



AASP CONFERENCE PROGRAM

Thursday, October 27, 2022

Oral Presentations

displayed in sequential order of presentation

Abstract Title	Type	Date	Time
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Student Workshop - Do We Have to Talk About It?: Broaching Diversity, Equity, & Inclusion in Sport Psychology	Featured	Thursday, October 27	8:15 am - 9:30 am
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Author(s): Aaron Goodson, Duke University Athletics, USA; Hannah Bennett, Augusta University, USA; Michael Urban, IMG Academy, USA; Kerry Guest, Indiana University, USA; Moderator: Urska Dobersek, University of Southern Indiana, USA

This panel calls for full-time practitioners and/or researchers with expertise in working with marginalized groups. The panelists will engage in a reflective conversation geared toward advancing better practices of cultural competence including a conversation illuminating the consequences of disconnecting race, identity, and/or culture. The goal is to challenge students by identifying their positionality and how their perspectives interact with their work in sport and performance psychology.

Community Outreach During a Global Pandemic?? Lessons Learned and Challenges Overcome	Panel Consulting & Interventions	Thursday, October 27	8:15 am - 9:30 am
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Author(s): Ashley Samson, California State University, Northridge, USA; Stefanee Maurice, California Polytechnic State University, USA; Mary Fry, University of Kansas, USA; Alexander Gamble, Rutgers, USA

One of the missions of AASP is connecting with the public so that we can educate individuals about what sport psychology is, how it can help performance and well-being in athletics, and provide information to those seeking sport psychology services. Within AASP, the Community Outreach Committee (COC) is tasked with promoting those endeavors by providing grant opportunities for members to establish sustainable community outreach initiatives in the community, but what happens when a global pandemic shuts the world down and completely disrupts the ways in which we live and work for over two years? The purpose of this panel is to share the process of developing and implementing such initiatives while navigating the Covid-19 landscape.

Expert Approaches to Sport Psychology: Theory to Practice at the Olympic and Paralympic Games	Panel Olympic Sport, International, and Global Perspectives	Thursday, October 27	8:15 am - 9:30 am
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Author(s): Mark Aoyagi, University of Denver, USA; Artur Poczwardowski, University of Denver, USA; Anne Marte Pensgaard, Norwegian School of Sport Sciences & NOC, Norway; Margaret Ottley, West Chester University, USA; Alexander Cohen, United States Olympic & Paralympic Committee, USA

This panel will be composed of sport psychology consultants working with athletes and teams at the most recent Olympic and Paralympic Games. The purpose of the panel is for the panelists to articulate their theoretical orientations to performance excellence (TOPE) and how their TOPEs guided conceptualization and implementation. Questions posed to the panelists will include: Briefly describe the foundations of your TOPE; Provide an example of your TOPE in action at the Games; What modifications have you made to your TOPE and why; When have you deviated from your TOPE and what was the outcome; What guidance would you offer for practitioners seeking to develop or refine their TOPE?



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My Imagination Hates Me: Utilizing the ACT Matrix to Improve the Psychological Flexibility of Children and Adolescents and Maximize Their Achievement in Sports and Other

Workshop
Consulting & Interventions

Thursday, October 27
8:15 am - 9:30 am

Author(s): David Udelf, Becker, Udelf, and Associates, USA

Participants will learn how to utilize the ACT Matrix to improve the focus and mental toughness of child and adolescent athletes/performers. Intuitive and easily internalized, the ACT Matrix is a useful tool when working with young people and teaching them to accept, not suppress, potentially distracting thoughts, emotions, and other internal experience. Sport psychologists, mental performance consultants, youth coaches, and parents will benefit from this workshop, learning a pragmatic, hands-on methodology for cultivating an effective mental approach for young athletes and performers.

