



On Demand Sessions

These sessions will be available for conference attendees to watch at their leisure from October 21, 2020 – April 30, 2021.

Sessions are listed in alphabetical order by title.

"I Could Smell Roast Pork and I Knew I Was on Fire": British Soldiers' Experiences of Mortal Peril in Combat

Lecture | Tactical Populations

Lucy Longhurst, University of Surrey / Self Employed, UK; Peter Jensen, New Mexico State University, USA
Mental Performance Consultants (MPC) working with tactical populations may improve their consulting effectiveness, with a more holistic understanding of the unique experiences of life-threatening combat settings. Semi-structured interviews with eight soldiers about their in situ encounters with mortal peril in combat, revealed extreme psychological and physiological responses, temporal-perceptual distortions, and efforts to manage the moment. Results also offer insights that are consistent with, as well as extend, performance psychology consulting models to improve performance, and further, potentially enhance longer-term well-being and even growth.

"A Double-Edged Sword": International Student Athletes' Perceptions of the Impact of the NCAA Experience on their Success Post-Graduation

Lecture | Collegiate Sport

Brian Foster, Lock Haven University, USA; Patricia Lally, Lock Haven University, USA

The purpose of this study was to address an identified gap in the international student-athlete literature; specifically, to examine international student-athletes' perceptions of the impact of the NCAA experience on their success post-graduation. Recommendations will be highlighted for future international student-athletes, practitioners, and university administrators.

"Got Feel": Developing a Competency Model for Professional Baseball

Panel | Elite/Pro Sport

Ben Freakley, Toronto Blue Jays, USA; Rafael Dubois, Toronto Blue Jays, USA; Robert DiBernardo, Toronto Blue Jays, USA; John Lannan, Toronto Blue Jays, USA; James Van Ostrand, Toronto Blue Jays, USA; Andres Galvez, Toronto Blue Jays, USA; Angus Mugford, Toronto Blue Jays, USA

This panel discussion will present a competency model known as "The 5 Tool Coach" developed by a Mental Performance Team within Major League Baseball. In this session, attendees can expect the following learning objectives: 1. Exploration of the knowledge, skills and abilities (KSAs) of a Mental Performance Coach in professional sport; 2. Lessons learned in developing an in-house competency model; 3. How a competency model may impact staff development, program effectiveness, interdisciplinary approach, and hiring.

"I am A Human First": Mental Health Considerations Working with Non-White Athletes

Symposium | Mental Health

Kerry Guest, Indiana University, USA; Mykal Manswell, Robert Morris University, USA; Aaron Goodson, Mississippi State University, USA; Samantha Monda, Robert Morris University/KPEX Consulting, USA

This presentation explores mental health considerations for practitioners working with non-white athletes. A critical race framework will be used to discuss media portrayal of non-white athletes, mental health attitudes and help-seeking behaviors, and implications for practitioners.

"I Was Sleeping, Like, One Hour a Night": An Empirical Study of Rest in College Coaches

Lecture | Coaching

David Eccles, Florida State University, USA; Thomas Gretton, Florida State University, USA; Nate Harris, Florida State University, USA

In effort to reduce the incidence of burnout in coaches, 20 NCAA DI coaches were interviewed about what rest and resting means to them as coaches, particularly in psychological terms. Coaches reported that resting involves a variety of experiences including being able to stop thinking about coaching or "switching off", and proposed a variety of barriers to switching off and strategies employed in the face of these barriers. Consultants should consider highlighting the importance of rest, and strategies that enhance rest, into the education programs they provide for coaches and their sport organizations.

**“The Bullet Punched Him in the Forehead”:
Exploring the Stressors Encountered by Soldiers in
Close Combat**

Lecture | Tactical Populations

Peter Jensen, New Mexico State University, USA;

Matthew Smith, University of Winchester, UK

Tactical populations encounter the most mentally challenging conditions during close combat, yet this performance area remains nearly unexplored by applied performance psychology research. Thematic analysis of eight autobiographies from individuals with experience in close combat unveiled specifics on the intense stressors possible in these settings and that, in many instances, were not reproducible in a training environment.

Implications are focused on enhancing the professional competency of the Mental Performance Consultants training military populations that have close combat as a primary occupational role.

**“There’s Something in the Air...:” Using Nature in
Applied Sport Psychology**

Lecture | Consulting & Interventions

Andrew Friesen, Pennsylvania State University, USA

The biophilia hypothesis suggests that people have a natural affinity to affiliate with natural surroundings (Kellert & Wilson, 1993). The purpose of this research project was to explore sport psychology consultants’ usage of natural settings as an intervention tool when working with athletes. Results highlight beliefs concerning the beneficial qualities of nature, the details as to what these interventions entailed, and beneficial effects observed in the athletes afterward.

**“We Are All On the Same Team”: Parent Involvement
in Mental Training Consultations with Youth Sport
Athletes**

Workshop | Youth Sport

Samantha Monda, Robert Morris University/KPEX Consulting, USA; Donato Fanelle, KPEX Consulting, USA; Leigh Skvarla, Western Psychiatric Hospital of UPMC, USA

This presentation is designed to assist practitioners working with parents during youth sport athlete consultations. Attendees will explore strategies for working with parents, generate recommendations for facilitating positive parent-child and parent-practitioner relationships, and discuss how to design evidence-based parent education sessions, paying particular attention to potential ethical concerns.

**“We Were Stuck”: A Case Study Exploring the Moral
Dilemmas of Athletes and Parents from a Team with
an Emotionally Abusive Coach**

Lecture | Social Justice, Equity, and Inclusion

Lindsey Miossi, University of Tennessee, Knoxville, USA;

Leslee Fisher, University of Tennessee, USA;

Abigail Smith, University of Tennessee, Knoxville, USA

This presentation explores the results from a case study of a team that successfully took action against their emotionally abusive coach. Although the coach was forced to resign, the decision to take action by players

and parents was complex and filled with moral dilemmas. Recommendations for sport psychology professionals on how to better educate parents, players, and administration on emotional abuse in sport will be provided.

**A Randomized Controlled Pilot Study of
Mindfulness-Based Intervention (MSPE) and
Psychological Skills Training with Collegiate Track
and Field Athletes**

Lecture | Consulting & Interventions

Thomas Minkler, West Virginia University, USA; Megan

Hut, Catholic University of America, USA; Carol Glass,

The Catholic University of America, USA

Due to the increasing interest in mindfulness-based interventions for athletes, it is important to investigate their effectiveness compared to more traditional cognitive-behavioral approaches. Members of an NCAA Division III Track and Field team were randomly assigned either to a 6-week Mindful Sport Performance Enhancement (MSPE) program or to a 6-week Psychological Skills Training group (progressive muscle relaxation, positive self-talk, and imagery exercises). Results indicated that athletes in both interventions rated their training as similarly successful and showed significant improvements in overall sport anxiety, somatic anxiety, and sport-related worry; only the MSPE group showed a significant increase in self-rated satisfaction with physical sport performance.

**Advancing Organizational Diversity in the
Association for Applied Sport Psychology: Four
Models**

Symposium | Diversity & Culture

Matthew Bejar, Mount Mercy University, USA; Robert

Owens, University of Western States, USA; Hannah

Bennett, Augusta University, USA; Candace Hogue,

Penn State University, Harrisburg, USA

In this symposium, four organizational diversity models and their practical implications for AASP will be discussed. This presentation is jointly sponsored by the Diversity Committee and the Women in Sport, Race and Ethnicity in Sport, GLBTI, and the Men and Masculinities SIGs; thus, these perspectives will receive particular attention. This symposium supports goals 3.3.1, 3.3.2, 10.3.7, and 10.3.8 of the 2019-2022 AASP Strategic Plan.

**Analyzing Stressors Experienced by NCAA Division I
Head and Assistant Coaches On and Off the Field**

Lecture | Coaching

Nick Stevens, Appalachian State University, USA;

Anthony Cangas, Appalachian State University, USA;

Sara Powell, Missouri State University, USA; Kimberly

Fasczewski, Appalachian State University, USA; Skylar

Jewell, International Junior Golf Academy, USA; Jacob

Blumberg, Magellan Federal, USA

This study aimed to examine the stressors experienced by head and assistant coaches at the NCAA Division I level. Twenty-one coaches across a variety of sports participated in semi-structured interviews. Main themes that emerged from the data will be discussed along with

recommendations for reducing stress and improving communication across the NCAA Division I coaching profession.

Applying Athletic Values And Executive Coaching To Sport Psychological Consultation

Workshop | Collegiate Sport

Jordan Collins, Saint Louis University, USA; Janet Oberle, Saint Louis University, USA; Michael Ross, Saint Louis University, USA

This workshop will be a presentation of a unique approach to sport psychology consulting by integrating an executive coaching model and athletic values. This approach to service delivery focuses on several levels of social aggregation as outlined by Fletcher and Wagstaff (2009) including organizational, intergroup, intra-group, and individual levels and is consistent with the observation that sport teams garner the most success when all individuals from coaches, athletes, to back office contributors are in alignment in terms of goals and values. All attendees will receive access to the empirically derived athletic values taxonomy and a sample program of executive coaching program that includes athlete values.

Approaching Work with Athletes Through a DBT Lens

Workshop | Mental Health

Leigh Skvarla, Western Psychiatric Hospital of UPMC, USA; Kristen Mackel, Western Psychiatric Institute of UPMC, USA; Miriam Rowan, McLean Hospital / Harvard Medical School, USA

This presentation will focus on the understanding and application of DBT skills and principles in clinical and non-clinical settings with athletes and other high-performers.

Athletes' Experiences of Leaving Sport Due to Spinal Cord Injury: A Multiple Case Study Examination

Lecture | Injury/Rehabilitation

Derek Zike, UW Milwaukee, USA; Robin Vealey, Miami University, USA; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA

This study explored athletes' experiences of transition from sport due to spinal cord injury using a mixed-method, multiple case study design. Findings revealed that participants experienced a variety of cognitive, emotional, social, and behavioral influences during the transition process. The results will be discussed in relation to theory, existing literature, and applied implications aimed for practitioners working with athletes who have transitioned out of sport due to spinal cord injury.

Athletes' Perceptions of Coaching Body Positivity: "I Think It Definitely Needs To Be Brought Up"

Lecture | Coaching

Matthew Charest, Bates College, USA; Su Langdon, Bates College, USA

This study explored how coaches influence their athletes' body positivity. Results indicated the

importance of this aspect of body image and some interesting and unexpected ways in which coaches do and could enhance positivity. This has benefits for improved athlete performance and well-being.

Basic Psychological Need Satisfaction of NCAA Student-Athletes: A Longitudinal, Person-Oriented Investigation

Lecture | Collegiate Sport

Daniel Leyhr, University of Tuebingen, Germany; Johannes Raabe, West Virginia University, USA; Lauren McHenry, University of Tennessee, USA; Tucker Readdy, University of Wyoming, USA; Tara Ryan, Penn State Altoona, USA; Loran Grant, University of Tennessee, USA; Oliver Höner, University of Tübingen, Germany

The purpose of this longitudinal study was to investigate NCAA student-athletes' fulfillment of autonomy, competence, and relatedness using a person-oriented approach. The findings highlight nuanced differences in participants' basic psychological need satisfaction as well as relationships to important outcomes (i.e., burnout, well-being, and performance). Practical implications for mental performance consultants include the use of more individualized approaches to nurture athletes' basic psychological needs.

