin Hutchinson, Ph.D.***
Virtual Reality Training Intervention As a Tool for Pitchers in Baseball

2 — Anna Bottino, M.S., Kayla Cloud, M.S., Meghan Halbrook, Ph.D.*, Liz Mullin, Ph.D.*
Graduate Mental Performance Consultants' Attitudes Towards LGBT Individuals

Session 3B: Workshop
[Zoom 2](#) **Olivia Wyatt, M.A.* Aidan Kraus, EdM, Rachel Shinnick, M.Ed.*, John McCarthy, Ph.D., Val Altieri Jr., EdD**
Working with coaches: Trauma-Informed Approaches for Mental Performance Consultants Supporting Youth Athletics

10:20-10:30am Break

10:30-11:15am Session 4
Session 4A: Symposium
[Zoom 1](#) **Amanda Ferranti, M.A.***
Integrated Training: How to Develop an Evidence-Based Practice

Session 4B: Workshop
[Zoom 2](#) **Morghan Bostick, Hailey Chatterton, Haru Inoue, Chandler Kirinovic, Hande Turkeri Bozkurt, Erika Van Dyke, Ph.D.*, Ryan Welch**
Applied Sport Psychology in Multidisciplinary Sport Injury Rehabilitation Settings

11:15-11:25am Break

11:25-12:10pm Session 5
Session 5A: Workshop
[Zoom 1](#) **Zach Olivan, Rachael Gustafson**
SARAH'S STORY - Addressing Negativity Bias and Cognitive Reframing

Session 5B: Round Table
[Zoom 2](#) **Kathleen Mellano, Ph.D.*, Joe Kennedy, M.S.**
Navigating the Doctoral Decision: A Discussion on the Differences Between Degree Types

12:10-12:15pm Break

12:15-1:00pm	Session 6
<u>Session 6A:</u> Zoom 1	<p>Paper Session</p> <p>1 — Hande Turkeri Bozkurt, Sinan Yildirim, Britton Brewer, Volga Bayrakci, Ziya Koruc <i>Translation and Adaptation of the Re-Injury Anxiety Inventory (RIAI), the Sport Injury Rehabilitation Adherence Scale (SIRAS), and the Athletic Injury Self-Efficacy Questionnaire (AISEQ) into Turkish</i></p> <p>2 — Katherine Griffes, Ph.D., Kelsey Terrell, Aidan Patafio, Darion Browne <i>Camp Counselor Experiences in a Youth Sport and Life Skill Development Camp for Pre-Adolescent Girls</i></p>
<u>Session 6B:</u> Zoom 2	<p>Workshop</p> <p>Yeison Ramirez, Matthew Feinstein <i>A Step-by-Step Guide to Changing Habits</i></p>

1:00-2:00pm Lunch

2:00-3:00pm
[Zoom 1](#)

Keynote Address II
Lee Arakawa, Ph.D.*, **Meghan Halbrook, Ph.D.***, **Liz Mullin, Ph.D.***,
Joe Kennedy, M.S.
Integrating Cultural Informed Praxis in Applied Sport Psychology Practice: Implications for Mental Performance Practitioners' Efficacy

3:00-3:15pm
[Zoom 1](#)

Closing Remarks