'From the Olympics to the Office and the OR': Applying Sport Psychology Principles to Business and Medical Settings

Workshop
Consulting & Interventions

Thursday, October 27
8:15 am - 9:30 am

Author(s): Sebastian Brueckner, Valor Performance Inc., Germany; Amy Lwin, Valor Performance Inc., USA; Robert Owens, Valor Performance, USA; Lauren Tashman, Align Performance LLC / Valor Performance Inc., USA

Drawing from a performance psychology model (Hays, 2006), a group of experienced leadership/mindset coaches will lead workshop participants in an exploration of the nuances of transferring sport psychology skills to business and academic medicine settings. Presentation slides, a one page key message sheet, and a list of key resources/references will be shared with participants to help them reflect on potential for career growth, professional development and expanding their client base by diversifying their respective practice.

Sport Psychology in the Media - An Ethical Guide

Workshop
Professional Issues & Ethics

Thursday, October 27
8:15 am - 9:30 am

Author(s): Michele Kerulis, Northwestern University, USA; Harold Shinitzky, Private Practice, USA; Susan Eddington, President-Elect, APA Div 46 Media Psychology, USA

This interactive workshop is collaborative among media psychology, sport psychology, and ethical practice facilitated by presenters who belong to different regions in the U.S. and have unique views of how practitioners can interact with the media. The presenters examine how famous people, namely athletes, use their social media platforms to draw attention to issues, circumstances, and events that others will not address. This topic also covers gender and racial stereotypes portrayed in media and teaches attendees how to provide culturally competent commentary.



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International Symposium: International Perspective on Diversity and Inclusion	Featured	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Shameema Yousuf, Empower2Perform, UK; Stephanie Hanrahan, The University of Queensland, Australia; Margaret Ottley, West Chester University, USA; Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay, USA

Panelists are practitioners with experience working with clients from diverse cultures and in multiple countries. They will discuss practical considerations and interventions when working with stakeholders of diverse, intersectional identities in various cultural environments.

Diversity Lecture - Transgender & Nonbinary Inclusion in Sport: Allyship & Action	Featured	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Chris Mosier, Triathlete & Transgender Advocate, USA; Moderator: Hannah Bennett, Augusta University, USA

Join trailblazing transgender athlete Chris Mosier (he/him) for a conversation on transgender and nonbinary inclusion in sport. We will 1) discuss language around gender identity and experience; 2) deconstruct myths about trans athletes and; 3) learn how to be better allies to the trans and nonbinary community in sport and beyond.

Using Virtual Reality Technology in Preparing Olympic Athletes for the Tokyo Games	Lecture Consulting & Interventions	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Karen Cogan, USOPC, USA

Virtual Reality (VR) training allows athletes to experience high level competition in a virtual world. VR is useful when athletes have not competed in many months (e.g., during a pandemic) or are competing in a new venue for the first time. This presentation will outline how VR has been used to assist Olympic athletes prepare for 2020one competition by practicing coping with the emotions that accompany high level competition.



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Imagery Experiences of Athletes with Aphantasia, Normal Imagery Ability, and Hyperphantasia	Lecture Consulting & Interventions	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Robert Lynch II, University of Wisconsin Green Bay, USA; Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay, USA

The lecture will look at the imagery experience of athletes across the imagery spectrum. The presentation will not only address normal imagery ability but those on the far ends including those who may have aphantasia and hyperphantasia (the inability to create mental imagery and the ability to create extreme imagery).

Revisiting and Expanding the 4 Ws of Mental Imagery in Sport: Where, When, Why, What, Plus How	Lecture Elite/Pro Sport	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Suzanne Vogler, West Virginia University, USA; Irene Muir, University of Windsor, Canada; Jarad Lewellen, West Virginia University, USA; Erika Van Dyke, Springfield College, USA; Peter Giacobbi, West Virginia University, USA; Craig Hall, University of Western Ontario, Canada; Robert Weinberg, Miami University, USA; Krista Chandler, University of Windsor, Canada

Attendees will learn the 4 Ws of imagery, where, when, why, what, plus how. Additionally, they will learn if athletes are using or not using digital technologies for delivery of guided imagery.

