



# AASP CONFERENCE PROGRAM

## Friday, October 28, 2022

### Oral Presentations

*displayed in sequential order of presentation*

Abstract Title	Type	Date	Time
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CMPC Certification: Eligibility Requirements for New Candidates and Recertification Procedures for Current CMPCs	Featured	Friday, October 28	8:15 am - 9:30 am
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Author(s): Certification Council

The eligibility requirements for new candidates (including students) and the recertification procedures for current Certified Mental Performance Consultants® will be discussed.

5 Slides in 5 Minutes - Emerging Topics	Featured	Friday, October 28	8:15 am - 9:30 am
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Author(s): Carmyn Hayes, University of North Texas, USA; Macey Arnold, University of North Texas, USA; Stacy Gnacinski, Drake University, USA; Erin Silvertooth, Private Practice, USA; Moderator: Chris Stanley, Florida State University, USA

This session will cover research findings and applied knowledge in the topic areas of Athletes of Color, Transgender Athletes, First Responders, and Sport Psychiatry. Audience members will leave the session with increased knowledge of working with performers with diverse identities and backgrounds and insight into psychopharmacological perspectives and impact in sport contexts. The session will include Q&A.

20 Years Later - Former AAS Users Describe Their Mental Health Post AAS Use	Lecture	Friday, October 28	8:15 am - 9:30 am
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Exercise/Health/Fitness

Author(s): Mario Vassallo, Wayne State University, USA; Tracy Olrich, Central Michigan University, USA; Jeffrey Martin, Wayne State University, USA

A study on former Anabolic Androgenic Steroid Users 20 years post use. This study was to extend previous research completed by Vassallo & Olrich (2002). In the current study, 20 of the 38 participants in the original study were interviewed. Interviews focused on their perceptions of the physiological and psychological aspects of life during the twenty year post-AAS use period.



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Abstract Title	Type	Date	Time
<p>20 Years Later - Former AAS Users Describe Their Physical Implications/Injuries They Experienced Post AAS Use</p> <p>Author(s): Mario Vassallo, Wayne State University, USA; Tracy Olrich, Central Michigan University, USA; Jeffrey Martin, Wayne State University, USA</p> <p>A study on former Anabolic Androgenic Steroid Users 20 years post use. This study was to extend previous research completed by Vassallo &amp; Olrich (2002). In the current study, 20 of the 38 participants in the original study were interviewed. Interviews focused on their perceptions of the physiological and psychological aspects of life during the twenty year post-AAS use period.</p>	Lecture Exercise/Health/Fitness	Friday, October 28	8:15 am - 9:30 am
<p>Into Fitness Together With Mindfulness (IFIT-M): A Fitness Based Mindfulness Program for Individuals with Autism Spectrum Disorder</p> <p>Author(s): Jacob Jensen, California State University-Northridge, USA; Brittney Aquino, California State University, Northridge, USA</p> <p>This lecture will highlight the results of a 10 week fitness based mindfulness program for individuals with Autism Spectrum Disorder (ASD). The weekly interventions will be explained as well as the results indicating improvement in mindfulness scores, reduction in stress and anxiety, and improvement in physical fitness as a result of participating in the program.</p>	Lecture Non-Sport Performance Applications	Friday, October 28	8:15 am - 9:30 am
<p>The Benefits and Outcomes of MSPE Training for both Sport and Daily Life: An In-depth Qualitative Study with a College Rugby Team</p> <p>Author(s): Megan Hut, West Virginia University, USA; Thomas Minkler, West Virginia University, USA; Carol Glass, The Catholic University of America, USA; Hannah Thomas, Montclair State University, USA; Caroline Weppner, USA; Claire Flannery, The Catholic University of America, USA</p> <p>While quantitative studies suggest that Mindful Sport Performance Enhancement (MSPE) may be beneficial for collegiate student-athletes' well-being and performance, less is known about how athletes describe their experiences with MSPE; therefore, the current study used a qualitative design to learn about student-athlete experiences with MSPE. Ten rugby athletes participated in follow-up interviews after receiving a 6-week MSPE program to learn about their perceived benefits and/or outcomes with the program, and data were analyzed using the Consensual Qualitative Research protocol.</p>	Lecture Consulting & Interventions	Friday, October 28	8:15 am - 9:30 am



