



AASP CONFERENCE PROGRAM

Wednesday, October 26, 2022

Oral Presentations

displayed in sequential order of presentation

Abstract Title	Type	Date	Time
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Level Up: A Push for Holistic Practices in eSports	Panel Elite/Pro Sport	Wednesday, October 26	1:00 pm - 2:00 pm
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Author(s): Changhyun Ko, Team Liquid, USA; Eric LeNorgant, Team Liquid, USA; Claudio Godoi, Brazilian Association of Electronic Sports Psychology, Brazil

In this presentation, the presenters will share best practices in establishing a sustainable training program within a top tier eSports organization that competes globally across the largest profiled games. The goal is to provide key insights that will be influential for the future generation of eSports. Attendees will gain valuable knowledge on competitive eSports and how to adapt traditional athletic models of training to eSports populations.

A Resilience Program for First Year Collegiate Athletes: An Overview of Program Design, Implementation, Evaluation, and Implications	Symposium Collegiate Sport	Wednesday, October 26	1:00 pm - 2:00 pm
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Author(s): Eric Martin, Boise State University, USA; Scott Pierce, Illinois State University, USA; Samantha Kurkjian, Illinois State University, USA; Kelly Rossetto, Boise State University, USA; Liam O'Neil, Utah State University, USA

A resilience programming conducted with student-athletes making the transition from high school to college will be overviewed in terms of program content and guiding frameworks. In addition, the continued evolution of the program and the importance of collaboration between various stakeholders will be explored.

The Utility of Personality Assessment in High-Performance Career Fields	Workshop Consulting & Interventions	Wednesday, October 26	1:00 pm - 2:00 pm
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Author(s): Lennie Waite, University of St. Thomas, Houston, USA; Wayne Chappelle, United States Air Force, USA; Tyler McDaniel, NeuroStat Analytical Solutions, USA

This workshop provides a hands-on opportunity for audience members to gain familiarity with the use of personality testing with elite sport performers. We will use different samples of personality profiles to demonstrate what information may be effective for sport psychology professionals to consider when working with athletes, coaches, and teammates. The workshop will also provide insight regarding cultural aspects of personality and the psychometric properties of personality assessments.



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<p>Narrative Resources Leading to Positive Sport & Exercise Experiences and Lifelong Exercise Adherence</p> <p>Author(s): Rebecca Busanich, St. Catherine University, USA</p> <p>Participants will learn how to critically read and construct sport/exercise narratives, leading to healthier and more positive outcomes for the athletes & clients that they work with. Specifically, participants will learn about what narratives are, how varying narratives (i.e., performance vs. non-performance, gendered) get taken up and used by athletes, and what the implications of that may be. Through this workshop, participants will become more aware of narrative as a practical tool and learn ways to develop narrative resources within their own practice.</p>	Workshop Exercise/Health/Fitness	Wednesday, October 26	1:00 pm - 2:00 pm
<p>The Complexity of Treating Eating Disorders and Perfectionism in Athletes</p> <p>Author(s): Andrea Barbian, Life's Journey Counseling Services, USA</p> <p>Often with eating disorders, an underlying aspect of perfectionism is seen. While there are benefits of being a high achiever, perfectionism can be detrimental. This session will build upon the basic understanding of eating disorders and specific treatment strategies focused on the multidimensional constructs seen with perfectionism and disordered eating in athletes, with special consideration paid to BIPOC populations.</p>	Workshop Mental Health	Wednesday, October 26	1:00 pm - 2:00 pm
<p>For Them, By Them: Creating A Community of Practice for Coaches - The Role of the Sport Psychology Professional</p> <p>Author(s): Greg Young, IMG Academy, USA; Duncan Simpson, IMG Academy, USA; Christian Smith, IMG Academy, USA</p> <p>A Community of Practice (CoP) is 'A group of people who share a common concern, set of problems or passion about a topic and who deepen their knowledge and expertise in this area by interacting on an ongoing basis' (Wenger, McDermott, & Snyder, 2002). CoP structures provide an ideal platform for Sport Psychology Professionals to facilitate the individual learning and development of coaches through informal social interactions (Whitaker & Scott, 2019). Utilizing interactive activities, this workshop will provide attendees with the opportunity to learn the process of creating and facilitating the development of a CoP learning experience with sports coaches.</p>	Workshop Coaching	Wednesday, October 26	1:00 pm - 2:00 pm