Evaluation of Traditional and PETTLEP Imagery Interventions for Collegiate Golfers: A Case Study-Mixed Methods Design	Lecture Consulting & Interventions	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Beaux Myers, University of Wisconsin - Green Bay, USA; Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay, USA

In this presentation, attendees will learn how collegiate golfers experience imagery interventions based on a case study with mixed methods. Attendees will also learn how imagery interventions (traditional vs. PETTLEP) were conducted with collegiate golfers and how those interventions differed in delivery as well as experiences. Finally, attendees will learn how PETTLEP imagery interventions can be implemented with collegiate golfers and athletes in other sports.



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Regret in Sport: Learning from the Reflections of Former Collegiate Student-Athletes	Lecture Consulting & Interventions	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Chelsea Wooding, North Park University, USA; Raymond Prior, RFP Sport & Performance Consulting, USA

Exploration of regret in sport is in its infancy (Robbins & Stanley, 2012), so the purpose of this qualitative study was to investigate the regrets of former collegiate-student athletes from various sports. Results indicated three themes of regret (regret related to sport, school, and relationships) and four themes of advice for future collegiate student-athletes (advice related to sport, school, relationships, and enjoyment and appreciation). The findings further our understanding of various sources of regret to help both current athletes and practitioners.

Experiences of Perfectionistic Competitive Collegiate Dancers	Lecture Non-Sport Performance Applications	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Frances Cacho, Florida State University, USA; Genna Ellinwood, USA

The purpose of this study was to explore the experiences, sources, and impact perfectionism has on performance and performance experiences in a competitive collegiate dance setting. A grounded theory analysis led to a proposed Experiences of Perfectionism Model. The proposed model will be discussed in relationship to perfectionism literature and applications for mental performance consultants.

'Something That Can Help Me Be a Better Human': A Qualitative Exploration of Athletic Trainers' Personal Use of Sport Psychology Services	Lecture Non-Sport Performance Applications	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Alexander Bianco, University of Tennessee, USA; Sharon Couch, University of Tennessee, USA; Rebecca Zakrajsek, University of Tennessee, USA; Leslee Fisher, University of Tennessee, USA; Sonya Hayes, University of Tennessee, USA; Johannes Raabe, West Virginia University, USA

Twelve NCAA DI ATs' participated in a series of two semi-structured interviews about their perceptions of and experiences with using sport psychology services to manage their stress, improve their well-being, and enhance their performance. Thematic analysis (Braun & Clarke, 2006) was conducted and resulted in four themes: Types of interaction between ATs and mental performance consultants (MPCs), ATs' personal benefits of interprofessional interaction with MPCs, factors promoting interprofessional interaction with MPCs, and factors impeding interprofessional interaction with MPCs. This presentation will explore each of these four themes.



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'The Story I'm Telling Myself': Utilizing Narrative Inquiry in Research and Applied Practice	Lecture Research Design	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Danae Frentz, University of Alberta, Canada; Amber Mosewich, University of Alberta, Canada; Tara-Leigh McHugh, University of Alberta, Canada

This presentation will highlight important considerations for researchers undertaking narrative inquiry including researcher reflexivity, relational ethics when managing sensitive narrative data, and narrative analysis procedures. Considerations for how narrative analysis skills can benefit applied practitioners and their work with clients will also be discussed.

Not Just a "Female Problem:" Male Athletes Experience Eating Disorders, Too	Panel Mental Health	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Hayley Perelman, Boston University, USA; Mitchell DeSimone, Ascend Performance and Development, USA; Caitlyn Hauff, University of South Alabama, USA; Cindy Aron, Ascend Consultation in Health Care, LLC, USA; Amanda Karas, Chargepoint, USA; Jenny Conviser, Ascend Consultation in Health Care, USA

Male athletes are understudied when it comes to eating disorders, yet they experience higher rates of eating disorders as compared to non-athlete men. The goal of this panel is to build attendees' awareness of: 1) male athlete-specific risk factors of ED development, including sport type, 2) barriers to treatment including stigma, and 3) prevention/intervention efforts.