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The Relationship of Social Support, Self-Compassion, and Resilience to Psychological Distress in NCAA Female Athletes During COVID-19	Lecture Mental Health	Friday, October 28	8:15 am - 9:30 am
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Author(s): Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay, USA; Trent Petrie, University of North Texas, USA; Matthew Mikesell, Premier Sport Psychology, USA; E. Whitney Moore, Wayne State University, USA

This presentation describes a COVID-19 pandemic study of NCAA female athletes. Attendees will learn about the direct and indirect effects of social support and self-compassion on lower psychological distress through resilience, as well as intervention strategies that can help collegiate athletes cope with their life stressors.

Exploring the Impacts of Social Media Use on Highly Visible Student-Athletes Well-Being in the NIL-era	Lecture Collegiate Sport	Friday, October 28	8:15 am - 9:30 am
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Author(s): Jeff Ruser, Indiana University, USA; Jesse Steinfeldt, Indiana University, USA; Eli Friedman, Indiana University, USA

Student-athletes' well-being is impacted by social media use, perhaps to an even greater extent with the onset of new NIL legislation in collegiate athletics which now allows athletes to profit from their name, image, and likeness. This study's aim was to qualitatively explore the experiences of highly visible student-athletes' and the impact of social media use on their emotional, psychological, and social well-being in the NIL-era of collegiate sport. Attendees will learn about the methods and results of the study carried out, discuss practical implications for sport psychology professionals in collegiate athletics, and consider how sport psychology professionals might positively influence policy formation and sport administration as it relates to social media use amongst athletes and NIL policy.

Is Self Compassion the Antidote for Perfectionism? Understanding the Impact of a Self Compassion Intervention on Perfectionistic Athletes	Lecture Consulting & Interventions	Friday, October 28	8:15 am - 9:30 am
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Author(s): Carly Block, Florida State University, USA; Frances Cacho, Florida State University, USA; Jennifer Forse, University of Pittsburgh, USA; Graig Chow, University of California, Berkeley, USA

Maladaptive perfectionism has been the cause of several negative impacts to sport performance including burnout, self-esteem, anxiety, and well-being. While perfectionism is prevalent among athletes and performers, there is a lack of evidence-based sport psychology interventions that have been developed to specifically target maladaptive perfectionistic tendencies and its negative consequences. The purpose of this research presentation is to explain the efficacy of a self-compassion intervention on athletes and performers who screen for high maladaptive perfectionism.



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Abstract Title	Type	Date	Time
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Resilience and Enhancement in Sport, Exercise, & Training (RESET): The Impact on Student-Athlete Coping, Well-Being, and Perceived Performance	Lecture Consulting & Interventions	Friday, October 28	8:15 am - 9:30 am
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Author(s): Ashley Kuchar, The University of Texas at Austin, USA; Kristin Neff, The University of Texas at Austin, USA; Amber Mosewich, University of Alberta, Canada

With the right approach, sport is an excellent domain to learn self-compassion, an effective coping skill that can easily be applied to all other areas of life. This presentation will focus on the benefits of participating in an online 6-session self-compassion program called RESET (Resilience and Enhancement in Sport, Exercise, & Training). RESET was designed to support athlete coping, well-being, and performance by helping athletes learn to productively respond to adversity and failure, rather than merely reacting to it.

Beating Burnout: Student-Centered Pedagogy for Reducing Instructor Workload and Stress	Panel Teaching	Friday, October 28	8:15 am - 9:30 am
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Author(s): Amber Shipherd, Texas A&M University - Kingsville / Next Level Mind Consulting, USA; John Coumbe-Lilley, University of Illinois at Chicago, USA; Chelsea Duncan, James Madison University, USA; Hannah Bennett, Augusta University, USA; Frances Cacho, Florida State University, USA; McKenzie Hahn, Texas A&M University-Kingsville, USA

Attendees will leave with a variety of equitable student-centered course design and assessment strategies, policies, and learning activities that can reduce instructor workload or stress in online, hybrid, or face-to-face classrooms.