Being Mindful of Perfectionism and Performance Among Athletes in a Judged Sport

Lecture | Collegiate Sport

Erika Van Dyke, West Virginia University, USA; Sam Zizzi, West Virginia University, USA; Aaron Metzger, West Virginia University, USA

The current presentation will discuss the findings of a study exploring mindfulness and perfectionism among 244 NCAA gymnasts through a person-centered approach. Performance differences were not statistically observed across the three distinct profiles of mindfulness and perfectionism, although exploratory pairwise comparisons indicated potential performance differences between profiles with maximum variation on vault and bars. In the current sample, self-reported perfectionism appears more predictive of objective performance than self-reported mindfulness across three of the four gymnastics events.

Best Practices of the CMPC Role in the Rehabilitation Process of Elite Athletes

Panel | Injury/Rehabilitation

Kellen Lee, San Francisco Giants, USA; Oscar Gutierrez, Cleveland Indians, USA; Francisco Rodriguez, San Francisco Giants, USA; Martin Rasumoff, Cleveland Indians, USA

This panel will consist of four Sport Psychology professionals who provide mental skills services to professional/elite athletes. The panelists will provide best practices related to mental skills integration into the physical rehabilitation process. Attendees will gain an understanding of how to effectively collaborate with sports medicine professionals and how to integrate mental skills into the physical rehabilitation process.

Beyond Technique! Bringing your TRUE YOU into Consulting

Panel | Consulting & Interventions

Tim Herzog, Reaching Ahead Counseling and Mental Performance, USA; Jack Lesyk, Ohio Center for Sport Psychology, USA; Kristina Reihl, Private Practice, USA; Michael Griffith, , USA

This panel, comprised of four practitioners whom all deeply value authenticity and ethical practice, plus pragmatic concerns such as expedient/ cost-effective service provision, ranging in experience from 5 to 35 years, will share anecdote and theory based considerations in deciding when to embrace versus avoid self-disclosure. The panel will also expand upon their own decision-making processes associated with having one's own experience guide the way for greater empathy and the all-important therapeutic alliance, regardless of whether or not self-disclosure actually occurs (Martin, Garske, & Davis, 2000).

Breathing: You're Doing it Wrong

Workshop | Consulting & Interventions

Chad Fong, United States Special Operations Command, USA; Christine Sanchez, Thrive Proactive Health, USA

Breathing is one of the foundational mental skills that many sport psychology professionals utilize for improving performance. This presentation will go over basic respiration chemistry and why most breathing instructions do not take into consideration carbon dioxide balance. During the workshop different breathing strategies, assessments, and techniques will be demonstrated and shared.

Bridging the Gap between Culturally Relevant Teaching and Consulting in Exercise and Sport Psychology

Symposium | Diversity & Culture

Amanda Perkins-Ball, Rice University, USA; Zellesia Ejalonibu, L.E.A.D.O.F.F. Counseling and Consulting, LLC, USA; Jerry Holt, Florida A&M University, USA

This symposium will summarize the theoretical tenets of culturally relevant pedagogy, discuss the importance of implementing culturally relevant instruction in SEP classes, and demonstrate the potential of culturally relevant pedagogy in cultivating culturally competent SEP practitioners. Presenters will provide examples of activities, assignments, and vignettes used to bridge the gap between culturally relevant education and practice.

Bridging the Gap Between Sport Science and NGBs: A Cross-Cultural, Youth Sport Partnership Between the USA and Sweden

Symposium | Diversity & Culture

Amanda Visek, The George Washington University, USA; Andreas Ivarsson, Halmstad University, Sweden; John Lind, Swedish Ice Hockey Association, Sweden; Anders Wahlström, Swedish Ice Hockey Association, Sweden; Jenny Back, Halmstad University, Sweden; Heather Mannix, The George Washington University, USA; Camilla Altéus, Swedish Basketball Federation, Sweden; Orkan Berkta, Swedish Basketball Federation,

Sweden; Albin Werner, Halmstad University, Sweden; Elin Borg, Halmstad University, Sweden; Markus Enoksson, Halmstad University, Sweden; Andreas Stenling, Umeå University, Sweden; Jordyn Learner, The George Washington University, USA; Monna Arvinen-Barrow, Discussant, USA

Empirical science often fails to gain traction in non-profit sport organizations due to lack of personal connections, knowledge, capacity, and needed resources to integrate research into the infrastructure of sport programs for young athletes. The purpose of this symposium is to share ongoing applications of a cross-cultural, youth sport partnership between the USA and Sweden that closes the science-to-practice gap around youth sport participation retention and dropout. Presentations will include sport scientists and Swedish NGB directors, who will present findings of ongoing projects and how they work together to conduct rigorous science, implement its findings, and scale it within country.

Brief Interventions in Practice: Preview, Participate, and Process

Workshop | Consulting & Interventions

Trey McCalla, Apogee High Performance, USA; Hillary Cauthen, Texas Optimal Performance & Psychological Services, USA; Jamie Shapiro, University of Denver, USA

With the increasing demand for brief interventions when working with clients, this workshop gives a glimpse into how to implement effective brief interventions from a theory-driven, evidence-based approach. Participants will have the opportunity to preview, participate, and process through role-played case studies presented by three CMPC presenters.

Building Sport Psychology Beyond You: Developing & Implementing Innovative Programming in NCAA Athletic Departments

Panel | Collegiate Sport

Cory Shaffer, Amplos, USA; Katherine McLean Nichols, Synergy Performance, USA; Kimberly Shaffer, Barry University, USA

The purpose of this panel is to provide insight into research-supported comprehensive, integrated sport psychology programming that has been implemented within NCAA Athletic Departments. Attendees will hear from a panel of SPPs in various roles within NCAA Athletic Departments and leave with practical ideas on how to develop similar programs and create additional impact within their respective roles.

Challenging Ethics Topics for Consultants in Training and CMPC Supervisors: A Collaborative Approach for Examining Ethical Case Studies

Workshop | Professional Issues & Ethics

Conrad Woolsey, University of Western States, USA; Vincent Lodato, National Sports Performance Institute, USA; Russ Flaten, Premier Sport Psychology, USA; Wendell Otto, University of Western States, USA; Robert Owens, University of Western States, USA; Walter McCutcheon, USA; Bridget Smith, University of Western States, USA; Matthew Condie, University of Western

States, USA; Jaime Sawchuk, University of Western States, USA; Ian Palombo, University of Western States, USA

Participants in this workshop will examine and discuss ethical case studies faced by consultants in training and supervisors. This workshop will feature case studies and some complicated issues in applied practice including potential mental health concerns ranging from pre-competitive stress, emotional liability, reaction to injury, and substance use/abuse to clinical anxiety and depression. Attendees will learn how to 1) navigate the initial informed consent process as an unlicensed CMPC consultant, 2) establish intake processes (Bartley, O'Neil, Portenga, & Aoyagi, 2017) and how to select appropriate assessments, 3) decide if/when referrals should be made, and 4) establish an effective referral network before concerns arise.

CMPC Certification: Eligibility Requirements for New Candidates and Recertification Procedures for Current CMPCs

Featured

Robin Vealey, Miami University, USA; Vicki Tomlinson, John F. Kennedy University, USA; Brandonn Harris, Georgia Southern University, USA

Examples of acceptable CE activities are provided, and the prorated system of CE requirements for CMPCs recertifying in 2020 and 2021 are explained. Questions and discussion will be invited from attendees throughout the workshop, and Certification Council members will be available for specific questions related to their areas of responsibility.

Coach Development and Mental Performance Consultancy within Masters Sport

Lecture | Coaching

Bettina Callary, Cape Breton University, Canada; Scott Rathwell, University of Lethbridge, Canada; Bradley W Young, University of Ottawa, Canada

Masters Athletes (adults typically over 35) are a growing cohort, but their psychological needs have been, until recently, relatively neglected, in part because of ageist assumptions regarding their competitive orientations. However, MAs and their coaches may be a treasure-trove for mental performance consultants (MPCs). The purpose of this presentation is to provide a synthesis of an ongoing grant-funded research program that uncovers important considerations of coach development for MPCs when working within the Masters sport context.

Coaches as Drivers and Integrators of Sport Psychology Services: Leveraging Personal Experiences in Sport Psychology, and University Resources, while Leading Division I Teams

Panel | Collegiate Sport

Adrianna Napoletano, Penn State University, USA; Carl Ohlson, The Pennsylvania State University, USA; Rob Cooper, Penn State University, USA; Sarah Brown, Penn State University, USA; Mark Pavlik, Penn State University, USA

Veteran and young head coaches with significant past contact with sport psychology lead Division I teams with mental performance as a central component of their coaching. These coaches seamlessly weave sport psychology teachings throughout their coaching and leverage their university's performance psychology services in highly effective ways to reinforce their coaching. The purpose of this panel discussion is to have these coaches share with the audience their vision, insights, and experience with sport psychology, and connect their work to past legends as well as current service providers as they advance their staffs and teams.

Coaching the Coach: The Impact Through the Gatekeeper

Workshop | Coaching

Laura Lee, IMG Academy, USA; Rebecca Thomas, IMG Academy, USA

Through evidence-based practice and the mental performance consultant's applied experience, this workshop will focus on four specific learning objectives: (1) How to gain entry, including building rapport and a trusting relationship with the coach (Sharp & Hodge, 2013), (2) How to bridge the gap from power to empowerment in helping coaches realize the value of shared leadership within a team (Fransen, Mertens, Cotterill, Broek, & Boen, 2019), (3) How to create a common language with coaches to enhance awareness and emotional support (Millar, Oldham, & Donovan, 2011), and (4) How to leverage these objectives using an integrative approach, for optimal results. The workshop will employ a number of pedagogical approaches including presentation, activities including examples of coaching techniques from the mental performance consultants' experience, interaction in the form of applied exercises, and group discussion.

Collaborating with Coaches to Support Performance Enhancement and Sport Satisfaction:

Considerations for Mental Performance Consultants

Workshop | Consulting & Interventions

Lauren McHenry, University of Tennessee, USA; Lindsey Miossi, University of Tennessee, Knoxville, USA; Rebecca Zakrajsek, University of Tennessee, USA; Leslee Fisher, University of Tennessee, USA

The purpose of this workshop is to present specific strategies for MPCs working with and through coaches in both individual and team sport settings. Based on the supervised experiences of two graduate student MPCs, multiple case studies will be utilized to illustrate how MPCs can work with coaches to better support performance enhancement within the sport system. With each case, we will guide workshop attendees through a facilitated ethical decision-making process (Remley & Herlihy, 2015) to determine MPC actions.

Collegiate Sport Club Athletes' Perceptions of the Climate on Their Teams and Indices of Their Psychological Well-Being

Lecture | Collegiate Sport

Chelsi Scott, University of Kansas, USA; Mary Fry, University of Kansas, USA; Hannah Weingartner, University of Kansas, USA; Troy Wineinger, University of Kansas, USA

Coaches and officers participated in a coaching education intervention to help them create a more caring and task-involving (CTI). In a CTI climate, leaders are recognizing and valuing effort and improvement, fostering cooperation, treating mistakes as part of the learning process, making everyone feel like they play an important role on the team, and treating everyone with kindness and respect. Athletes who perceived a CTI climate on their teams reported greater self-kindness, hope and happiness, which are important aspects of psychological well-being.