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----------------	------	------	------

Wrestling with Ethics: Navigating Personal Values and Professional Responsibility	Featured	Wednesday, October 26	2:15 pm - 3:30 pm
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Author(s): Lindsay Ross-Stewart, Strive Sports Academy; Lindsey Hamilton, IMG Academy; John E. Coumbe-Lilley, University of Illinois Chicago; Kerry Guest, Indiana University

A professionally diverse group of practitioners will lead in a panel discussion highlighting tensions occurring between personal values and professional responsibilities; specifically, case reflections of ethical work dilemmas and the decision-making processes/considerations unique to each professional's context and its stakeholder (e.g., athlete, organization, client). Additionally, panelists will engage the implications of discriminatory policies at the state and local level.

'Pushing through the Pain Cave': Lived Experiences of Pain Tolerance in Male Ultra-Marathon Runners	Lecture Injury/Rehabilitation	Wednesday, October 26	2:15 pm - 3:30 pm
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Author(s): Lloyd Emeka, St Mary's University, UK

Ultra-running is a form of endurance sport that presents a range of unique demands to athletes including tolerating pain during training and competition for several hours typically. Attendees will gain an understanding of the interrelated biopsychosocial factors that influence the lived experiences of pain tolerance within ultra-running.

Exploration of Dancers' Post-Injury Psychological Experiences	Lecture Injury/Rehabilitation	Wednesday, October 26	2:15 pm - 3:30 pm
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Author(s): Marisa Fernandez, Western Washington University, USA; Linda Keeler, Western Washington University, USA; Jessyca Arthur-Cameselle, Western Washington University, USA; Pam Kuntz, Western Washington University, USA

Given the paucity of research on dancers' post-injury psychological experiences, the principal investigator of this study will present qualitative research findings from a sample of eight formerly injured modern dancers (whose injury took them out of dance training/performance for at least six weeks). The researcher will share the unique reports of the dancers, as well as similarities in findings between the dancers and injured competitive sport athletes in previous studies. The researcher will conclude with implications for CMPCs and practitioners working with injured dancers.



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College Athletes' Experiences with a Lower Body Re-Injury: A Phenomenological Investigation	Lecture Injury/Rehabilitation	Wednesday, October 26	2:15 pm - 3:30 pm
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Author(s): Samantha Holder, USA; Megan Byrd, Georgia Southern University, USA; Tylar Walker, Georgia Southern University, USA; Brandon Harris, Georgia Southern University, USA; Steve Patterson, Georgia Southern University, USA

This lecture will provide insight into the psychological and emotional responses that are unique to a re-injury. Practical implications for sport, exercise, and performance psychology professionals will be provided to help improve the re-injury experience for athletes. Limitations and future research directions will also be discussed.

Combining Psychoeducation with Psychoemotional Processing to Facilitate Psychological Recovery Following Injury	Lecture Injury/Rehabilitation	Wednesday, October 26	2:15 pm - 3:30 pm
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Author(s): Timothy White, White House Athletics, USA

Guiding an injured athlete through psychoemotional processing isn't enough. We need to prepare them for psychological recovery. This session will teach you how to maximize the influence you have when working with injured athletes by combining a wider range of processing skills with specific mental skills training.