A Games Like No Other: A Glimpse into Mental Health Services at the Beijing Olympic and Paralympic Games	Panel Olympic Sport, International, and Global Perspectives	Friday, October 28	8:15 am - 9:30 am
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Author(s): Taryn Brandt, United States Olympic & Paralympic Committee, USA; Emily Clark, United States Olympic & Paralympic Committee, USA; Julia Cawthra, U.S. Olympic and Paralympic Committee, USA; Angel Brutus, USOPC, USA; Jessica Bartley, University of Denver, USA

Panelists will highlight unique themes of psychological service provision from the 2022 Beijing Olympic and Paralympic Games, including specific challenges that were navigated while prioritizing mental health and wellbeing of our athletes and staff.



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Abstract Title	Type	Date	Time
<p>The Burt Giges Workshop: Effective Brief Interventions When Time Is Limited</p> <p>Author(s): Eric Martin, Boise State University, USA; Aaron Goodson, Duke Athletics, USA; Chelsea Wooding, North Park University, USA; Aidan Kraus, Boston University, USA; Emily Murphy, University of Kentucky, USA; Organizers: Dolores Christensen, University of Oklahoma Athletics Department, USA and Erika Van Dyke, Springfield College, USA</p> <p>The fourth annual Burt Giges Workshop seeks to extend the Giges experiential legacy by focusing on role plays that demonstrate a signature aspect of the work that Dr. Giges was best known for: brief interventions (i.e., 5 minutes or less) with clients, often in the time immediately before or during a competition or practice.</p>	Featured	Friday, October 28	11:30 am - 12:30 pm
<p>Integrated Sport Psychology Services: Perspectives from MLB</p> <p>Author(s): Shana Alexander, SF Giants, USA; Drew Robinson, Mental Health Advocate and Former SF Giants Player, USA; Doug Chadwick, Colorado Rockies, USA; Frances Cardenas, Philadelphia Phillies, USA</p> <p>This featured panel will discuss the implementation and delivery of mental health and mental performance programs in major league baseball and will also feature the story of Drew Robinson, a former major league player who survived a suicide attempt and is now a member of the Giants mental health team.</p>	Featured	Friday, October 28	11:30 am - 12:30 pm
<p>Guided Growth Mindset Imagery- A Novel Proposal: Guided Imagery Skills for Long-term Growth Mindset Development in Sport &amp; Physical Activity</p> <p>Author(s): Darrell Phillips, University of Kansas, USA</p> <p>Attendees will learn about a research methodology/consulting intervention that uses growth mindset and guided visualization development and rehearsal. The purpose is to enhance long term athlete development such as return to sport post injury recovery.</p>	Lecture Research Design	Friday, October 28	11:30 am - 12:30 pm



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'Proud Parenting' within the Junior Lifeguard Program	Lecture Youth Sport	Friday, October 28	11:30 am - 12:30 pm
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Author(s): Danielle Belcher, University of Northern Colorado, USA; Danielle Wong, University of Northern Colorado, USA; Megan Babkes Stellino, University of Northern Colorado, USA

The purpose of the study investigates parents' reflects in being proud of their children for participating in the Junior Lifeguard (JG) program. Parents reported developmental aspects of value from having had their children participate in the youth program. Implications from this study shed light on what parents may prioritize for their child's development.

Basic Psychological Need Profiles of High School Athletes and Their Prevalence Across Team Type and Race	Lecture Youth Sport	Friday, October 28	11:30 am - 12:30 pm
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Author(s): Alec Treacy, UW-Green Bay, USA; Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay, USA; Tao Zhang, University of North Texas, Denton, Texas, USA

Attendees will learn about the utility of a person-centered approach as compared to a variable-centered approach to examine basic psychological needs. Attendees can also learn about the make-up of psychological need profiles and the quality of these profiles in high school athletes. Lastly, attendees will learn about need-supportive interventions targeting need profiles and potential strategies to incorporate these interventions into high school sports.