Conceptualizing Psychological Performance Enhancement in a Music Domain

Lecture | Non-Sport Performance Applications

Jessica Ford, University of Wisconsin-Milwaukee, USA; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee, USA; Michael Brondino, University of Wisconsin-Milwaukee, USA; Sheila Feay-Shaw, University of Wisconsin-Milwaukee, USA; Russell Johnson, University of Wisconsin-Parkside, USA; Stephen Wester, University of Wisconsin-Milwaukee, USA

This presentation will explore the psychological and psychosocial aspects of music performance to conceptualize psychological performance enhancement (PPE) in a music domain. The presentation will help the attendees to better understand the unique performance considerations of musicians that differ from athletes. This information can help researchers and practitioners who are looking to develop contextually appropriate PPE interventions for musicians.

Conservatory Musicians' Temporal Organization and Self-Regulation Processes in Preparing for a Music Exam

Lecture | Non-Sport Performance Applications

Roberta Antonini Philippe, University of Lausanne, Switzerland; Céline Kosirnik, University of Lausanne, Switzerland; Noémi Vuichoud, University of Lausanne, Switzerland; Terry Clark, Royal College of Music, London, UK; Aaron Williamon, Royal College of Music, London, UK; Gary E. McPherson, The University of Melbourne, Australia

The audience will have the chance to discover an original research about conservatory musicians' preparation for a music exam. As in sport, perform at its highest level is central in the music domain. This lecture will allow the audience to leave with practical proposals on how to accompany musicians in their mental preparation leading up to an important performance.

Consulting with Game Officials: Empirical and Experiential Knowledge

Lecture | Consulting & Interventions

Shelby Anderson, UNC Greensboro, USA; Hannah Bennett, Augusta University, USA; Megan Buning, Augusta University, USA

While the literature is clear that game officials face many stressors from their role within sport, there is little empirical or applied evidence to describe the specific needs of this unique population. The purpose of the current study was to understand what mental performance training softball umpires were interested in learning to help alleviate some of their current challenges. The presenters will provide practical advice, grounded in empirical evidence and experiential knowledge for other consultants who wish to engage in meaningful work with this population.

Controlled Breathing Rates Alter Motor Performance

Lecture | Non-Sport Performance Applications

Taylor Buchanan, University of Florida, USA; Christopher Janelle, University of Florida, USA

Breathing interventions are used to influence movement execution, however, we do not know the costs of breathing on movement planning. Our presentation will cover the use of breathing interventions to enhance planning and execution of motor performance. Attendees will learn performance costs and benefits of regulating breathing rate.

Country Roads Take Us Home: Athlete Music Use and Implications for Sport Psychology Practitioners

Lecture | Consulting & Interventions

Seth Swary, West Virginia University, USA; Sam Zizzi, West Virginia University, USA

The lecturer will present a study intended to extend current literature on the relationship between music and sport by assessing the manner in which collegiate team sport athletes use music for themselves and for their teams' cohesion and performance. Following a brief review of relevant research in sport, exercise, and performance Psychology (e.g., Bishop et al., 2007; Gabana et al., 2019; Karageorghis et al., 2018; Terry, 2020), the lecturer will discuss the mixed-method design and survey results of how, why, and for what athletes use music. Lastly, attendees will learn implications of the study and potential applications of music in applied sport psychology.

David and Goliath - The Psychology of the Favorite and the Underdog in Olympic Team Sports

Panel | Olympic Sport, International, and Global Perspectives

Peter Haberl, USOC, USA; Traci Statler, Cal State Fullerton, USA; Brian Alexander, AthleteMentalSkillsCoach.com, USA; Véronique Richard, Cirque de Soleil, Canada

David vs Goliath at the Olympic Games. Managing the role expectations of being the favourite vs the underdog in Olympic Team Sports.

Decision Making for Law Enforcement Officers: Can Brain Training Improve Critical Decisions Under Time/Pressure?

Lecture | Tactical Populations

Roy Bedard, Florida State University, USA; Gershon Tenenbaum, Interdisciplinary Center (IDC), Herzliya, Israel

Attendees will be introduced to the construct of "optimizing" decision-making in law enforcement and whether brain-training methods can improve decisions during critical situations.

Determining Intervention Components for a Physical Activity Program Designed for Former Division I College Athletes: A Qualitative Approach

Lecture | Exercise/Health/Fitness

Paula-Marie Ferrara, The University of Tennessee, Knoxville, USA; Rebecca Zakrajsek, University of Tennessee, USA; Morgan Eckenrod, University of Southern Mississippi, USA; Cory Beaumont, The University of Tennessee, Knoxville, USA; Kelley Strohacker, The University of Tennessee, Knoxville, USA

Despite their history with sports training, research shows that former college athletes' physical activity levels decrease substantially after retirement from sport and may exacerbate health concerns that manifest later in life. Physical activity promotion is necessary in this population to prevent these later health problems, however a deeper understanding of their experiences with physical activity post-retirement, as well as what program components they would be attracted to, is warranted before intervention development can proceed. This presentation discusses inactive, former NCAA Division I athletes' experiences with physical activity after retiring from collegiate sport and program characteristics influenced by their experiences that they believe would be effective for their population.

Do You Have a Good All-Around View? Evaluation of a Newly Developed Decision-Making Skills Diagnostic Using 360°-Videos in Soccer

Lecture | Youth Sport

Oliver Höner, University of Tübingen, Germany; Damir Dugandzic, German Football Association (DFB Academy), Germany; Thomas Hauser, German Football Association (DFB Academy), Germany; Michael Stügelmaier, VfB Stuttgart, Germany; Nico Willig, VfB Stuttgart, Germany; Florian Schultz, University of Tübingen, Germany

Sport psychological services have become increasingly important for players' development at professional youth academies in European soccer and, amongst other characteristics (e.g., personality characteristics), the diagnostic and development of players' decision-making skills are considered an important challenge. As one of the first validation studies in this field, this study demonstrates empirical evidence for a diagnostic using a head-mounted display and 360°-videos for providing participants a game-like "all-around view" in the first person viewing perspective. Participants' quantitative and qualitative feedback as well as the statistical results

demonstrated the (diagnostic) validity and thus confirm this technology as a promising tool for future sport psychological approaches to assess and develop decision-making skills.

Effective Mentoring: A Review and Discussion of the New CMPC Mentor Guidelines

Panel | Professional Development, Supervision, and Mentoring

Jack Lesyk, Ohio Center for Sport Psychology, USA; Damien Clement, West Virginia University, USA; Charles Maher, Cleveland Indians, USA; Brandon Harris, Georgia Southern University, USA

The authors of the newly released CMPC Mentor Guidelines will present a summary and clarification of the guidelines. Attendees will have an opportunity to have their questions answered

Evaluating the Athlete's and Coach's Needs: Preliminary Stage in Building Sport Psychology Services for USATF Athletes for the Next Olympic Cycle

Panel | Elite/Pro Sport

Lennie Waite, Waite Performance Strategies LLC, USA; Anne Shadle, , USA; Brian Zuleger, Adams State University, USA; Christopher Stanley, Florida State University, USA

This panel will provide lessons learned from research and application of sport psychology services for USA Track and Field (USATF) in the past quad 2017-2020 and planning for the future quad 2021-2024. Panel members will discuss findings from recent research conducted with USATF athletes and coaches needs related to sport psychology services (specific and preferred needs and skills, as well as preferred delivery and communication methods) as well as past experiences working with USATF athletes and coaches. Lastly, this panel will touch on how this research will help inform planning and delivery of future sport psychology services in the coming Olympic cycle.

Examination of an Etiological Model of Disordered Eating in a Mixed Sport Sample of Female Collegiate Athletes

Lecture | Mental Health

Tess Palmateer, University of North Texas, USA; Kaleb Cusack, University of North Texas, USA; Trent Petrie, University of North Texas, USA

This presentation will review sociocultural and psychological factors that directly and indirectly lead to the development of eating disorders/disordered eating in female collegiate athletes. The authors will present their findings on the use of Petrie and Greenleaf's (2007; 2012) model in a mixed-sport sample of collegiate female athletes. Next steps and future directions for research and interventions will then be discussed.

Examining High Performance Coaches' Self-Perceptions of Performance Effectiveness and Success

Lecture | Coaching

Tammy Sheehy, Bridgewater College, USA; Kristen Dieffenbach, WVU - Coaching and Performance Science, USA

This presentation describes high performance coaches' own evaluation of their performance effectiveness and perceptions of success. Attendees will learn how high performance coaches create personalized strategies for feedback and evaluation over time to enhance their quality of preparation and practice.

Examining the Interplay of Race and Gender in the Athletic Arena: An Investigation of Discrimination in Sport

Lecture | Diversity & Culture

Victoria Bradshaw, John F. Kennedy University, USA; Gily Meir, John F. Kennedy University, USA

The purpose of this study was to examine the interaction of gender and race with the experiences of discrimination amongst collegiate athletes. These findings suggest that female athletes of minority groups experience discrimination on the basis of their gender and race at a higher rate than their male counterparts as well as their White female counterparts. These findings highlight an area applied practitioners should know when working with these populations in order to enhance their cultural competency and efficacy when working with athletes.

Exercise Psychology and Wellness among Underrepresented Groups: Decolonizing, Tailoring, and Partnering with the Community

Symposium | Exercise/Health/Fitness

Keri Kirk, Department of Defense/HJF, USA; Amanda Perkins-Ball, Rice University, USA; Kristin Mauldin, California Baptist University, USA

This symposium will discuss creative ways that exercise psychology, mental skills practitioners, and graduate students can engage with communities that are typically underrepresented in wellness spaces for the purposes of health promotion. We will discuss cultural competence in intervention and supervision, providing inclusive educational exercises, as well as how to develop interventions and didactics that deconstruct the traditional Euro-centric approach to wellness programming.

Exploring a Biofeedback Protocol for Vocal Cord Dysfunction with Service Members

Lecture | Tactical Populations

Chaska Gomez, Tripler Army Medical Center, USA; Lee-Ann Thomas, Tripler Army Medical Center, USA

Exploring a Biofeedback Protocol for Vocal Cord Dysfunction with Servicemembers

Exploring Athletic Identity's Effect on Shame Proneness in Collegiate Athletes

Lecture | Collegiate Sport

Mario Fontana, The College at Brockport, USA

We will learn how an athlete's athletic identity can sharpen proneness to shame. Methods that coaches can use to direct athletes with high athletic identity to be less prone to experiencing shame will be explored

Exploring the Characteristics of Thriving in Professional Sports Competition: Coaches' and Players' Perspectives

Lecture | Elite/Pro Sport

Daniel Brown, University of Portsmouth, UK; Pieter Kruger, North West University, South Africa; Michael Passaportis, University of Portsmouth, UK

To date, researchers have adopted differing interpretations of thriving suggesting that greater clarity is needed on what it means to thrive and how these experiences manifest in sports competition. This presentation will discuss the findings from two studies that explored the characteristics of thriving in professional rugby union players across a multinational sample. The findings from these studies provide novel insight into what it means to thrive in sports competition and offer a framework that may be used to identify thriving performers in the future.

Exploring the Relationship Between Stress-Related Growth and Basic Psychological Needs Following Athletic Injuries

Lecture | Injury/Rehabilitation

Samantha MacDonald, USA; Linda Keeler, Western Washington University, USA; Jessyca Arthur-Cameselle, Western Washington University, USA; Melissa D'Eloia, Western Washington University, USA

One positive psychological consequence after athletic injury is stress-related growth (SRG), a positive change experienced after undergoing something stressful. The aim of the present study was to investigate the relationships between both general psychological need frustration and satisfaction to SRG in athletes and explore sources from which needs were satisfied while injured. The findings of this study imply that the relationship between SRG and SDT may be complex and may depend on where the source of need satisfaction and frustration originate.

