



AASP CONFERENCE PROGRAM

Saturday, October 29, 2022

Oral Presentations

displayed in sequential order of presentation

Abstract Title	Type	Date	Time
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How to Publish in AASP Journals	Featured	Saturday, October 29	8:15 am - 9:30 am
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Author(s): AASP Journal Editors

Are you thinking about which Journal to send your manuscript you've prepared from a high quality applied sport/exercise psychology research project? Do you want to share with the applied sport psychology profession the latest conceptual or empirical approach you adopt in your own professional practice? Do you have some insightful professional practice experiences that you feel would be ideal to share with your fellow practitioners to enhance their development?

A Comparison of the Psychological Functioning of the Olympic Athlete and the Special Warfare Operator	Panel Elite/Pro Sport	Saturday, October 29	8:15 am - 9:30 am
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Author(s): Lennie Waite, University of St. Thomas, Houston, USA; Wayne Chappelle, United States Air Force, USA; Anne Shadle, NY Jets, USA; Tyler McDaniel, NeuroStat Analytical Solutions, USA

Special warfare operators and Olympic-level, elite athletes represent a unique group of individuals performing in highly competitive, physically challenging, and psychologically demanding environments. Due to the perceived similarities in the skills to perform in both domains, psychological skills training interventions for military personnel are often designed around sport psychology interventions used with elite athletes. We challenge these assumptions to emphasize the importance of tailored training that optimizes health and takes into consideration the unique psychological demands in each career field (e.g., military and elite sport).

The Failures That Guided Us: Sharing Vulnerabilities in Ascending to the Elite Level	Panel Elite/Pro Sport	Saturday, October 29	8:15 am - 9:30 am
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Author(s): Trey McCalla, Apogee High Performance, USA; Angus Mugford, Toronto Blue Jays, USA; Lindsey Hamilton, IMG Academy, USA; Hillary Cauthen, Texas Optimal Performance & Psychological Services, USA; Tanya Bialostozky Azses, W1N the Moment / NY Mets, USA; Mustafa Sarkar, Nottingham Trent University, UK; JF Menard, Kambio Performance, Canada

Panelists will demonstrate vulnerability by sharing some of the failures they experienced as they worked their way to and within the elite level. Attendees will gain unparalleled insight into specific obstacles and practices that impede the success as a practitioner/researcher, as a means to provide enhanced learning and communal connection about expectations of failures and stumbles in the journey.



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Embodying the Scientist-Practitioner Model: Experiences of Graduate Students at Various Stages of their Development	Symposium	Saturday, October 29	8:15 am - 9:30 am
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Professional Development, Supervision, and Mentoring

Author(s): Annie McConnon, Boston University, USA; Rebecca Klapper, Boston University, USA; Dhruv Raman, Doc Wayne Youth Services, USA; Piotr Piasecki, Boston University Wheelock College of Education and Human Development, USA; Edson Filho, Boston University, USA

Many graduate programs train their students through the lens of a scientist-practitioner model, which offer opportunities for students to integrate training in applied practice and research. To this extent, previous research suggests that students at different stages of development experience different challenges in their paths towards expertise in the field. It follows that in this symposium we provide the audience with the perspectives of four graduate students at various stages of their training and development as scientist-practitioners.

Recognition, Prevention, and Treatment of Disordered Eating and Body Dissatisfaction in Athletes	Workshop	Saturday, October 29	8:15 am - 9:30 am
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Mental Health

Author(s): Cami Barnes, University of North Texas, USA; Keely Hayden, University of North Texas, USA; Taylor Casey, USA; Kathryn Reitman, University of North Texas, USA; Scott Martin, University of North Texas, USA

The purpose of this workshop is to demonstrate how an interprofessional care team (iTeam) can utilize a holistic biopsychosocial approach to prevent and treat disordered eating and body dissatisfaction in athletes. The presenters will discuss factors that contribute to the development of effective ED prevention and outcomes, while providing participants the opportunity to discuss challenges associated with being an effective iTeam member working with this population.