Using Research to Drive Evidence-Informed Initiatives Promoting Equity: An Example from the Swedish Ice Hockey Association's Women & Girls 2030 Initiative	Lecture Olympic Sport, International, and Global Perspectives	Friday, October 28	11:30 am - 12:30 pm
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Author(s): Amanda Visek, The George Washington University, USA; Andreas Ivarsson, Halmstad University, Sweden; John Lind, Swedish Ice Hockey Association, Sweden; Sara Ridderlund, Swedish Ice Hockey Association, Sweden; Andreas Stenling, Umeå University, Sweden; Dennis Bengtsson, Halmstad University, Sweden; Anders Wahlström, Swedish Ice Hockey Association, Sweden

The Swedish Ice Hockey Association serves as a model exemplar of a sport NGB committed to closing the science-to-practice gap, with a particular interest in using science to inform its best-practice player engagement and retention efforts. This session presents the findings of a study conducted with players, girls and boys, across Sweden (n = 921) to determine their fun priorities as means of empirically identifying those determinants of critical importance. How the findings are being translated into the very fabric of the Swedish Ice Hockey Association's infrastructure and programming will be shared, including its Women and Girls 2030 Initiative to address gender equity in ice hockey.



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The Application of Performance Psychology and Behavioral Modification to Address Mental Health Needs within the Medical Field	Lecture Mental Health	Friday, October 28	11:30 am - 12:30 pm
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Author(s): Ed Garrett, California Baptist University, USA; Alexandra Clark, Loma Linda University Children's Health, USA

The intensity in stress, anxiety and depression related issues for medical professionals has only escalated during our current pandemic. In other high-pressure professions, sport and performance psychology has been deployed to maximize individual and team performance as well as to improve psychological well-being and satisfaction with the working environment. It is these same cognitive and behavioral tools, used by performers to help combat the mental challenges, that were introduced and applied in a way that opened further professional exploration for sport and performance practitioners.

Understanding Interpersonal Psychological Well-Being in High-Performance Sport	Lecture Mental Health	Friday, October 28	11:30 am - 12:30 pm
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Author(s): Richard Simpson, Leeds Beckett University, UK; Faye Didymus, Leeds Beckett University, UK; Toni Williams, Durham University

Psychological well-being (PWB) in high-performance sport has been a critical focus for scientist-practitioners in advancing understanding of the welfare of sportspeople and in redefining parameters of success. Despite the recent progress into understanding the factors that support or undermine PWB, various conceptual and theoretical contentions remain. Our presentation seeks to address some uncertainties through presenting recent findings that posits PWB as a relational phenomena within and among athletes, coaches, and sport psychology practitioners.

Screening for Trauma and PTSD before Mindfulness-Based Interventions with Athletes: Applied, Clinical and Research Implications	Lecture Mental Health	Friday, October 28	11:30 am - 12:30 pm
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Author(s): Thomas Minkler, West Virginia University, USA; Sam Zizzi, West Virginia University, USA; Zenzi Huysmans, Whole Brain Solutions, USA

Though mindfulness-based interventions (MBIs) have become increasingly popular, research suggests that they may be contraindicated for some—like individuals who have experienced trauma. The purpose of the present study was to screen student-athletes for trauma and PTSD before an MBI to: (1) gauge the prevalence of trauma for monitoring and referral purposes; and (2) investigate associations between trauma history and wellbeing and performance factors. In this lecture, we will discuss the results of our study, highlighting our experiences conducting a trauma-informed MBI and discussing implementation of screening, monitoring, and referral procedures for sport psychology practitioners to consider.