Fail Better: A Brief Self-Compassion Intervention with NCAA Student-Athletes

Lecture | Consulting & Interventions

Ashley Kuchar, University of Texas at Austin, USA

Ever wondered how to help athletes bounce back from mistakes and failures? This presentation will focus on how to utilize the power of perspective-taking to best support athletes in coping with various sport setbacks.

Feminism in Sport: Methods for Integrating Feminism into Sport Psychology Practice and Research

Symposium | Social Justice, Equity, and Inclusion

Leeja Carter, Long Island University - Brooklyn, USA; Diane Gill, UNCG, USA; Kensa Gunter, Gunter Psychological Services, LLC, USA; Tanya Prewitt-White, University of Illinois-Chicago, USA; Heather Peters, University of Minnesota, Morris, USA; Martez Smith, University of Rochester, USA; Candace Hogue, Discussant, USA

This symposium provides a critical discussion that includes history, personal journey from two CMPCs, strategies for applying intersectionality and FSP into one's work, and translating one's practice into FSP advocacy that will have long lasting positive impacts on diverse sport and exercise communities.

From Youth Sport to the Pros: Improving Mental Performance Through Acceptance Based Interventions

Symposium | Consulting & Interventions

Michael Clark, Clark Performance Consulting, USA; Lindsey Hamilton, IMG Academy, USA; Kerry Guest, Indiana University, USA; Blake Pindyck, Milwaukee Brewers, USA

The purpose of this symposium is to explore ways in which acceptance-based interventions are applied by sport psychology professionals across various domains. Specific learning objectives include (1) understanding the inner workings of ACT and the 6 core processes of change, (2) providing specific activities and interventions situated in an ACT framework, and (3) discuss the lessons learned in applying and ACT-based intervention with athletes.

Get in Touch with Your Inner Child: A Workshop on Incorporating Deliberate Play with Elite Athletes

Workshop | Consulting & Interventions

Carly Block, Florida State University, USA; Hila Sharon-David, Florida State University, USA; Emma Nilsson, OptiMental Performance, USA

In sport, youth athletes who spent more time engaging in deliberate play have been found to develop skills and talent more easily and experience higher levels of enjoyment and motivation in their sport compared to those who are less engaged in deliberate play. When athletes grow old, however, they tend to abandon this natural tendency to play and as a result, they are more likely to experience exhaustion, loss of sport enjoyment, and eventually burnout. The current workshop presents an innovative view on the use of deliberate play as a therapeutic strategy in which CMPCs can use to help elite athletes experience high levels of sport-enjoyment, enhanced motivation, and improved overall sport experience.

Getting Published in the Journal of Applied Sport Psychology (JASP), Journal of Sport Psychology in Action (JSPA), and Case Studies in Sport and Exercise Psychology (CSSEP)

Featured

Stephen Mellalieu, Cardiff Metropolitan University, UK; Ian Maynard, Essex University, UK; Robert J. Schinke, Laurentian University, Canada

This session offers delegates with an interest or potential interest in publishing their research and professional practice experiences to engage in an open forum with the Editors of AASP's flagship academic journals. The session is aimed at both the individual seeking to take their first step into the world of publishing in academic journals and the more experienced researcher alike.

Great Activity, Now What? Debriefing in Applied Sport Psychology

Workshop | Professional Development, Supervision, and Mentoring

Megan Byrd, Georgia Southern University, USA; Stefanee Maurice, California Polytechnic State University, USA; Abby Keenan, Intrepid Performance Consulting, USA; Joseph Carbone, Springfield College, USA

This workshop will teach techniques and skills to implement during debriefing team and individual sessions. Techniques from multiple disciplines including group counseling, adventure therapy, and team development will be utilized for workshop attendees to practice skills.

Grief in Sports

Lecture | Mental Health

Jana Fogaca, Get Ahead Mental Performance, USA; Illene Cupit, University of Wisconsin-Green Bay, USA; Matthew Gonzalez, West Virginia University, USA; Emily Doran, University of Wisconsin-Green Bay, USA; Makenzie VandenElzen, University of Wisconsin-Green Bay, USA

This session will present the findings of a survey on the experiences of team members after the death of another member. The lecture will also present resources for consultants working with a team that may be going through this situation.

Hazing Training and Intervention

Workshop | Social Justice, Equity, and Inclusion

John Heil, Psychological Health Roanoke, USA

This workshop focuses on the role of sport psychologists in hazing awareness, prevention and intervention. It introduces and provides guidance in the use of a purpose-built, web-based, multi-media instructional program that is designed for training and organizational education, which includes: video interviews with coaches and sport psychologists, a ready to use PowerPoint with detailed annotation, supporting scholarly content, and handouts for coaches, athletes and administrators.

Help! There Is a Female in the Locker Room!! What Do We Do Now?

Workshop | Diversity & Culture

Tanya Bialostozky, Mexico; Frances Cardenas, Philadelphia Phillies, USA; Cristina Fink, C Fink Consulting, USA; Dehra Harris, Toronto Blue Jays, USA
This workshop proposes diverse strategies to fully embrace gender equity by mentoring, developing, and providing support to women in traditionally male-dominated sport and performance environments, as well as leading efforts towards a more inclusive culture by providing key concepts such as stereotype replacement, perspective taking, challenging the language and amplifying women's voices.

How Does She Do It? Women in Academia Share their Unique Stories about Finding their Way in Sport Psychology

Panel | Professional Issues & Ethics

Kimberly Shaffer, Barry University, USA; Gily Meir, John F. Kennedy University, USA; Jasmin Hutchinson, Springfield College, USA; Elizabeth Mullin, Springfield College, USA; Rebecca Zakrajsek, University of Tennessee, USA

Maintaining work-life balance can be complex and challenging for women in academia; this topic will be examined by identifying and understanding some common developmental hurdles that arise alongside the path of professional growth (Guillaume & Pochic, 2009; Kalysh, Kulik, & Perera, 2016; Loeffen, 2016). The aim of this panel is to empower others in navigating challenges such as: the ever-present glass ceiling, pay inequity, greater expectations to care for others, and the potential for motherhood. This panel will present the unique stories of five accomplished women working in Sport & Exercise Psychology academia from different institutions in the United States where panelists will reflect upon an existing model for achieving work-life balance for mental performance consultants (Waumsley et al., 2010).

How to Build a Mental Performance Consulting Marketing Plan

Workshop | Private Practice

Michael Huber, Follow The Ball LLC, USA; Alison Pope-Rhodus, JFK University, USA

This workshop will help other mental performance consultants to develop their own marketing plan leveraging the presenters' experience in doing the same. The workshop will be interactive, breaking the audience into separate groups responsible for constructing each element of a marketing plan as articulated by Blann and colleagues. The goal is for participants to see how a marketing plan can come together in just 75 minutes.

How to Teach Routines

Featured

Jen Schumacher, United States Military Academy, USA and Matt Cuccaro, Telos Sport Psychology Coaching, USA

I Am Woman, Hear Me "ROAR": Female-identified Sport Psychology Providers' Experiences of Navigating Male-Dominated Athletic Departments in a Lead Role

Panel | Collegiate Sport

Rachel Walker, University of Colorado-Boulder, USA; Dayna Charbonneau, West Virginia University, USA; Nicole Linen, Auburn University - Athletics, USA; Cassandra Pasquariello, University of Wisconsin-Madison, USA; Dolores Christensen, University of Oklahoma, Psychological Resources for OU Student-Athletes (PROS), USA; Angel Brutus, Mississippi State University, USA

Given the continued disparity in experiences across gender and other marginalized identities in sport, the purpose of this panel is to share the lived experiences of female-identified providers and practitioners of color conducting sport psychology and mental health services in elite collegiate athletics departments across the USA. Panelists will reflect on experienced microaggressions, gender and other cultural stereotypes, safety and inclusion, and comfort level with assertiveness and advocacy as female-identified persons in male-dominated sport settings. Unique considerations regarding salary negotiation, family and childcare, and work-life balance will be discussed.

Influence of Call Volume on Perceptions of Stress and Recovery in Active-Duty Firefighters

Lecture | Tactical Populations

Carly Wahl, University of Wisconsin Milwaukee, USA; Rudi Marciniak, University of Wisconsin Milwaukee, USA; Kyle Ebersole, University of Wisconsin Milwaukee, USA; Barbara Meyer, University of Wisconsin-Milwaukee, USA

It has become popular among researchers and practitioners alike to monitor the influence of training load on stress and recovery among athletes, yet little research has been done to monitor training load and its affects on stress and recovery in the tactical populations, where an under recovered state may have fatal consequences. In order to develop recovery-specific interventions for firefighters, the purpose of the current study was to examine how acute training load dose (i.e., call volume) influences their perceptions of recovery and stress. Findings of our research suggest that in order to optimize firefighter health and well-being, practitioners should monitor call volume and implement appropriate physical, mental, and/or emotional recovery interventions.

Internationalizing at Home: An Innovative Application of the Collaborative Online International Learning Framework in Sport Psychology

Lecture | Teaching

Dana Voelker, West Virginia University, USA; Gleber Pereira, Universidade Federal do Paraná, Brazil; Sean Bulger, West Virginia University, USA

Collaborative Online International Learning (COIL) is an accessible, cost-effective solution to strengthen global learning within sport psychology training and education. The purpose of this presentation is to share the

instructor and student experience of an interdisciplinary COIL course led in partnership between universities in the U.S. and Brazil. In sharing empirical data and practical experiences, audience members will garner a foundational understanding of the COIL framework as a feasible, innovative mechanism for improving diversity and inclusion in the field.

Investigating the Psychology of Pain and Injury in a Sample of Collegiate Club-Sport Athletes

Lecture | Injury/Rehabilitation

Mike Hamberger, University of Maryland, USA; Stephen R. McDaniel, University of Maryland, USA

This lecture will guide audience members through an understanding of the psychosocial phenomenon known as the “sport ethic”, which is the socialization, or normalization, of attitudes and behaviors that make athletes prone to play through pain and injury, often with unhealthy consequences. Attendees will gain insight into the psychological development of this attitude formation, as it also pertains to specific personality traits. Empirical results point to the utility of a specific measure of the sport ethic as a potential screening tool for athletes, from youth through collegiate age.

Is This Evidence-Based? How Psychological Skills Are Disseminated by a Youth Sport Organization

Lecture | Youth Sport

Frank Ely, University of Windsor, Canada; Krista Chandler, University of Windsor, Canada; Patti Millar, University of Windsor, Canada; Todd Loughead, University of Windsor, Canada

The current presentation examines the psychological skills-related content disseminated online by a large Canadian youth sport organization (OMHA). The purpose of this study was to examine whether this content was evidence-based and to determine which psychological skills were presented. Given the majority of content was incongruent with current research findings (69%), attendees will learn how this limits the potential for youth to learn psychological skills and leave with strategies for improving the quality of information disseminated by youth sport organizations.

Job Opportunities and Compensation in Mental Performance: A Comprehensive Review (2014-2019)

Featured

Justine Vosloo, Ithaca College, USA; Sebastian Harenberg, St. Francis Xavier University, USA; Alessandro Quartiroli, University of Wisconsin, La Crosse, USA; Chris Wagstaff, University of Portsmouth, UK; Natalie Durand-Bush, University of Ottawa, Canada

The purpose of this project was to investigate, via an online survey, the number and type of mental performance (MP; i.e., sport psychology) employment positions held by practitioners over a five-year span. A total of N = 562 participants completed the survey. The findings highlight a growth in employment opportunities, especially full-time MP positions, compared to previous reviews of career prospects of MP practitioners (e.g., Meyers et al., 2001). This presentation will elaborate on

these findings, as well as key employment-related data relevant to current and future MP professionals.