5 Slides in 5 Minutes - Collegiate Sport	Featured	Saturday, October 29	11:30 am - 12:30 pm
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Author(s): Jan Veinot, University of South Carolina Athletics, USA; LaTisha Bader, Women's Recovery Center, USA; Mike Clark, University of Arizona Athletics, USA; Dayna Charbonneau, Texas Tech Athletics, USA; Monique Marsh-Bell, Baylor University Athletics, USA

This high-energy session will cover new and emerging best practices within college athletics. Topics will be focused on applied service delivery with an emphasis on innovative ways to engage college athletic departments and their student-athletes, coaches, and staff.



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Critical Conversation: Navigating the Leap from Graduate School to Early Career Professional?	Panel	Saturday, October 29	11:30 am - 12:30 pm
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Author(s): Hannah Bennett, Augusta University, USA; Megan Byrd, Georgia Southern University, USA; Meghan Halbrook, Randolph College, USA; Tammy Sheehy, Bridgewater College, USA

In this critical conversation, four female sport, exercise, and performance psychology (SEPP) professionals will lead a discussion on the experiences and challenges navigating the transition from graduate school to career.

How to Integrate Headspace Mindfulness Resources into Academic and Performance Environments for High School Athletes	Workshop	Saturday, October 29	11:30 am - 12:30 pm
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Author(s): Andrew Augustus, West Virginia University, USA; Sam Zizzi, West Virginia University, USA; Sam Maniar, Center for Peak Performance, LLC, USA; Katherine Reedy, SPIRE Institute and Academy, USA

The purpose of this workshop will be to share a model for implementing a mindfulness program within a US college preparatory academy for student athletes. Perspectives will be shared about meeting the goals of the client/school and finding feasible processes to integrate mindfulness into multiple settings (e.g., academics, training environment). Advocating for student-athlete mental health and well-being was a feature (e.g., referral process, applications of mindfulness for well-being and holistic development) of the program and will be integrated within the workshop.

Mental Rehab for Injured Athletes	Workshop	Saturday, October 29	11:30 am - 12:30 pm
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Author(s): Carrie Jackson, Carrie Jackson Coaching, LLC, USA

The use of mental skills training during injury recovery benefits the physical and mental well-being of athletes. When an athlete is injured, the focus is primarily on the physical healing process and not necessarily on the mental rehabilitation the athlete needs. In this workshop, attendees will receive active coaching on how to implement five specific evidence-based applied mental training interventions to use with injured athletes.



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Abstract Title	Type	Date	Time
<p>It Takes a Village: A Guide for Implementing Effective Peer Mentorship in Applied Sport Psychology Training Programs</p> <p>Author(s): Savanna Ward, Florida State University, USA; Frances Cacho, Florida State University, USA; Carly Block, Florida State University, USA; Graig Chow, University of California, Berkeley, USA; Nataniel Boiangin, Barry University, USA</p> <p>The purpose of this workshop is to describe effective models of peer mentorship, and provide mentors (professional and peers alike) with the tools to engage in effective peer-to-peer mentoring using the three levels of trainee development identified in the Integrated Developmental Model of Supervision (Stoltenberg & McNeill, 2010) as a guide. Experiential opportunities will introduce participants to important components of mentoring such as questioning, building relationships, and appropriate supervisory skills. Finally, considerations and lessons learned for implementing peer mentorship will be shared by supervisors who engage in supervision of peer mentorship and oversee applied training programs.</p>	Workshop	Saturday, October 29	11:30 am - 12:30 pm
	Professional Development, Supervision, and Mentoring		
<p>Facilitating Service Members' Transition Out of the Military: A Self-Determination Theory Perspective</p> <p>Author(s): Johannes Raabe, West Virginia University, USA; Morgan Eckenrod, University of Southern Mississippi, USA; Emily Cooper, West Virginia University, USA; Jared Crain, Salesforce Military, USA</p> <p>For many of the over 200K service members of the armed forces in the US who transition out of active-duty every year, the journey to reintegrate back into civilian life is characterized by significant challenges related to employment, finances, housing, marital/family relationships, as well as mental and/or physical health. Most previous military transition studies have focused on the experiences of veterans with mental disorders, creating a gap in the literature with respect to other transition stressors and the factors/mechanism(s) that allow service members to transition positively. Grounded in self-determination theory, the purpose of this research was to explore the role of veterans' basic psychological needs during the transition out of the armed forces and to a new career.</p>	Lecture	Saturday, October 29	1:45 pm - 2:45 pm
	Tactical Populations		
<p>Yes, We Can Sleep Better: Moving from Research to Practice to Improve Sleep in the Military</p> <p>Author(s): Cassandra Seguin, Canadian Forces Morale and Welfare Services, Canada; Erin Beatty, Canadian Forces Morale and Welfare Services, Canada</p> <p>A scoping review was conducted to examine the breadth of sleep-related programs for military populations, with the purpose of operationalizing this information for the unique demands of the special operations environment. The results of this scoping review and content analysis will be shared to help provide attendees with insight into this area of program development, and to illuminate opportunities for sport psychology professionals to support tactical performance through sleep-related programming.</p>	Lecture	Saturday, October 29	1:45 pm - 2:45 pm
	Tactical Populations		