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'What Are Y'all Going to Do When You Get Pregnant and Lose Your Jobs?': One Tale of an Emotionally Abusive Coach and Consultants' Reactions to Him	Lecture Professional Issues & Ethics	Friday, October 28	11:30 am - 12:30 pm
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Author(s): Victoria Bradshaw, University of Tennessee, USA; Savannah Miller, UT Knoxville, USA; Shane Thomson, University of Tennessee, USA; Leslee Fisher, University of Tennessee, USA

Attendees will be encouraged to reflect on the dominant cultural narrative of emotional abuse in the coach-athlete and coach-consultant relationship. It is through this arts-based autoethnography that we begin to challenge current and aspiring practitioners to think about the ways in which they may have been complicit in these systems.

Two Worlds, One Beat - Intersectional Experiences of Two U.K. Sport Psychology Professionals Uniting to Lead Cultural Change in U.K. Sport and Sport Psychology	Panel Diversity & Culture	Friday, October 28	11:30 am - 12:30 pm
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Author(s): Shameema Yousuf, Empower2Perform / Valor Performance, UK; Peter Olusoga, Sheffield Hallam University, UK; Alessandro Quartirol, University of Wisconsin - La Crosse (USA)/University of Portsmouth (UK)

The panel will explore the experiences of two U.K. sport psychology professionals of intersectional minoritized identities dealing with racial battle fatigue, while trying to avoid burnout over the past few years. They discuss some of the challenges faced in leading change in the profession, and some of the self-care needs and support measures they put in place to resist or try to alleviate burnout. Lastly, they highlight some to the interventions they implemented to lead change with cultural reflexivity and humility in sport and sport psychology.

The Mindfulness Menu: Incorporating Palatable Sessions of Mindfulness into Sport	Workshop Consulting & Interventions	Friday, October 28	11:30 am - 12:30 pm
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Author(s): Michael Gerson, JFKU/ Mission 6 Zero, USA; Steve O'Neill, Cognishift LLC, USA

In this 60-minute experiential workshop, attendees will receive tips on how to incorporate a framework for building a well-designed mindfulness session with athletes. The workshop will consist of four parts, structured like a restaurant menu: (1) appetizer, (2) main course, (3) dessert, and (4) doggy bag. This session will include a short introductory transition exercise, key mindfulness topics, formal mindfulness practice, and informal techniques that athletes can utilize to strengthen their mindfulness muscles.





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The Downfall of Expectations and the Rise of Intention in Professional and Elite Athletes	Workshop Elite/Pro Sport	Friday, October 28	11:30 am - 12:30 pm
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Author(s): Jessica Garza, Ultier, USA; Amelia Tanner, Ultier, USA; Shandi Movsky, Ultier, USA

The purpose of this workshop is to provide practical applications to mental performance coaches who work with professional and elite athletes. The participants will learn a 3-step formula that enables athletes to set intention during various training cycles and achieve task completion. The presenters will address how the downfall of unmet expectations can impact performance and how to produce more productive and consistent training cycles (Popovych et al., 2020).

Student Workshop - When the Student Becomes the Teacher: Approaches to Developing Mentoring Skills	Featured	Friday, October 28	1:45 pm - 2:45 pm
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Author(s): Duncan Simpson, IMG Academy, USA; Abby Keenan, Intrepid Performance Consulting, USA; Savannah Ward, Boston University, USA; Traci Statler, Philadelphia Phillies, USA; Lauren Tashman, Alight Performance/Valor Performance, USA; Taryn Morgan, IMG Academy, USA; Marc Cormier, University of Kentucky, USA; Moderator: Urska Dobersek, University of Southern Indiana, USA

The goal of this panel is to highlight methods, experiences, and ethical considerations from experienced mentors to benefit students seeking training in mentorship.

Identifying Predictors of the Health and Performance of Certified Mental Performance Consultants	Lecture Professional Development, Supervision, and Mentoring	Friday, October 28	1:45 pm - 2:45 pm
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Author(s): Anthony Magdaleno, University of Wisconsin-Milwaukee, USA; Barbara Meyer, University of Wisconsin-Milwaukee, USA

There is a paucity of research examining factors that impair or protect the health and performance of sport psychology professionals (e.g., Certified Mental Performance Consultants; CMPCs). Given sport psychology professionals have an obligation to manage their health and performance to prevent impaired service delivery, the purpose of this study was to identify predictors of the health and performance of CMPCs. Statistical results, implications for professional practice, and directions for future research will be reviewed.