Just Say It: Teaching Elite Youth Athletes to Communicate with Adults

Workshop | Youth Sport

Judy Goss, Private Practice, Canada; Sharleen Hoar, Canadian Sport Institute-Pacific, Canada

Communication skills are essential for young people to learn and impact the coach-athlete relationship. For many athletes, communicating with adults is a challenge due to a lack of communication skills and a low level of comfort in speaking with adults, or communication apprehension. The central learning objective of this workshop is to equip mental performance consultants with effective interactive activities to develop athlete communication skills with adults.

L.E.A.R.N. to Connect: Working Towards Better Performance by Taking a Systems Approach to Address the Ethnolinguistic Needs of Athletes

Workshop | Diversity & Culture

Tanya Bialostozky, Mexico; Val Altieri, Jr., Boston University, USA; John McCarthy, Boston University, USA; Cristina Fink, C Fink Consulting, USA; Frances Cardenas, Philadelphia Phillies, USA; Cristian Guzman, New York Mets, USA; Robert DiBernardo, Toronto Blue Jays, USA; Jake Chaplin, Boston Red Sox, USA

This workshop presents a systematic process for considering how to bridge the gaps between players and other key stakeholders (coaches, support staff, administrators) using a five-step L.E.A.R.N. (Learn-Educate-Advocate-Remove-Negotiate) approach for guiding consultants. Key learning goals for participants are: 1.) identify potential ethnolinguistic barriers to athlete performance; 2.) generate potential strategies and practices that can support athletes' ethnolinguistic needs; 3.) create various ways of responding to the situations presented through scenario-based learning.

Let's Blog! Understanding the How Tos of Sport Psychology Blogging

Workshop | Professional Development, Supervision, and Mentoring

Michele Kerulis, Northwestern University, USA; Megan Byrd, Georgia Southern University, USA

Digital scholarship has recently gained recognition (McGregor, 2017, Linden, et al, 2017) and professionals have identified blogging as an emerging form of scholarship within digital history (McGregor, 2017). During this interactive workshop you will experience large and small group activities as you learn how to create interesting blog posts that are in line with current ethics codes. Come to this active workshop with your creativity and leave with a plan for your new blogging strategy.

Leveraging your Resources: Developing an Athletic Department Eating Disorder Policy

Lecture | Mental Health

Jennifer Farrell, University of North Carolina at Greensboro, USA

The purpose of this presentation is to provide strategies for developing a policy and protocol in order to effectively identify, manage, and refer athletes with eating disorders for evaluation and treatment. The presenter will discuss issues to consider when developing a policy with limited resources, strategies for identifying a team of professionals to provide interdisciplinary care, ethical concerns, and challenges related to the implementation of the policy and protocol.

Lots of Context, Little Time

Workshop | Consulting & Interventions

Cecilia Craft, SOCEP, USA; Brian Miles, Cleveland Indians, USA; AJ LaLonde, Los Angeles Dodgers, USA; Justin Su'a, Tampa Bay Rays, USA

The success of a mental performance training in a Major League Baseball setting relies heavily on a mental performance practitioner's ability to fully grasp the context created by their coaches, clubhouse and players. Within the context of professional sport, time is extremely valuable. Participants attending this workshop will: 1) learn about the context that drives the demand for a short mental performance training (SMPT) and consider their current consulting, or coaching, context, 2) work through contextual considerations when building a SMPT, 3) observe examples of SMPTs as designed by the facilitators, 4) have the opportunity to build a draft of their own SMPT.

Make Empathy Your New Sport: Practical Applications for Athletic, Business and Military Populations

Workshop | Non-Sport Performance Applications

Jessica Woods, Woods Performance Strategies, USA; Russ Flaten, Premier Sport Psychology, USA

Empathy is an advanced communication skill that requires active listening to understand the other person's perspective. The concept of empathy is well-known, but it is not commonly practiced. The key learning objectives from this workshop include: a) the ability to define empathy; b) how to address the stigma; c) assess phraseology; d) reframe linguistics from sounds (phonetics, phonology), words (morphology), sentences (syntax), and meanings (semantics) to enhance empathetic conversations.

Making Weight 2020: Risks and Rewards

Panel | Mental Health

Jenny Conviser, Ascend Consultation in Health Care, USA; Sharon Chirban, Amplify Wellness & Performance, LLC, USA; Caitlyn Hauff, University of South Alabama, USA; Christine Selby, Husson University, USA; Michele Kerulis, Northwestern University, USA; Riley Nickols, McCallum Place, USA

Rates of Feeding and Eating Disorders (FEDs) continue to escalate among athletes of diverse age, gender, race, and ethnicity, threatening health, quality of life and sport

performance. Expert and certified (CMPC) (CEDs) panelists will discuss the risks associated with "making weight" and/or recommending weight change. Participants are encouraged to present relevant case examples and openly discuss strategies for reducing FED risk, preserving health and promoting optimal sport performance.

Measurement and Interpretation of Overconformity to the Sport Ethic in Competitive Athletes

Lecture | Consulting & Interventions

Stephen Hebard, Prevention Strategies, USA; Erin Reifsteck, University of North Carolina at Greensboro, USA; Jeff Milroy, University of North Carolina at Greensboro, USA

It is widely accepted that competitive athletes must sacrifice despite consequences, strive for distinction, accept risks, play through pain, and refuse to accept limits in order to achieve in sport. Athletes whose schemas and social identities exclusively reflect these norms may engage in risky behaviors to an extent that jeopardizes their health and well-being. In this presentation, we describe the risk of athlete overconformity to these norms, review our instrument development process, and advocate for data-driven practitioner intervention that includes interpretation of a reliable and valid measure of this overconformity.

Measuring Effectiveness in Applied Sport Psychology: A Multi-Modal Approach

Symposium | Consulting & Interventions

Lindsey Hamilton, IMG Academy, USA; Duncan Simpson, IMG Academy, USA; Greg Young, IMG Academy, USA

The purpose of this symposium is to discuss best practices in evaluating the effectiveness of mental performance consultants and their work. The first presentation will focus on the evaluation of the effectiveness of the consultant related to knowledge, personal characteristics, and their delivery style (Gonzalez et al., 2018), and the second presentation will discuss the evaluation of effectiveness based on the athletes' response to the mental conditioning received (Anderson et al., 2002). The third presentation will discuss how assessment can be used to address the question of consultant effectiveness (Taylor, 2018), and real-world examples will be used throughout the three presentations to demonstrate the applicability of key principles and methods.

Measuring Mindfulness: Findings and Suggestions for Sport Research and Practice

Lecture | Research Design

Carol Glass, The Catholic University of America, USA; Thomas Minkler, West Virginia University, USA; Megan Hut, Catholic University of America, USA; Hannah Thomas, Catholic University, USA; Caroline Weppner, The Catholic University of America, USA

The intent of this talk is to make recommendations for best practice in the assessment of mindfulness in sport, based on findings from the empirical literature and our program of research on mindfulness for college athletes.

After a brief review of available measures of mindfulness, a number of specific issues will be addressed such as psychometric evaluation, general vs. sport-specific measures, assessing state or dispositional/trait mindfulness, and associations between mindfulness and other constructs of interest. To further benefit both sport researchers and those who use mindfulness with their clients, a handout will be provided with names and references for these mindfulness questionnaires, and suggestions will be offered for measures to use in future research and practice.

Mental Fitness Challenge: Applying Mental Skills for the TSA

Workshop | Non-Sport Performance Applications
James Wings, Titan Sport Performance, USA; Sarah Charles, HigherEchelon, USA; Sarah Swenson, SAIC, USA; Sean Hall, Higher Echelon, USA; Ariel Pierre-Louis, SAIC, USA

Experience a Mental Fitness Challenge currently used with the TSA to enhance delivery of mental skills training and application of skills. Discuss challenges, best practices and application for other populations

Mental Performance Consulting with Professional Baseball Players/Coaches from Latin America: International Perspectives and Practices

Symposium | Elite/Pro Sport
Oscar Gutierrez, Cleveland Indians, USA; Hector Morales-Negron, Pittsburgh Pirates Baseball, USA; Martin Rasumoff, Cleveland Indians, USA; Rafael Dubois, Toronto Blue Jays, USA; Leonardo Ruiz, Los Angeles Dodgers, USA; Tanya Bialostozky, Mexico

It is the intention of this Symposium to provide those in attendance with experience-informed practices that have allowed presents to contribute to the mental and emotional development of players and coaches from diverse cultural backgrounds in professional baseball.

Mental Performance in High Schools: An Opportunity for Impact

Panel | Youth Sport
Mark Cheney, Faith Lutheran MS & HS, USA; Ben Ehrlich, Blythewood High School, USA; Lindsey Hamilton, IMG Academy, USA; Danielle DeLisio, Infinity Mental Performance, USA; Arlene Bauer, SAIC, USA
Given high school sport's growth to nearly 8 million student-athlete participants in the 2017-2018 school year (NFHS News, 2018), considerable opportunity exists to work as a mental performance consultant (MPC) in the high school setting. This panel will share the unique perspectives and best practices of five professional MPCs who have the experience of full integration in high school settings. Key areas of emphasis will include: (1) strategies of gaining entry at the high school level, (2) developmental considerations for working with the youth population, (3) integration in all facets of the high school experience, including academics, athletics, arts and clubs, (4) working with coaches, teachers, staff, and parents, and (5) logistical considerations of the working environment.

Mental Skills Training in the Military: Integrating Current Practices into Care for Reintegrating Veterans

Panel | Tactical Populations
Sarah Shue, Richard L. Roudebush VA Medical Center, USA; Jayme Brosmer, Department of Veterans Affairs, USA; Joe Stonecypher, Magellan Federal, USA
Mental skills training (MST) conducted among military personnel are generally related to optimal human functioning and, therefore, could greatly benefit these individuals as they exit the service and reintegrate to civilian life. However, it is unclear how professionals working with veterans beyond the military environment can effectively conduct and implement MST. To address this gap, the panel will engage in a facilitated discussion regarding the objective of MST in the military, challenges and barriers, overcoming these issues, and considerations for implementation.

Mental Wellness of Coaches and Support Staff Surrounding Olympic Games

Lecture | Mental Health
Christopher DeWolfe, Dalhousie University; Canadian Sport Centre Atlantic, Canada; Lori Dithurbide, Dalhousie University; Canadian Sport Centre Atlantic, Canada

This presentation will provide an in-depth look at the impact of participating in the Olympic Games on the psychological well-being of coaches and support staff. Potential supports that mental performance consultants can provide will be discussed.

Mind over Labor: Using Mental Skills through Pregnancy, Labor, and Post-Partum

Panel | Non-Sport Performance Applications
Lindsey Greviskes, University of Wisconsin-Whitewater, USA; Jenna Fuchs, The Mental Clutch, LLC, USA; Joan Steidinger, Dr. Joan Steidinger, USA; Tanya Prewitt-White, University of Illinois-Chicago, USA; Lindsey Hamilton, IMG Academy, USA

The panelists will highlight how pregnancy and labor can be viewed as a performance and explain why women should be empowered to feel like athletes, regardless of whether they identify as one, throughout this experience. Panelists will be asked to share their experiences using mental skills personally or with expecting mothers throughout pregnancy, during labor, and into post-partum. Panelists will provide suggestions for practitioners working with pregnant female-athletes as well as how these mental skills could be expanded to non-athlete expecting mothers.