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It's the Network: Using Social Network Analysis to Examine Squad Communications during an Army Battle Drill	Lecture Tactical Populations	Saturday, October 29	1:45 pm - 2:45 pm
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Author(s): Michael King, Quantum Improvements Consulting, USA; Eric Sikorski, Quantum Improvements Consulting, USA; Greg Goodwin, United States Army Combat Capabilities Development Command, USA

Communication is complex and is impacted by the context in which it takes place. One way to analyze complex team communication in context is through Social Network Analysis (SNA). This presentation describes a study investigating Army squad communication using SNA.

Early Career Experiences: Discussing the Importance of Cultural Competency in the Field of Sport Psychology	Panel Diversity & Culture	Saturday, October 29	1:45 pm - 2:45 pm
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Author(s): Duygu Gurleyik, Ozyegin University, Turkey; Eric Martin, Boise State University, USA; Dolores Christensen, University of Oklahoma Athletics Department, USA; Steven Cohen, Magellan Federal, USA; Celia Naivar-Sen, Ozyegin University, Turkey

The globalization of sport has led athletes, coaches, and practitioners to interact with performers from highly diverse cultural backgrounds. Thus, cultural competency has become a critical factor in delivering services that are both highly effective and ethical. This panel will point out the importance of cultural competency with explaining the challenges of differing work environments across and within countries.

Developing an Ethical Action Plan	Workshop Professional Issues & Ethics	Saturday, October 29	1:45 pm - 2:45 pm
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Author(s): Erin Haugen, Assessment and Therapy Associates of Grand Forks, PLLC, USA; Kathryn Lang, Assessment and Therapy Associates of Grand Forks, PLLC, USA

This workshop will focus on participants considering their own personal factors as they relate to ethical decision making in sport psychology consulting (Pope & Vasquez, 2016). Specifically, participants will learn about and participate in small group exercises focusing on the ways in which these five variables relate to ethical decision making for consultants: 1) Knowledge; 2) Time; 3) Consultation and social networks; 4) Values and motivation; and 5) Organization and planning. Participants will then use this information to develop an Ethical Action Plan that can potentially mitigate risk for ethical dilemmas or serve as a starting point when ethical dilemmas are encountered.



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Applying Neuroscience to Enhance Mental Health and Sports Performance	Workshop Mental Health	Saturday, October 29	1:45 pm - 2:45 pm
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Author(s): Alex Diaz, Sports Mental Edge, USA; Hillary Cauthen, Texas Optimal Performance & Psychological Services, USA

The workshop explains the human neuroscience behind behavior and how integrating mind-body strategies serve to improve not only the athlete's mental health, but also performance. Mind and body are not only intertwined to promote emotional regulation, but can also promote fight, flight and freeze responses for survival purposes, which may lead to a vast array of dysfunctional behaviors and disorders. Attendees will learn to integrate neuroscience when assessing and working with athletes to facilitate emotional regulation.