Enjoying the Ride: Navigating the Job Search Process in Sport and Exercise Psychology	Workshop Professional Issues & Ethics	Thursday, October 27	11:30 am - 12:30 pm
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Author(s): Michelle Bartlett, West Texas A & M University, USA; Sean Fitzpatrick, St. Catherine University, USA; Jamie Shapiro, University of Denver, USA; Pete Kadushin, Chicago Blackhawks, USA

Similar to other fields, graduate students in Sport, Exercise, and Performance Psychology (SEPP) often receive only informal mentoring on the job search process (Fitzpatrick, 2020; Fitzpatrick et al., 2021; Vick & Furlong, 2008) and have reported receiving less mentoring on career advancement than they would like (Watson et al., 2009). This workshop intends to address the job search process for various career paths and provide attendees with practical and specific information on how to navigate establishing a career. The four presenters, all of whom are CMPCs and have similar training experiences, each navigated different paths to their positions and will share their experiences from their respective journeys.



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5 Slides in 5 Minutes - Best Practices in Performance Consulting	Featured	Thursday, October 27	2:30 pm - 3:45 pm
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Author(s): Sebastian Brueckner, Private Practice; Abby Keenan, Intrepid Performance Consulting, LLC; LaKeitha Poole, Small Talk Counseling & Consulting / Louisiana State University; Danny Ourian, Hoops Minded & Holy Names University; Nicole D. Charles-Linen, Private Practice; Traci Statler, Philadelphia Phillies

5 Slides in 5 Minutes - Best Practices in Performance Consulting	Featured	Thursday, October 27	2:30 pm - 3:45 pm
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Author(s): Sebastian Brueckner, Muenster University; Abby Keenan, Intrepid Performance & National University, JFK School of Psychology; LaKeitha Poole, Small Talk Counseling & Consulting / Louisiana State University; Danny Ourian, Hoops Minded & Holy Names University; Nicole D. Charles-Linen, Private Practice; Traci Statler, Philadelphia Phillies; Moderator: Kensa Gunter, Gunter Psychological Services

Sponsor Session - University of Western States	Featured	Thursday, October 27	2:30 pm - 3:45 pm
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Author(s):



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Abstract Title	Type	Date	Time
Sponsor Session - Magellan	Featured	Thursday, October 27	2:30 pm - 3:45 pm

Author(s):

Diversity, Competency, and Trust in eSports: Building 1 team from 5 Michael Jordans	Panel Elite/Pro Sport	Thursday, October 27	2:30 pm - 3:45 pm
Author(s): Eric LeNorgant, Team Liquid, USA; Chang-Hyun Ko, Team Liquid, USA; Claudio Godoi, Brazilian Association of Electronic Sports Psychology, Brazil			

In this panel, Sport Psych consultants and a coach from a professional eSports organization will share insights into building a professional eSport team. The panelists have experience working directly with players, coaches, and staff for the world's largest and most competitive eSport titles. Attendees will learn about the various roles in eSports teams and how to get more involved in the eSport industry.

The LiiNK Project: A School Recess Intervention Promoting Healthy, Whole Child Development	Symposium Exercise/Health/Fitness	Thursday, October 27	2:30 pm - 3:45 pm
Author(s): Deborah Rhea, Texas Christian University, USA; David Farbo, Texas Christian University, USA; Kate Webb, Texas Christian University, USA; Daryl Campbell-Pierre, Texas Christian University, USA			

This session focuses on the impact of unstructured, outdoor play with the whole child through three health related determinants: obesity, physical skills such as agility, balance, and coordination, and stress/anxiety.



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Abstract Title	Type	Date	Time
Developing a Protocol for Return to Sport: Mental Health Edition	Workshop Mental Health	Thursday, October 27	2:30 pm - 3:45 pm
Author(s): Taryn Brandt, United States Olympic & Paralympic Committee, USA; Jessica Bartley, University of Denver, USA			

This workshop will outline the process used to develop a mental health return to sport protocol for the US Olympic & Paralympic Committee and associated National Governing Bodies (NGB). In small groups, attendees will be provided with athlete case examples, a copy of the USOPC RTS protocol, and asked to identify important steps and potential challenges to effective RTS. Finally, space will be provided for interactive discussion surrounding application of RTS protocols in various settings and opportunities for participants to share best practices and challenges when developing and implementing similar protocols within their organizations.