Mindfulness and Biofeedback: Contradictory or Complementary?

Panel | Consulting & Interventions
Tim Herzog, Reaching Ahead Counseling and Mental Performance, USA; Keith Kaufman, Keith A. Kaufman, Ph.D., PLLC, USA; Margaret Dupee, Good To Great, Canada; Timothy Pineau, Private Practice, USA; Kristine Eiring, UW-Madison Athletic Dept, USA
Mindfulness is about "accepting and letting go," whereas biofeedback is about "controlling" experience, right? Not

so fast... A panel of experts will discuss theory, research, and applied experience.

Moderator and Differential Effects of Sport Type and Sport Category on Time Demands and Well-Being of NCAA College Athletes

Lecture | Collegiate Sport

Jay Santos, University of Florida, USA; Michael Sagas, University of Florida, USA

This study examined the role of sport type (individual or team sport) and sport category (revenue or non-revenue sport) as moderator variables in the relationship of time demands (academic time use, athletic time use) with three well-being dimensions (subjective, emotional, physical). It also explored the differential effects of sport type and sport category in the variables of the study. This comparison is meritorious since it contributed to the sparse academic literature on the enormous time demands placed by college athletes (NCAA, 2016).

MPCs Perceptions of and Experiences with Service Delivery in Professional Baseball

Lecture | Consulting & Interventions

Matthew Jones, University of Tennessee, Knoxville, USA; Rebecca Zakrajsek, University of Tennessee, USA; Lauren McHenry, University of Tennessee, USA; Sara Erdner, USA

Mental performance consultants (MPCs), especially those embedded within organizations, work in complex environments that can exert major influence on their service delivery process (see Hardy, Jones, & Gould, 1996). Today, MPCs are employed by and deliver services throughout 27 of 30 major league baseball organizations (Nightengale, 2018) making professional baseball a setting worthy of exploring the influence of context on professional philosophy and working alliance. MPCs working in professional baseball discussed how unique factors about the context (e.g., limited player privacy) and cultural considerations (e.g., nationality, language, gendered norms) influenced their philosophy of service delivery and their ability to build and maintain trust.

Multicultural Humility and Practitioner Self-Reflection: A Workshop on Intersectionality

Workshop | Diversity & Culture

Jackie Hyman, Indiana University, USA; Weston Durham, Oklahoma State University, USA; Jessica David, Indiana University, USA

As we embrace ever-fluid intersectional identities represented within athletic contexts, there has been a push for sport psychology practitioners to consider adopting holistic, culturally-informed orientations and practices to competently provide sport psychology services. The goal of this workshop is to help practitioners develop an understanding of multicultural orientation and one's own intersectionality in order to increase cultural humility.

Multidisciplinary Approach to ACL Reconstruction Rehabilitation

Lecture | Injury/Rehabilitation

Peter Lucchio, Hartford Hospital - Bone & Joint Institute, USA

Anterior cruciate ligament reconstruction (i.e., ACLR) is one of the most common orthopedic procedures completed on athletes with about 100,000 procedures completed each year (Griffin 2000, Hawkins 2001, Bradley 2002). Recently, there has been a focus on research that establishes effective return to sport (RTS) criteria, but there is a gap in our understanding of the role of collaborative care (i.e., orthopedics, nutrition, and psychological support) with respect to the rehabilitation process. The aim of this lecture is to present evidence-based concepts and interventions in an effort to assist behavioral health providers in developing a framework to assist athletes in recovering from ACL surgery.

Navigating the Mental Health Referral Process: The What, When, and How

Panel | Mental Health

Lindsey Hamilton, IMG Academy, USA; Hillary Cauthen, Texas Optimal Performance & Psychological Services, USA; Taylor Stutzman, IMG Academy, USA

Mental health in sport has become a prominent topic of conversation, due in large part to courageous athletes who have been willing to publicize their mental health difficulties and to large sport organizations mandating access to mental health resources for their players. Given the high likelihood that MPCs will work with an athlete with mental health concerns, this panel aims to discuss the process and considerations for referring athletes for mental health support. Specific learning objectives include (1) how to determine if an athlete needs a clinical referral, (2) how to effectively navigate the referral conversation with the athlete in the moment, (3) how to build out a meaningful referral network, and (4) how to navigate the ongoing relationship with the athlete during and following a mental health referral.

Online Courses for Athletes, Coaches, and Parents: Why, What, Who, and How

Workshop | Private Practice

Jim Taylor, Dr. Jim Taylor, USA

With the increasing use of internet technology over the last 20 years, consultants now have the opportunity to build a clientele and reach people in the athletic community at every level of sport far beyond their local geographical area. This workshop will explore how online courses for athletes, coaches, and parents can be a valuable way to share your knowledge, reach a larger audience, and provide another revenue stream for sport psychology consulting. It will examine the following aspects of online courses: 1) Why they can have value to athletes, coaches, and parents, and to consultants themselves; 2) What they can be comprised of and what they can offer in terms of content and structure; 3) Who the different audiences might be; and 4) How to create and implement an online course.

Open to Change: Career-spanned Insights into Professional Philosophy from Professional Practice and Research Perspectives

Panel | Professional Development, Supervision, and Mentoring

Artur Poczwardowski, University of Denver, USA; Natalia Stambulova, Halmstad University, Sweden; Peter Haberl, USOC, USA; Mark Aoyagi, University of Denver, USA; Brooke Lamphere, University of Denver, USA

The purpose of this panel is to explore and reflect on reconfigurations in approach to professional practice and applied research as a function of changes in one's professional philosophy. These changes can involve core values, theoretical paradigms, consulting models, methodological approaches, intervention goals and techniques, and types of research problems. The panel is composed to achieve gender balance, represent a whole career span (early, mid, and late stages), and provide international perspectives in the following areas: (a) impactful experiences and events, (b) substantial modifications versus fine-tuned adjustments, and (c) benefits of changes and case illustrations.

Overcoming the Mental Training Paradox: A College Team's Experience of Embedding a Full-Time CMPC at the Coaching Level

Panel | Collegiate Sport

Cody Sohn, Boise State University Athletics, USA; Corey Ihmels, Boise State University Athletics, USA; Gavin O'Neal, Boise State University Athletics, USA; Tyler Smith, Boise State University Athletics, USA

Kaufman, Glass and Pineau (2018) suggest there is a mental training paradox that supports scientific evidence of the value of mental performance training yet fails to invest in full-time systematic instruction by qualified experts. This four-member panel of staff/coaches from a Division-1 track/ field/cross- country team presents a unique applied model that seeks to overcome the mental training paradox and prioritize mental performance training and practice. An assistant coach, who is also a Certified Mental Performance Consultant (CMPC), moderates the panel which explores how they have overcome institutional barriers and build a supportive culture for mental training within their team.

Part-Time Players: Managing Dual Roles on Campus in Academia and Sport

Panel | Collegiate Sport

Jennifer Farrell, University of North Carolina at Greensboro, USA; Marc Cormier, University of Kentucky, USA; Rhea A. Merck, University of South Carolina, USA; Aaron Goodson, Mississippi State University, USA

In order to meet the mental health and mental performance demands of student-athletes and provide sufficient support, some institutions have adopted a model of service in which joint positions between athletics and academic units (e.g. kinesiology, psychology, counseling, social work) have been developed. Thus, the purpose of this panel is to provide an opportunity to share lessons learned and unique experiences from three sport psychology professionals

who share time between their athletic and academic roles.

Students, early career professionals and experienced professionals will gain valuable insight as it relates to establishing this particular model of service, balancing time demands, setting boundaries, ethical issues and advantages of integrating services across campus departments.

Paying it Forward: Best Practices for the Development and Implementation of Successful Community Outreach Programs

Panel | Consulting & Interventions

Ashley Samson, California State University, Northridge, USA; Amber Shipherd, Texas A&M University - Kingsville / Next Level Mind Consulting, USA; Brad Conn, USA

Members of the COC grant review committee and past grant winners will discuss what makes a successful grant application in addition to critical components of a successful community outreach program. Key topics will include: identifying and connecting to key stakeholders, conducting a needs assessment for target audiences, organization of programming content, program execution, and reflections/evaluations of community outreach programs. Attendees will learn from experienced scientist-practitioners and COC grant committee members about how to a) develop and implement their own community outreach initiatives, and b) enhance the quality of their own future AASP COC grants.

Performance Optimization Through Gratitude: Exposure to its Versatility and Buy-In Techniques

Workshop | Consulting & Interventions

Iman Hassan, University of Ottawa, Canada; Laura Parrott, Wheelhouse Mental Performance Consulting, Canada; Diane Culver, University of Ottawa, Canada

This workshop aims to provide sport psychology practitioners with the tools to demystify gratitude and establish buy-in with athletes, coaches, and sport administrators.

Performance Psychology with Military Personnel, Law Enforcement Officers, and Firefighters: A Systematic Review of Research on Mental Qualities and Techniques

Lecture | Tactical Populations

Elmer Castillo, Magellan Federal, USA; Johannes Raabe, West Virginia University, USA; Carl Johannes, Friedrich-Alexander University Erlangen-Nürnberg, Germany

While applied sport psychology services have traditionally been provided in athletic settings, there has been a trend towards a more general application across different performance domains (Gould, 2002) and, in particular, with tactical populations (i.e., military, law enforcement, and firefighters; e.g., Zinsser, Perkins, Gervais, & Burbelo, 2004). For mental performance consultants who work with military personnel, law enforcement officers, and firefighters, it is valuable to consistently reflect on clients' cognition, affect, and

behavior from a scientific perspective to inform their practice (Jones & Mehr, 2007). Accordingly, the purpose of the current study was to systematically review the existing research on mental qualities and techniques in tactical populations.

Physical Activity and Mindfulness Interventions for University Students with Autism Spectrum Disorder

Lecture | Exercise/Health/Fitness

Jacob Jensen, California State University-Northridge, USA

This program consisted of an 8-week physical activity and mindfulness program, Into Fitness Together (iFIT-M), with a group of 10 university students diagnosed with Autism Spectrum Disorder (ASD), one of the most common neurodevelopmental disorders. The purposes of the program were to assess participants' openness to and the effectiveness of mindfulness interventions and to determine the impact of mindfulness and physical activity on ASD students' overall health and well-being

Post-Traumatic Growth through Exercise and Animal Therapy

Lecture | Exercise/Health/Fitness

Lisa Miller, American Military University, USA; Stephen Juaire, American Military University, USA; Sharon Flowers, American Military University, USA

This presentation teaches the attendees about using exercise and animal therapy as an intervention for treating post-traumatic stress disorder (PTSD). The session includes a description of a study conducted with military warrior run participants. Post-traumatic growth theory from a combination of positive psychology and sport psychology resulted in a positive increase in psychological well-being outcomes for the participants.

Prioritizing and Improving Mental Health in Sport: The Perspectives of Athletes, Coaches, and Practitioners

Symposium | Mental Health

Natalie Durand-Bush, University of Ottawa, Canada; Rachel Jewett, Ryerson University, Canada; Gretchen Kerr, University of Toronto, Canada; Michelle Dionne, Ryerson University, Canada; Connor Primeau, The University of Ottawa, Canada; Krista Van Slingerland, University of Ottawa, Canada; Erin Willson, University of Toronto, Canada; Poppy DesClouds, University of Ottawa, Canada; Véronique Boudreault, Université du Québec à Trois-Rivières, Canada; Anna Abraham, University of Ottawa, Canada

In this symposium, we will share recent research on mental health in the sport domain integrating athletes, coaches, and practitioners' perspectives. We will provide recommendations for practitioners supporting and providing care to athletes and coaches experiencing mental health challenges and illnesses. We will also discuss both healthy and unhealthy coaching practices and environments, with suggestions to reduce psychological distress and maltreatment in sport.