Understanding How Collegiate Athletes Manage Their Thoughts and Emotions During Peak Athletic Performance	Lecture Collegiate Sport	Saturday, October 29	3:00 pm - 4:15 pm
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Author(s): Joseph Stanley Jr, COMMIT-TO-ACTION, LLC, USA

A lecture that features the latest research on the mental processes athletes use to manage their thoughts and emotions during peak performance. Learning about these processes will create avenues for intervention protocols as well as promote further research ideas relevant to the topic.

FAM (Female Athlete Mentorship): a 1:1 Mentorship Program that Connects Collegiate Student Athletes to the Next Generation of Strong Girls	Lecture Collegiate Sport	Saturday, October 29	3:00 pm - 4:15 pm
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Author(s): Lani Silversides, SG United Foundation, USA; Ashley Kuchar, The University of Texas at Austin, USA; Mary Gonring, Mental Bizness LLC, USA; Skyler Espinoza, SG United Foundation, USA

At Strong Girls United, mentorship is one of the most powerful aspects of our programming. In this presentation, the founder of SGU will outline the Female Athlete Mentoring program (FAM) which pairs collegiate female athletes with elementary or middle school girls for the school year. The presentation will include the approach to program delivery, program outcomes, and future directions.



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How Did the COVID-19 Pandemic Influence NCAA Athletes' Psychological Skills and States? A Mixed-Method Exploration	Lecture Collegiate Sport	Saturday, October 29	3:00 pm - 4:15 pm
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Author(s): Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay, USA; Beaux Myers, University of Wisconsin - Green Bay, USA; Alec Treacy, UW-Green Bay, USA

This presentation describes a mixed-method study of NCAA athletes' psychological skills and states during the COVID-19 pandemic. Attendees will learn about the key themes that distinguished the athletes who perceived positive versus negative influences of the pandemic. Furthermore, attendees will learn about intervention strategies that promote adaptive psychological skills and states among athletes during times of crisis.

A Guide for Practitioners About How Athletes, Coaches, and Other Performers Can Obtain the Mental Rest They Need	Lecture Consulting & Interventions	Saturday, October 29	3:00 pm - 4:15 pm
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Author(s): David Eccles, Florida State University, USA; Gabriela Caviedes, USA; Thomas Gretton, Florida State University, USA; Nate Harris, Florida State University, USA

Mental rest appears critical to sustained high performance and well-being in sports and other human performance contexts. We provide here a useful guide for practitioners about how athletes, coaches, and other performers can obtain the mental rest they need. We base our guide on recent empirical research on college and professional athletes and coaches, and the development of theory concerned with mental rest, which includes a study of female athletes, a consistently underrepresented group in the sports sciences.

'You Work Too Much!': Examining Group Differences in Workaholism Among NCAA Division I Coaches	Lecture Coaching	Saturday, October 29	3:00 pm - 4:15 pm
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Author(s): Kim Tolentino, West Virginia University, USA; Tucker Readdy, University of Wyoming, USA; Johannes Raabe, West Virginia University, USA

Workaholism, or working excessively and compulsively, has been found to have negative repercussions on people's physical, psychological, and social well-being. While NCAA Division I coaches work in an environment that is conducive to such workaholism, their tendencies to work excessively and compulsively have only received limited attention in previous research. The purpose of this study aims was to examine potential differences in workaholism among NCAA Division I coaches based on their gender, ethnicity, role (i.e., head or assistant coach), sport, and years of coaching experience.