Licensed Sport Psychology Professionals' Roles and Experiences Working within NCAA DI Athletic Departments	Lecture Collegiate Sport	Wednesday, October 26	2:15 pm - 3:30 pm
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Author(s): Morgan Eckenrod, University of Southern Mississippi, USA; Terilyn Shigeno, Adler University, USA; Rebecca Zakrajsek, University of Tennessee, USA; Matthew Jones, Southern Illinois University Edwardsville, USA; Piotr Piasecki, Boston University Wheelock College of Education and Human Development, USA

There has recently been an increase in the number of Licensed Sport Psychology Professionals (LSPPs) hired to deliver mental performance and mental health services in NCAA DI athletic departments. However, no research to date has examined LSPPs' experiences or responsibilities working within NCAA DI athletic departments. Therefore, the purpose of this study was to explore LSPPs' roles and experiences working within NCAA DI athletic departments.



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Protective Factors and Support Needs for Mental Health Among Young Elite Lean Sports Athletes Author(s): Carolina Lundqvist, Linköping University & The Swedish Olympic Committee, Sweden; Emelie Eklöv, Linköping University, Sweden; Sofia Zand, Linköping University, Sweden; David Schary, Winthrop University, USA	Lecture Mental Health	Wednesday, October 26	2:15 pm - 3:30 pm
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The transition from junior to senior level is a natural part of development in elite sports, but it is also a challenging and complex process (Stambulova et al., 2015). Risk factors for mental health are increasingly studied in research, but less is known about young elite athletes' experiences of protective factors (Kuettel & Larsen, 2020). The purpose of this study was to investigate young lean sports athletes' experiences of protective factors for wellbeing, as well as their perceived needs of psychological support for a sustainable elite career.

Examining Practitioners' Perspectives on Access to Professional Psychological Help Services for Division I Male Athletes Author(s): Nicole Vana, USA; Megan Byrd, Georgia Southern University, USA; Brandon Harris, Georgia Southern University, USA; Pamela Wells, Georgia Southern University, USA	Lecture Mental Health	Wednesday, October 26	2:15 pm - 3:30 pm
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This lecture will provide the audience with a unique insight to practitioners' perspectives and experiences working with NCAA Division I male athletes. Furthermore, attendees will hear about what strategies are currently being implemented at universities to target male athletes and increase help-seeking behavior as well as what future steps are needed to further maximize male athletes' access to mental health services. Practical implications and future directions for research will also be discussed.

Promoting Student-Athlete Mental Health: It All Starts with Asking the Right Questions Author(s): Neil Rajdev, Northwell Health, USA; Janna Gordon-Elliot, NewYork-Presbyterian Hospital/Weill Cornell Medicine, USA; Russell Camhi, Northwell Health, USA	Lecture Mental Health	Wednesday, October 26	2:15 pm - 3:30 pm
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This presentation will highlight current challenges in mental health screening in the college athlete population and present the experience of introducing a comprehensive screening tool within a Division I University Athletic Department. Attendees will learn about the experience of developing a multi-faceted screener, how it was implemented, and the way in which the athletes' trainers were educated and involved in the process. The presentation will highlight the individualized feedback given to each athlete and goals for improvement of the project in future cycles of screening.