Promoting Athletes' Mental Health: Infographic Design and Content Recommendations for Sport Psychology Consultants

Lecture | Mental Health

Irene Muir, University of Windsor, Canada; Krista Chandler, University of Windsor, Canada

This presentation provides sport psychology consultants with infographic recommendations to promote mental health in elite and student-athletes. Recommendations pertain to both visual and content design and are supplemented with infographic examples. Tips are provided for implementing these infographics in the sport environment.

Prove Your Worth! An Inside Look to the Development and Implementation of a Data Driven Mental Skills Program in a High Security Environment

Panel | Tactical Populations

Chang-Hyun Ko, SAIC, USA; Ashley Fryer, SAIC, USA; Siana Sylvester, HigherEchelon, Inc., USA; Trent Bosley, TSA, USA; Noelle Menendez, HigherEchelon, Inc., USA

In this panel, five professionals will discuss the process of building a data-driven mental skills program from the ground up and implementation of the program in multiple sites across the country. From various perspectives, ranging from ground-level execution to program management and leadership from the government organization the panelists will discuss lessons learned and best practices in creating such a program. The panel will focus on key aspects of integrating data metrics into the practice.

Red Head/Blue Head: A Case Study of the Cortical Correlates of Success and Failure in Ice Hockey Shooting

Lecture | Elite/Pro Sport

Sommer Christie, McGill University, Canada; Penny Werthner, University of Calgary, Canada

The New Zealand All Blacks rugby team uses the concept of "red head" to describe an anxious and emotional state and "blue head" to describe a calm and focused state. This case study supports the red head/blue head concept by revealing specific brainwave patterns for successful and unsuccessful shots on net in ice hockey. Prior to successful shots, a significant increase in brainwave activity associated with a calm, focused, and efficient brain and a significant decrease activity associated with rumination and anxiety was found.

Shared Zones of Optimal Functioning (SZOF): A New Framework to Capture Peak Performance, Momentum, and Leader-Follower Dichotomy in Team Settings

Lecture | Research Design

Edson Filho, University of Central Lancashire, UK

In this lecture I will introduce a new evidence-based applied framework, named "the Shared Zones of Optimal Functioning (SZOF)". The SZOF framework can be used to (a) capture optimal and sub-optimal

performance experiences in teams, (b) track “good” and “bad” team momentum, and (c) estimate within-team psycho-physiological synchrony and leader-follower dynamics (i.e., leader-follower dichotomy; shared-leadership).

Social Influences in Ultra Running

Lecture | Exercise/Health/Fitness

Brian Harman, De Montfort University, UK; Céline Kosirnik, University of Lausanne, Switzerland; Roberta Antonini Philippe, University of Lausanne, Switzerland
This study demonstrates that social interactions are a fundamental component of multi-day, ultra-races. The results suggest that different groups of people can positively or negatively influence racers’ motivation and goal achievement: fellow racers, volunteers, medics, friends and family, and even the general public.

Southern Charm: How to Combat the Obesity Epidemic in the Southern United States through Behavior Change and Public Health Programming

Lecture | Exercise/Health/Fitness

Kimberly Shaffer, Barry University, USA; Sarah King, Clemson University, USA

Despite efforts to control the obesity epidemic, 11 states associated with the “Bible Belt” (Texas, Oklahoma, Arkansas, Louisiana, Mississippi, Alabama, Tennessee, Kentucky, Georgia, South Carolina, and North Carolina) have all been on a steady 30-year rise in obesity, cardiovascular disease, and hypertension (United Health Foundation, 2018). A team at Clemson University is implementing several healthy behavior interventions within 16 counties in the state of South Carolina, particularly focusing on individuals that qualify for the federal Supplemental Nutrition Assistance Program (SNAP). Using positive psychology, the team has been able serve over 1 million SC residents and implement 66 different policy, systems, or environmental changes to support active living and healthy lifestyle changes.

Student Workshop: Cultural Considerations for Sport Psychology Trainees

Featured | Diversity & Culture

Tanya Prewitt-White, University of Illinois – Chicago, USA; Robert Owens, University of Western States, USA; Tess Palmateer, University of North Texas, USA; Gagandeep Singh, California State University - Chico, USA; Travis Sheadler, University of Kentucky, USA; Emma Kraus, Boston University, USA; Katie Hirsch, University of Windsor, Canada; Ari Sapinsley, Adler University, USA; Taylor J. Langlely, Auburn University, USA

This workshop is intended for students and will explore themes of social justice, equity, advocacy, and inclusion within the field of applied SEP. This workshop will feature activities that will increase students’ awareness of how their identities, values, worldviews, and biases impact how they navigate their consultancy work. Attendees will (a) increase awareness around the complexities and intersectional, affective, and embodied identities; (b) connect AASP student members who have shared interests in diversity, inclusion, advocacy and

social justice; and (c) provide an opportunity for students to self-reflect on their personal, social, and cultural identities and how these identities inform and influence their future professional work.

The Development and Validation of an In-Competition Emotion Measure: The Brief In-Competition Emotion Scale

Lecture | Research Design

Alexander Freemantle, University of Portsmouth, UK; Lorenzo Stafford, University of Portsmouth, UK; Chris Wagstaff, University of Portsmouth, UK; Lucy Akehurst, University of Portsmouth, UK

This research outlines the four-study development and validation procedure of the Brief In-Competition Emotion (BICE) scale, a concise psychometric scale that allows researchers and practitioners to quickly and accurately assess athletes’ subjective in-competition emotions. The 10-item BICE scale offers a unique and potentially valuable tool for practitioners working in applied practice across a variety of sports.

The Effect of Concussions on Collegiate Athletes’ Susceptibility to Burnout

Lecture | Mental Health

Kevin Barton, Northern Illinois University, USA; Shaine Henert, Northern Illinois University, USA

The purposes of this study were to determine if a history of concussions increased collegiate athletes’ susceptibility to burnout over the course of an athletic season and whether a trend in burnout scores exists for all athletes over the course of the season. Results revealed that athletes felt more symptoms of burnout during the middle of the season. Future research should explore the impact of early season interventions in reducing athletes’ experiences of burnout.

The Future of Sport Psychology in the Military? Embedded Performance Experts

Panel | Tactical Populations

Ashley Baskerville, Magellan Federal, USA; Jean- Marc Charles, Magellan Federal, USA; Kevin Hoppey, Magellan Federal, USA; Ashley Herrell, Magellan Federal, USA

A panel discussing the future of sport psychology in the military. Panelists will focus on what work is like being embedded into Army combat units, working as advisors to leadership. Panel will explore how to build rapport, gain buy-in, translate sport psychology to the military, and customize training for the subsets of this unique population.

The Happiest Students and Athletes on Earth: High-Impact, Low-Budget Teaching and Consulting Activities

Workshop | Teaching

Amber Shipherd, Texas A&M University - Kingsville / Next Level Mind Consulting, USA; Lauren Tashman, Align Performance LLC, USA; Tami Eggleston, McKendree University, USA; Joann Wakefield, Georgia Southern University Athletics, USA

Funding and resources concerns are all too familiar for faculty and consultants alike. The purpose of this workshop is to engage attendees in a variety of low-budget, high-impact activities that can be used to teach sport, exercise, and performance psychology concepts in the classroom or consulting sessions.

The Home Run Hire: Rethinking the Person-Organization Interview Experience to Increase Diversity and Inclusion in the Sport and Performance Workforce

Workshop | Social Justice, Equity, and Inclusion
Jimena Gonzalez, Mexican Olympic Committee, Mexico; Christopher Diaz, Milwaukee Brewers, USA; Tanya Bialostozky, Mexico; Ben Freakley, Toronto Blue Jays, USA

"Not only is diversity recruitment the right thing to do, it is the smart thing to do"

This workshop aims to stimulate conversations towards a hiring process that provides more equitable opportunities for people from varying social and cultural backgrounds in the field of Sport Psychology. Participants will be encouraged to re-think the interview process through a values-based Person-Organization fit, as they share personal reflections on promoting diversity and inclusion, decreasing bias, and increasing the predictive validity of job performance.

The Hungry and Injured Female Soccer Player: A Narrative Study Exploring the Impact of Injury on Elite Footballers' Eating Practices

Lecture | Injury/Rehabilitation
Carly Perry, University of Central Lancashire, UK; Anthony Papathomas, Loughborough University, UK
This presentation will shed light on the psychological tensions that many female athletes face during injury around eating practices and body image. Subsequently, this session will provide novel insight for those working with injured athletes, especially females at the elite level. Notably, this research highlights the importance of using narrative as both a theory and a method.

The Impact of a Brief Psychological Skills Training Intervention on Youth Athletes' Psychophysiological Responses to Performance Stress Elicited by an Ego-Involving Climate

Lecture | Youth Sport
Candace Hogue, Penn State University, Harrisburg, USA

This experimental investigation examined whether a 20 minute psychological skills training session that promotes an adaptive view of stress and encourages athletes to have a more task-oriented approach toward achievement, prior to exposure to an ego-involving climate, buffers young athletes maladaptive stress responses (N = 72; Mage = 16 y.o.). The results suggest this type of brief psychological skills training session can elicit a protective physiological response to an ego-involving climate and more adaptive psychological responses, but it does not necessarily protect young athletes against maladaptive psychosocial stress responses (e.g., shame).

The Implementation and Evaluation of a Body Image Intervention for Youth Female Soccer Players

Lecture | Mental Health
Katherine Hirsch, University of Windsor, Canada; Irene Muir, University of Windsor, Canada; Krista Chandler, University of Windsor, Canada; Todd Loughead, University of Windsor, Canada

A presentation of the description and mixed methods results of a body image enhancement program specific to youth female athletes. The intervention was implemented with youth female soccer players to address psychosocial factors related to body image. Applied reflections are provided for future intervention implementation.

The Relationship Between Research and Practice in Applied Sport and Exercise Psychology in the UK

Lecture | Consulting & Interventions
Marie Winter, University of Essex, UK
A qualitative interview study, adopting a constructivist grounded theory approach, was conducted with experienced and early career sport and exercise psychology practitioners in the UK to understand the process practitioners follow in the design and implementation of interventions. It also considered what influenced their decisions during the process and aimed to propose future research that may facilitate a practitioner's ability to translate research into practice within applied sport and exercise psychology. Attending this lecture will give you the opportunity to listen to the issues faced in the translation of research into practice within the domain of sport and exercise psychology in the UK and discuss solutions to strengthen the research-practice relationship across cultures.

The Relationship between Well-being, Mental Toughness, and Coach-Created Motivational Climate within College Athletics

Lecture | Collegiate Sport
Robert Harmison, James Madison University, USA; Chad Doerr, University of Nebraska, USA; Gregg Henriques, James Madison University, USA; Chris Hulleman, University of Virginia, USA
This study examined the relationship between female college student-athletes' self-ratings of well-being, self-ratings of mental toughness, and perceptions of the coach-created motivational climate. Linear regression analyses revealed that mentally tough female athletes reported relatively higher levels of well-being compared to less mentally tough athletes only if they perceived a low ego-involving coach-created motivational climate. Implications of these results for practice and future research will be discussed.