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Supporting Student-Athlete Mental Health: NCAA Division I Coaches' Experiences, Perceived Role, and Barriers	Lecture Coaching	Saturday, October 29	3:00 pm - 4:15 pm
Author(s): Kelsey Kinnamon, Florida State University, USA; Brandonn Harris, Georgia Southern University, USA; Megan Byrd, Georgia Southern University, USA; Pamela Wells, Georgia Southern University, USA			

This presentation will discuss the findings of a qualitative study in which collegiate coaches' experiences supporting student-athlete mental health were explored. Coaches' supportive behaviors, perceived roles, and barriers will be detailed. Recommendations for future research and implications regarding how coaches can best be prepared to support student-athlete mental health are made.

Navigating Coach Performance: Experiences of Mental Performance Consultants	Lecture Coaching	Saturday, October 29	3:00 pm - 4:15 pm
Author(s): Tammy Sheehy, Bridgewater College, USA; Leah Washington, Bridgewater College, USA			

This presentation will describe MPC experiences working with elite coaches as the primary client to improve the coach's performance and well-being.

Coaches as Orchestrators: Insights into the Coaching and Interpersonal Processes of a Division II Women's Basketball Team	Lecture Coaching	Saturday, October 29	3:00 pm - 4:15 pm
Author(s): Aubrey Newland, CSU Chico, USA; Lori Gano-Overway, James Madison University, USA			

Coaching is a complex process that requires orchestration of relationships. This presentation will focus on the ethnographic experiences of a sport psychology consultant who aimed to understand the interpersonal complexities of coaching a women's NCAA Division II basketball team. Insights into the process of relationship-building, coaches' noticing, and other coaching observations will be shared.



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<p>The Clinical Sport Psychologist: The (x) Scientist-Practitioner Model of Integrating Sport Psychology in Clinical Doctoral Education and Training Program</p> <p>Author(s): Jordan Collins, Saint Louis University, USA; Rebecca Steins, Saint Louis University, USA; Isabella Fiorenzo, Saint Louis University, USA; Joanne Perry, Novant Health Orthopedics and Sports Medicine, USA; Michael Ross, Saint Louis University, USA</p> <p>The focus of this panel is to facilitate a discussion regarding the similarities and differences of practicing sport psychology and clinical psychology and the integration of the two through clinical sport psychology. Furthermore, the panelists seek to provide guidance for training programs interested in establishing a focus in sport psychology. The panelists include current graduate trainees/consultants, licensed clinical psychologists, and clinical sport psychologists, and will discuss how to implement an applied clinical sport psychology training program within a university's athletic department, including a detailed description of the experience and an evaluation of services.</p>	Panel Consulting & Interventions	Saturday, October 29	3:00 pm - 4:15 pm
<p>The Road Less Traveled in Sport: Conflict Management with EMBRACE (Equity, Mediation, Belonging, Racism & Accountability Conversations in Educational Institutions)</p> <p>Author(s): Mary Foston-English, Stanford University & Private Practice, USA</p> <p>Participants will learn the value of utilizing mediation skills as consultants. Participants will understand the value of cultural competency and humility in addressing conflicts.</p>	Workshop Consulting & Interventions	Saturday, October 29	3:00 pm - 4:15 pm
<p>Meeting (or Missing) the Moment: Cultural Shifts & Mental Health Stigma among Sport Psychology Practitioners</p> <p>Author(s): Joe Mannion, Pepperdine University, USA</p> <p>The purpose of this workshop is to help participants better heed recent calls for mental health support by elite athletes by (a) identifying internalized mental health stigmas, (b) examining how these stigmas may affect clients and public health messaging (e.g., public speaking, online content), and (c) exploring how to mitigate the influence of stigma, especially regarding necessary sensitivity in the referral process (Andersen & Van Raalte, 2005). These objectives will be supported by a series of Socratic questions coupled with reflective practice, contemplated both privately and collaboratively in group discussion. The presenter will seek to maintain an affirming environment while drawing on participant perspectives and experiences, interwoven with didactic information.</p>	Workshop Professional Issues & Ethics	Saturday, October 29	3:00 pm - 4:15 pm