<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>3:45-4:00pm</td>
<td>Opening Remarks&lt;br&gt;Samantha Adler &amp; Anna Bottino, M.S. (Co-Chairs, Planning Committee), Sport &amp; Exercise Psychology &amp; Athletic Counseling Faculty</td>
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<tr>
<td>4:00-5:00pm</td>
<td>Keynote Address 1&lt;br&gt;Dr. Justine Vosloo, Ph.D.*&lt;br&gt;Reflections on Cultural Humility, Inclusion and Belonging: Current Trends and Future Challenges for the Practice of Sport Psychology, Considering the Covid-19 Pandemic</td>
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<td>5:00-5:10pm</td>
<td>Break</td>
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<td>5:10-5:55pm</td>
<td>Session 1&lt;br&gt;Session 1A: Paper Session&lt;br&gt;1 — Ryan Welch, Christine Selby, Ph.D.<em>, Hande Turkeri Bozkert, Hailey Chatterton&lt;br&gt;An Exploratory Study of Eating Attitudes, Behaviors, and Knowledge among College Student-Athletes and Non-Athletes&lt;br&gt;2 — RJ Parrino&lt;br&gt;Empathy from the Front: A Qualitative Study Analyzing Effective Leadership through the Lens of Marines&lt;br&gt;Session 1B: Workshop&lt;br&gt;Kayla Cloud, M.S., Liz Mullin, Ph.D.</em>&lt;br&gt;Trauma Informed Sport and Basic Psychological Needs: Implications for Practitioners</td>
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<td>5:55-6:00pm</td>
<td>Break</td>
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<tr>
<td>6:00-6:45pm</td>
<td>Session 2&lt;br&gt;Session 2A: Lecture&lt;br&gt;Amanda Ferranti, M.A.<em>&lt;br&gt;The Top 10 Traits that Helped me Build a Private Practice&lt;br&gt;Session 2B: Paper Session&lt;br&gt;1 — Diana Curtis, M.S., Jasmin Hutchinson, Ph.D.</em>&lt;br&gt;Today is Not My Day: Development of a Self-Handicapping Scale for Competitive Amateur Endurance Runners&lt;br&gt;2 — Piotr Piasecki, M.S.&lt;br&gt;Student-Athlete Flourishing Program: A Preventative Medicine Approach</td>
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<tr>
<td>6:45-7:00pm</td>
<td>Break</td>
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7:00-7:45pm  Poster Session
HSC 163/165

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 Inventions 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

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### Day II Opening Remarks + AASP Student Information

**9:05-9:30am**

*Day II Opening Remarks + AASP Student Information*

**Zoom 1**

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### Session 3

**9:35-10:20am**

**Session 3A:** Paper Session

1. **Session 3A:**
   - **Zoom 1**
   - **1 — Sam Fonder, Jasmin Hutchinson, Ph.D.*
     
     *Virtual Reality Training Intervention As a Tool for Pitchers in Baseball*

2. **Session 3B:**
   - **Zoom 2**
   - **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*

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### Break

**10:20-10:30am**

**Zoom 2**

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### Session 4

**10:30-11:15am**

**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*

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### Break

**11:15-11:25am**

**Zoom 2**

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### Session 5

**11:25-12:10pm**

**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*

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### Break

**12:10-12:15pm**

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*Indicates CMPC certification
12:15-1:00pm  Session 6
   Session 6A: [Zoom 1]
   Paper Session
   1 — Hande Turkeri Bozkurt, Sinan Yildirim, Britton Brewer, Volga Bayrakci, Ziya Koruc
   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

   2 — Katherine Griffes, Ph.D., Kelsey Terrell, Aidan Patafio, Darion Browne
   Camp Counselor Experiences in a Youth Sport and Life Skill Development Camp for Pre-
   Adolescent Girls

Session 6B: [Zoom 2]
   Workshop
   Yeison Ramirez, Matthew Feinstein
   A Step-by-Step Guide to Changing Habits

1:00-2:00pm  Lunch

2:00-3:00pm  Keynote Address II
   [Zoom 1]
   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  Closing Remarks

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