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Developing Evidence-Informed Decision Making Skills of Sport and Exercise Psychology Trainees: Supervisor and Supervisee Perspectives Author(s): Marie Winter, University of Essex, UK; Ian Maynard, University of Essex, UK; Paul Freeman, University of Essex, UK; Murray Griffin, University of Essex, UK	Lecture	Friday, October 28	1:45 pm - 2:45 pm
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Professional Development, Supervision, and Mentoring

A qualitative interview study using interpretive phenomenological analysis (IPA) was conducted with trainee Sport and Exercise Psychologists (n=6) and training supervisors (n=6) in the UK. The detail prescribed in IPA provides an in-depth look into how perceptions and accounts of events during training may support the development of evidence-informed decision making skills in sport and exercise psychology trainees. Attending this lecture will give you the opportunity to listen and critically question the presented findings and discuss the influence they may have on training and supervision guidelines.

Balancing Role Transition for the Applied Sport Psychology Practitioner Author(s): Andrew Friesen, Pennsylvania State University, USA; Tom Patrick, Royal Australian Air Force, Australia	Lecture	Friday, October 28	1:45 pm - 2:45 pm
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Consulting & Interventions

This lecture presents a case study of an applied practitioner during a time of career transition. The case study details a practitioner navigating four professional role transitions at once. Qualitative data will present how he delivered services across all roles that were both consistent with his professional philosophy, and in service to the goals of the respective parties.

Ethical and Professional Concerns and Recommendations for the Use of Social Media by Sport and Performance Psychology Practitioners and Researchers Author(s): Alexandra Gilbert, John F. Kennedy University, USA; Gily Meir, University of Western States, USA	Lecture	Friday, October 28	1:45 pm - 2:45 pm
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Professional Issues & Ethics

This presentation will review ethical considerations pertaining to social media use for Sport and Performance Psychology (SPP) practitioners. By discussing current use of social media platforms for practitioners and their clients a decision-making guideline for each platform may be implemented to help practitioners understand the presence of social media in the field today.



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The Development of Psychological Skills Training Program for Future Health Care Professionals	Lecture Non-Sport Performance Applications	Friday, October 28	1:45 pm - 2:45 pm
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Author(s): Julia Azure, St. Catherine University, USA; Sean Fitzpatrick, St. Catherine University, USA; Rebecca Busanich, St. Catherine University, USA

This presentation aims to share a deliberate process to develop a psychological skills training (PST) program for health science students. Providing PST programs to this population may serve as an ideal internship environment for students interested in working with non-sport performers. The presentation will include lessons learned from an in-depth literature review and guidance on how to effectively engage stakeholders in the development of a PST program.

Professional Male Rugby Union Players' Perceived Psychological Recovery and Physical Regeneration during the Northern Hemisphere Off-Season	Lecture Elite/Pro Sport	Friday, October 28	1:45 pm - 2:45 pm
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Author(s): Stephen Mellalieu, Cardiff Metropolitan University, UK; Paul Sellars, Cardiff Metropolitan University, UK; Rachel Arnold, University of Bath, UK; Sean Williams, University of Bath, UK; Mickael Campo, Université Bourgogne Franche Comté, France; Deirdre Lyons, Rugby Players Ireland, Ireland

This presentation will discuss male professional rugby union players' perceptions of their psychological recovery and physical regeneration during their northern hemisphere off-season. Attendees will learn about the distinct phases players undertake following a competitive season in order to mentally recover and regenerate for the upcoming season. The presentation will discuss practice implications for supporting athletes to mentally recover and regenerate during their off-season.