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Wednesday, October 26, 2022

Oral Presentations

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Mentorship Mechanics: The Cogs of the Mentee Training Wheel	Panel	Wednesday, October 26	2:15 pm - 3:30 pm
Professional Development, Supervision, and Mentoring			
<p>Author(s): Julie Hayden-Blackburn, John F. Kennedy School of Psychology at National University, USA; Michael Gerson, JFKU/ Mission 6 Zero, USA; Victoria Tomlinson, JFK School of Psychology at NU, USA; Abby Keenan, Intrepid Performance Consulting, USA; Sara Erdner, Adams State University, USA; Lauren Tashman, Align Performance LLC / Valor Performance Inc., USA; Beny Collins, Realized Performance Consulting LLC,</p> <p>This panel includes a group of CMPC mentors and one former mentee from diverse training and educational backgrounds. The panel will engage in a facilitated discussion addressing questions, such as the following: a) What mentor attributes best support mentorship spaces? b) What mechanics are involved in helping mentees develop multicultural humility? c) What are common challenges faced in mentorship and how to navigate them? d) How can mentors facilitate group mentorship to leverage peer networks and develop a community of practice (CoP)? e) How can mentors help mentees develop themselves as experts, performers, self-regulators, and people.</p>			
Navigating Risks and Responsibilities: Case Studies in Sport Psychology	Workshop	Wednesday, October 26	2:15 pm - 3:30 pm
Professional Issues & Ethics			
<p>Author(s): Karen Cogan, USOPC, USA; Jenny Conviser, Ascend Consultation in Health Care, USA; Kensa Gunter, Gunter Psychological Services, LLC, USA; Christopher Bader, University of Arkansas, USA</p> <p>Four experienced professionals in private practice, Olympic sport, professional sport, and college sport will present real world case examples in the workshop. Complex cases that involve ethical dilemmas, social justice, and severe mental health disorders will be examined and discussed in small groups. The presenters will share their interventions and lessons learned from these cases.</p>			
Addressing Perfectionism in Athletes	Workshop	Wednesday, October 26	2:15 pm - 3:30 pm
Mental Health			
<p>Author(s): Dane Anderson, Options for Southern Oregon, USA</p> <p>This workshop is designed to help mental performance consultants and coaches assist athletes who experience perfectionism. Attendees will receive instruction on how to recognize perfectionistic tendencies and partner with athletes in overcoming performance barriers that are associated with perfectionism. Attendees will also have the opportunity to participate in an interactive demonstrating the effects of perfectionism on the athlete-consultant relationship.</p>			



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Oral Presentations

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----------------	------	------	------

Exploring Coaches' Perceptions of the Role of Trauma in Sport Success	Lecture Mental Health	Wednesday, October 26	3:45 pm - 5:00 pm
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Author(s): Liz Sanborn, Notre Dame, USA; Robert Harmison, James Madison University, USA; Parker Leap, James Madison University, USA

The role of trauma in sport success has become controversial, and the outcome of this research has the means to influence coaching beliefs and behaviors, as well as sport policy that impacts the development of athletes from youth leagues to international level competitors. The purpose of this study was to explore coaches' perceptions regarding the relationship between trauma and sport success and how their perceptions may influence their coaching behaviors. Implications for coaches, sport psychology practitioners, and sport organizations who influence athlete development, well-being, and success will be discussed.

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Coaching in the 'Alternate Universe' of Elite Figure Skating: A Developmental Perspective of Need-Supportive Behavior in the Coach-Athlete Dyad	Lecture Youth Sport	Wednesday, October 26	3:45 pm - 5:00 pm
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Author(s): Diane Benish, West Virginia University, USA; Tucker Readdy, University of Wyoming, USA; Matthew Bejar, Mount Mercy University, USA; Johannes Raabe, West Virginia University, USA

Need-supportive coaching has been identified as the most effective way to nurture optimal motivational climates in youth sport. The purpose of this study was to explore how developmental considerations affect the ways in which coaches seek to fulfill athletes' basic psychological needs. The findings can help to provide coaches with a more nuanced approach to facilitate athletes' psychological functioning in an age-appropriate way.



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Oral Presentations

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----------------	------	------	------

Stress and Coping Experiences of Professional Soccer Managers During the COVID-19 Pandemic	Lecture Elite/Pro Sport	Wednesday, October 26	3:45 pm - 5:00 pm
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Author(s): Sofie Kent, UK; Tracey Devonport, University of Wolverhampton, UK; Rachel Arnold, University of Bath, UK; Faye Didymus, Leeds Beckett University, UK

This study identified stressors and their associated situational properties, and appraisals as encountered by elite professional football coaches during the COVID-19 pandemic.

