

## Overview

The Seattle University Kinesiology Department hosted a NWSEPPS Pre-Conference Workshop and the 2022 AASP PNW Conference and on April 29, 2022, and April 30, 2022, respectively. The Pre-Conference Workshop consisted of presentations given by CMPC professionals and provided an opportunity for CMPC practitioners to obtain CEU credits while the Keynote Event and full-day conference provided the opportunity for students and professionals in the field of sport and exercise psychology to network and engage in interactive learning via research and skills-building presentations facilitated by students, professionals and invited speakers. The events took place at Seattle University and were attended by 50+ individuals over the two-day period. Operational costs incurred to host the event included food/catering coverage, honorariums for speakers, and event materials. The grant of \$500 provided by AASP was helpful in contributing to these needs, specifically speaker honorariums. We were able to secure additional funding through sponsorship along with registration fees which enabled us to cover the remaining costs associated with the conference.

**Name of Event:** The 2022 AASP PNW Pre-Conference Workshop

**Date & Time of Event:** April 29, 2022

**Location of Event:** Seattle University

**Number of Attendees:** 15

**Number of Universities Represented:** 4

**Organizations Represented:** 5

**Cost to Attend:** \$100; if purchased with conference: \$130 total for pre-conference workshop & conference

## Agenda

### ▪ 3 Professional Presentations

- **Elizabeth Boyer, Ph.D., CMPC** - Enhancing the Mental Health of Coaches and Teams
- **Nate Wolch M.S., CMPC, CSCS** - How Do I Win Them Over? Building Rapport with Challenging Groups
- **Jessyca Arthur-Cameselle, Ph.D., CMPC** - Body Image and Fueling for Performance: Research-Based Recommendations for Applied Practitioners

## Testimonials:

- “The presenters were very knowledgeable and had a great understanding of their material which facilitated a great discussion.”
- “The topics were relevant; the speakers did a great job and the conversation/interaction among attendees all made the pre-conference workshop very beneficial.”



- “I enjoyed the sessions and the interactive nature of the workshop. I think it was very beneficial to discuss ways to actually apply the information that was being presented.”

\* *More information on post-conference feedback is included in the attached summaries.*

**Name of Event:** The 2022 AASP PNW Conference

**Date & Time of Event:** April 29, 2022 - April 30, 2022

**Location of Event:** Seattle University

**Number of Attendees:** 57

- Students - 32
- Professionals - 25

**Number of Universities Represented:** 11

**Organizations Represented:** 5

**Cost to Attend:** \$45 for professionals; \$20 for students

### Agenda

- **1 Keynote Presentation**
  - **D’Anthony Smith, ED.D., LMHCA, CMPC, ACC** - Completing Athletes: How Emotional Intelligence Unleashes Athletic Excellence
- **3 Invited Presentations**
  - **Zachary Willis, M.S. & Brett Sandwick, M.S., CMPC** - Q&A: Mental Performance with Tactical Populations
  - **Carrie Scherzer, Ph.D., CMPC, featuring Meaghan Peters & Jeremy Trenchuk** - Publish or Perish? Tales from the Crypt
  - **Nicole Martin, Ph.D.** - Meeting Athletes Where They’re At: Building up Youth in Sport and Keeping it Fun
- **3 Professional Presentations**
  - **Heather VanMullem, Ph.D.** - Who’s Got Spirit? Infusing Play into Your Sport Psychology Class to Improve Student Engagement
  - **Sarah Noonan, M.S., CMPC** - Misogynistic Music Lyrics and Stereotype Threat in the Context of Exercise
  - **Mariel Ruiz Stasiuk, M.S.** - Resilience, Optimism, and Self-Efficacy in Endurance Athletes (Triathletes, Swimmers, Cyclists, and Runners)



## ▪ 7 Student Presentations

- **Becca Pierce** - A Comparison of Stress During the Transition Out of Sport and Into College: A Comparison of Freshmen Non-Athletes, Former High School Athletes, and Former High School Athletes Now Recreational Athlete
- **Cady Seavey** - Differential Effects of Dual Tasks on Unilateral and Bimanual Dexterity in Young and Older Adults
- **Lindsay Ahmann** - Examining the Mental Health Effects of Forced Athletic Retirement Among High School Students
- **Claire Henninger** - An Analysis of the Intrinsic Motivation and Athletic Coping Skills of Athletes on Teams with High versus Low Peer Servant Leadership
- **Kaitlyn Andersen** - Eye Movements and Cognitive Functioning in Adults with Attention Deficit Hyperactivity Disorder
- **Augustine Herman** - A comparison of Health Behaviors and Mental Health in First-Year University Students Prior to the COVID-19 Pandemic and During the Pandemic
- **Peyton Bilo** - The Effects of an Imagery Intervention on Self-Efficacy During Athletic Injury Rehabilitation

**The following acknowledgments were provided by participants in the post-event feedback survey:**

- “Very well organized! Thank you!”
- “Extremely well organized for the first time hosted by Seattle U!”
- “Outstanding presentations (and presenters)”

*\* More information on post-conference feedback is included in the attached summaries.*