The Use of Sport Psychology Techniques in Collegiate Strength and Conditioning

Lecture | Coaching
Adam Feit, Springfield College, USA; Jasmin Hutchinson, Springfield College, USA
The use of sport psychology techniques in strength and conditioning is often recommended but rarely implemented. In this presentation, attendees will learn

about the current use of coaching mental skills in collegiate strength and conditioning, explore the obstacles and barriers toward applying sport psychology techniques in the weight room, and understand how to optimally help strength and conditioning coaches maximize their student-athletes' performance.

The Weeks, Months, Years After the Final Game: Athlete Retirement of Canadian Student-Athlete

Lecture | Collegiate Sport

Melissa Pare, Wilfrid Laurier University, Canada; Jill Tracey, Wilfrid Laurier University, Canada

This presentation aims to highlight the unique challenges student-athletes experience with athletic retirement. This presentation explains the responses student-athletes have to retirement, and how support staff (e.g., coaches, and institutions) can best support student-athletes upon career termination.

Together Again: A Case Study Workshop for Students

Workshop | Consulting & Interventions

Chelsea Wooding, National University, USA; Ashley Coker-Cranney, West Virginia University / MindRight Performance Consulting, LLC, USA; Angel Brutus, Mississippi State University, USA; Jamie Shapiro, University of Denver, USA

For three years, the AASP Student Case Study Workshop received excellent reviews. This year, one case at two different time points during consultation will be discussed in small groups, then as a large group. Lastly, professional CMPCs will share various perspectives and approaches to the case, given their diverse training and work experiences

Train the Way You Play: Integrating Mental Skills into Practice through Representative Learning Design

Workshop | Consulting & Interventions

Lindsey Hamilton, IMG Academy, USA; Duncan Simpson, IMG Academy, USA; Christian Smith, IMG Academy, USA

Mental performance consultants (MPCs) are continually tasked with enhancing the transferability of mental training into the competitive environment, and representative learning design can serve as a framework to assist MPCs in doing that (Pinder, Davids, Renshaw, & Araujo, 2011). By conducting interventions inside the athletes' performance arena (Larsen, Henriksen, Alfermann, & Christensen, 2014), MPCs can maximize the impact of the training environment in a way that enhances the psychological representativeness of the performance context (see Hamilton, Smith, & Brandon, in press). The workshop will demonstrate how the design and implementation of mental skills in training can adequately represent an accurate performance environment, include examples of in-training coaching techniques, and provide attendees the opportunity to learn new mental skills activities through interactive exercises.

Training of Perceptual Cognitive Skills using 360° Videos in Volleyball Athletes

Lecture | Collegiate Sport

Tara Stillwell, Ithaca College, USA; Sebastian Harenberg, Ithaca College, USA; Justine Vosloo, Ithaca College, USA

In this presentation, the findings of a 360° video intervention with collegiate athletes will be presented. Compared to general cognitive training interventions (i.e., Neurotracker, Fitlights), the video training lead to less decision-making errors. Implementations of the technology into practice will be discussed.

Transforming Culture: An Embedded Approach to Performance Psychology within the U.S. Army

Panel | Consulting & Interventions

Brittany Prijatel, Magellan Federal, USA; Petra Kowalski, Magellan Federal, USA; Elecia Kruse, Magellan Federal, USA; Lloyd Scharneck, Magellan Federal, USA; Sean Swallen, Magellan Federal, USA

There is a rising tide in the understanding that culture, leadership, and sense of belonging have a significant impact on the performance and resilience of teams. Recently, a different approach to implementation is being piloted by PE teams to increase the impact of mental skills training, while also establishing more consistent contact and mentorship with Soldiers and key leaders. In this panel, three embedded PEs within in combat arms unit will talk about their process of integration into the unit, challenges & benefits, ethical considerations, and the adoption of research based tools to enhance values congruence, culture, and performance.

Transnational Careers in Sport Psychology: Migrating Professionals and Receiving Environments - It Takes Two to Tango

Panel | Diversity & Culture

Artur Poczwardowski, University of Denver, USA; Natalia Stambulova, Halmstad University, Sweden; Stilian "Ani" Chroni, Inland Norway University of Applied Sciences, Norway; Robert Book, University of Southern Denmark, Denmark

The purpose of this panel is to illuminate the challenges and opportunities embedded in the international expansion of sport psychology and address the professional development as experienced by four transnational early-, middle- and late- career professionals. This culturally diverse and gender-balanced group will offer insights into effective career transition seen as a process of mutual accommodation between a transnational professional and relevant receiving environment.

Underreporting of Depressive Symptoms: Does the Way Measures Are Administered Matter?

Lecture | Mental Health

Sebastian Harenberg, Ithaca College, USA; Chloe Ouellet-Pizer, Ithaca College, USA; Justine Vosloo, Ithaca College, USA; Lindsey Keenan, West Chester University, USA; Sayre Wilson, Binghamton University, USA

Attendees of this presentation will learn about different methods of depression screening and the impact on prevalence numbers. The information may lead to more informed decisions about the screening and referral process of athletes suffering from depressive symptoms.

Understanding the Dual Role of NCAA Student-Athletes from a Motivational Perspective: A Mixed-Methods Investigation

Lecture | Collegiate Sport

Johannes Raabe, West Virginia University, USA; Tucker Readdy, University of Wyoming, USA; Lauren McHenry, University of Tennessee, USA; Daniel Leyhr, University of Tuebingen, Germany; Tara Ryan, Penn State Altoona, USA; Loran Grant, University of Tennessee, USA

The purpose of this mixed-methods study was to investigate NCAA student-athletes' fulfillment of autonomy, competence, and relatedness in the achievement domains of academics and sport. A cluster analysis revealed four distinct patterns for individuals' basic psychological need satisfaction in each context, which were subsequently explored in more depth via semi-structured interviews. Practical implications will be discussed, including how mental performance consultants can help coaches and academic counselors in the development of optimal motivational climates for student-athletes.

Understanding Trauma in the Context of Professional Sport

Panel | Elite/Pro Sport

Gloria Balague, SportPsych Consulting, USA; Wendy Borlabi, Chicago Bulls, USA; Frances Cardenas, Philadelphia Phillies, USA; Kensa Gunter, Gunter Psychological Services, LLC, USA; John McCarthy, Boston University, USA; Val Altieri, Jr., Boston University, USA

Professional sport is a crucible in which athletes face daunting expectations for performance. Since trauma exposure is ubiquitous in our society, then it is important to examine the role trauma may play in the microcosm of professional sport. This panel of professionals will share both their experiences of working with athletes with a history of trauma and their efforts educating coaches, intervening with families, agents and other key stakeholders.

Using Podcasts for Coach Professional Development

Lecture | Coaching

Kim Ferner, Southern Illinois University Edwardsville, USA; Lindsay Ross-Stewart, Southern Illinois University Edwardsville, USA

There is a need to find innovative ways to engage coaches in the learning process and to help them think critically about the decision and choices they are making as coaches. This lecture will focus on an ongoing coach education program that used podcasts, which minimized coach time, while maximizing learning outcomes in NCAA University Head Coaches Professional Development Program. Highlighting the strengths of the program, the coach's responses to the program, as well

as the challenges that occurred throughout the coach education program.

Using the Larry Nassar Case to Create a Coach Education Module to Prompt Social Change

Lecture | Coaching

Leslee Fisher, University of Tennessee, USA

The purpose of this presentation is to demonstrate how case study methodology (Yin, 2015), an advocacy practice and policy model (APPM; Monds-Watson, 2013), and new directions in feminist theory (Ahmed, 2017; Toffoletti, Thorpe, & Francombe-Webb, 2018) can be utilized by sport psychology professionals to educate coaches about sexual misconduct. Case studies are useful for both research (Yin, 2015) and teaching purposes (e.g., Boston University Center for Teaching and Learning, 2019) because they provide a potential framework for analyses of "real-world" problems. The APPM (Monds-Watson, 2013) provides guidance on moving from analysis to action; in particular, advocacy is about education, negotiation, and persuasion (Monds-Watson, 2013).

Virtual Reality in Applied Sport Psychology: Leveraging VR to Optimize Mental Performance Programming

Symposium | Consulting & Interventions

Garrett Beatty, College of Health and Human Performance, Univ. of Florida, USA; Jen Schumacher, United States Military Academy, USA; Taylor Stutzman, IMG Academy, USA

The symposium will overview three case studies implementing Virtual Reality to augment Psychological Skills Training programs in tactical, youth sport, and elite-professional sport populations. Psychological skills discussed will include emotion regulation, pre-performance routines, and perceptual-cognitive training. Each symposium presentation will detail the implemented training programs, quantitative performance data, insights gained through program execution, and suggested best-practices for CMPCs or researchers with interests in applying VR within existing psychological skills training programs.

What ACT is NOT: A Conversation Demystifying the Myths of ACT

Panel | Consulting & Interventions

Chelsea Wooding, National University, USA; Jessica Bartley, University of Denver, USA; Ashley Coker-Cranney, West Virginia University / MindRight Performance Consulting, LLC, USA; Eddie O'Connor, Mary Free Bed Sports Rehabilitation, USA

Despite the growing popularity of ACT in sport and performance psychology, there are still many myths about the approach that impede its effectiveness. Therefore, the purpose of this panel is to deliberately address and explore the potential impact of several common myths about ACT's foundation, core processes, and implementation. Intended for intermediate-level ACT practitioners, myths will be explored through metaphors, examples, and experiential activities, as well as giving

attendees an opportunity to ask questions and offer discussion points.

What's My Role?: Disrupting Abuse and Misconduct in Sport

Workshop | Professional Issues & Ethics

Lindsey Miossi, University of Tennessee, Knoxville, USA; Tanya Prewitt-White, University of Illinois-Chicago, USA

The purpose of this workshop is to explore the nuance of abuse in sport, whether it is sexual, emotional, and/or physical, and the role of the CMPC in disrupting such practices. Through real-life narratives, moderators and attendees will discuss the role of the CMPC, define parents' positions and responsibilities, and create meaningful conversations around the implications and nuance of disrupting misconduct in sport.

Where Can Graduate Training in Sport Psychology Take You: Tracking the Training and Careers of Graduates of Advanced Degree Programs in Sport Psychology

Lecture | Professional Development, Supervision, and Mentoring

Carrie Scherzer, Mount Royal University, Canada; Alan Kornspan, University of Akron, USA

In this presentation, we will be providing updated information on the educational and employment histories of graduates of sport psychology programs from 2000-2015.

Working the Triad: Utilizing Weinberg & Gould's Framework as a Methodology for Developing a Holistic and Engaging Class Environment

Panel | Teaching

Frances Cacho, Florida State University, USA; Carly Block, Florida State University, USA; Seth Rose, University of Idaho, USA; Laura Evans, California State University, Fullerton, USA

Many novice instructors are faced with the question, "How do I develop and teach an introduction to sport psychology class that is engaging for undergraduate students?" Therefore, the purpose of this panel is to share four strategies in creatively using Weinberg and Gould's (2019) triad (e.g. teaching, researching, and consulting) as a teaching method to communicate the curriculum in a holistic and meaningful way (Kozar & Marcketti, 2008).

Working with Concussed Athletes: Mental Performance Consultants' Navigation of the Invisible Injury

Lecture | Injury/Rehabilitation

Cassandra Seguin, University of Ottawa, Canada; Diane Culver, University of Ottawa, Canada

Concussions present a complex challenge for athletes and providing effective support to these athletes is critical to their recovery. As MPCs are in an optimal position to provide psychosocial support, this presentation will share strategies, challenges, and resources that MPCs are presently using to support their concussed elite athletes. Future research directions and practical implications for working with concussed athletes will also be discussed.