Effective Delivery of Pressure Training: Perspectives of Athletes and Sport Psychologists	Lecture Consulting & Interventions	Friday, October 28	1:45 pm - 2:45 pm
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Author(s): William Low, University of Essex, UK; Joanne Butt, Liverpool John Moores University, UK; Paul Freeman, University of Essex, UK; Mike Stoker, English Institute of Sport, UK; Ian Maynard, University of Essex, UK

Attendees will learn best practices for delivering pressure training with elite athletes. The presentation will discuss how purposeful delivery, including collaboration and transparency, can increase athletes and coaches' buy-in for PT. These findings are based on perspectives of international-level athletes and sport psychologists.



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The Impact of an Online Sport Psychology Intervention for Middle-Distance Runners: Should Self-Regulation or Mindfulness be Prioritized?	Lecture Consulting & Interventions	Friday, October 28	1:45 pm - 2:45 pm
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Author(s): Jonathan Lasnier, University of Ottawa, Canada; Natalie Durand-Bush, University of Ottawa, Canada

This presentation focuses on the perceived changes and recommendations of middle-distance runners after partaking in a 8-week online self-regulation or mindfulness intervention designed to help them improve exercise-induced pain (EIP) management, mental performance (i.e., self-regulation, mindfulness), and mental health. Recommendations for applied practice are provided based on the findings.

Systemic Mental Health Literacy: Using Mental Health First Aid ® in Sport	Symposium Mental Health	Friday, October 28	1:45 pm - 2:45 pm
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Author(s): Angel Brutus, USOPC, USA; Erin Haugen, Assessment and Therapy Associates of Grand Forks, PLLC, USA; Kathryn Lang, Assessment and Therapy Associates of Grand Forks, PLLC, USA

Gatekeeper behaviors within the sport system, when aware of and sensitive to athlete mental health and wellbeing dispositions, have potential to mitigate or exacerbate risk for mental health injury. It has also been suggested that student-athletes should receive education regarding identifying and responding to mental health concerns in their peers that can assist with connecting athletes to appropriate resources. Therefore, it is imperative that stakeholders have mental health literacy and tools to have meaningful conversations about mental health, so athletes can be connected to appropriate professional help in a timely manner.

From Hippie to High-Performance: The Evolution of the Ultimate Frisbee Athlete	Workshop Elite/Pro Sport	Friday, October 28	1:45 pm - 2:45 pm
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Author(s): Amanda Myhrberg, A Game Sport & Performance Consulting, USA; Will Drumright, INFocus Sports Training, USA

The workshop presenters have a combined 30 years of experience working within the sport of ultimate frisbee as athletes, coaches, and mental performance coaches. The learning objectives of this workshop include; recounting the history and culture of ultimate, learning the basic biomechanics of different throws, and recognizing the mental demands of high-performance ultimate frisbee athletes and coaches. This workshop is designed to immerse attendees in the world of ultimate and to have a better understanding of what it is like working in this sport.



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<p>Personal Disclosure, Not Always the Enemy: The Versatile Applications of Personal-Disclosure Mutual-Sharing Approaches</p> <p>Author(s): Robert Lynch II, University of Wisconsin Green Bay, USA; Janne Roovers, University Wisconsin-Green Bay, USA; Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay, USA</p>	Workshop Consulting & Interventions	Friday, October 28	1:45 pm - 2:45 pm
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This workshop will offer attendees evidence-based and practice-informed strategies for facilitating group discussion grounded in an integrative Personal-Disclosure Mutual Sharing approach. Attendees will practice facilitating a PDMS group session to establish team mission, values, and promises (MVP), design a mental training program that emphasizes MVP, and apply the PDMS approach to improve coaching effectiveness and leadership styles with the use of the Leadership Scale for Sport.

<p>Want to Play Dungeons &amp; Dragons? Using Tabletop Role-Playing Games to Increase Team Cohesion and Problem-Solving Skills</p> <p>Author(s): Fernando Lopez, Magellan Federal, USA</p>	Workshop Consulting & Interventions	Friday, October 28	1:45 pm - 2:45 pm
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Learn about the usefulness of tabletop role-playing games, like Dungeons & Dragons, for team cohesion and problem-solving. In this workshop, you will get the chance to play and learn about the impact roleplaying can have in building emotional awareness, practicing ideal behaviors, and communicating.