This study also highlighted coping strategies used and explored whether stress experiences differed by the football league that coaches operated within.

An Exploratory Study to Understand Inappropriate Behaviors in Elite Sport	Lecture Diversity & Culture	Wednesday, October 26	3:45 pm - 5:00 pm
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Author(s): Suzanna Burton-Wylie, University of Portsmouth, UK; Chris Wagstaff, University of Portsmouth, UK; Daniel Brown, University of Portsmouth, UK; Simon Crampton, English Institute of Sport, UK

This presentation offers a unique insight into understanding inappropriate behaviors, what enables them and what facilitates them in an elite sport setting, through perceptions of and lived experiences of inappropriate behaviors in an elite sport context.

Examining and Mitigating Sexual Misconduct in Sport: Brave Dialogue to Encourage Change	Panel Social Justice, Equity, and Inclusion	Wednesday, October 26	3:45 pm - 5:00 pm
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Author(s): Tanya Prewitt-White, Dr. Tanya Raque, USA; Leslee Fisher, University of Tennessee, USA; Shannon Mulcahy, York College of Pennsylvania, USA; Robert Owens, Valor Performance, USA

Sexual misconduct prevention is a social justice issue and there is much work to do to ameliorate it in sport. All sport constituents, including sport psychology practitioners (SPPs), have a role to play in shifting the culture and while it will not be easy, it is worth our efforts. Panelists will share insights and tools to better prepare SPPs for when, not if, they too are called upon to respond to sexual misconduct.



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Wednesday, October 26, 2022

Oral Presentations

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<p>Supporting the Mental Health of Canada's High-Performance Athletes: A National Approach</p> <p>Author(s): Krista Van Slingerland, Game Plan / Canadian Olympic Committee, Canada; Connor Primeau, Canadian Sport Psychology Association, Canadian Centre for Mental Health and Sport, Canada; Cara Button, Canadian Olympic Committee, Canada; Susan Cockle, Canada; Karen MacNeill, Canadian Olympic Committee, Canada</p> <p>This expert panel will present Canada's multi-organizational approach to advocating for and supporting the mental health of high-performance athletes across the Olympic and Paralympic quadrennium.</p>	Panel Mental Health	Wednesday, October 26	3:45 pm - 5:00 pm
<p>An Introduction to Consensual Qualitative Research (CQR and CQR-M) for Sport, Exercise, and Performance Psychology</p> <p>Author(s): Thomas Minkler, West Virginia University, USA; Megan Hut, West Virginia University, USA; Carol Glass, The Catholic University of America, USA</p> <p>In this workshop, attendees will learn about both CQR and CQR-M didactically and experientially by first being introduced to their underlying epistemology and methodology before using the CQR-M protocol in small groups to code sample data. Upon completion of the workshop, attendees will be able to explain and apply the procedures associated with CQR and CQR-M, describe applications of this methodology to their own work, and will leave with a reference list of CQR and CQR-M publications in addition to a detailed description of these procedures.</p>	Workshop Research Design	Wednesday, October 26	3:45 pm - 5:00 pm
<p>Developing Resilience in Elite Sport: The Role of the Environment and Psychological Safety</p> <p>Author(s): Mustafa Sarkar, Nottingham Trent University, UK</p> <p>In this workshop, attendees will discuss, contextualize, and offer feedback on the role of the environment and psychological safety in developing resilience in elite sport. The learning objectives of this workshop are threefold: to collectively discuss the role of a facilitative environment in developing resilience and what it might 'look like' in elite sport, to critically review the concept of psychological safety and, utilizing this knowledge, to subsequently work collaboratively with workshop attendees to generate some practical ideas for creating psychological safety in practice. Two practical, evidence-based resources on these respective topics (Portch, 2021; Sarkar, 2018) will be shared with workshop attendees.</p>	Workshop Elite/Pro Sport	Wednesday, October 26	3:45 pm - 5:00 pm