



## AASP CONFERENCE PROGRAM

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### Abstract Title

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Distinguished International Professional Award Winner

Author(s): Gangyan Si, Hong Kong Sports Institute

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

Author(s): Brandonn Harris, Georgia Southern University; Vicki Tomlinson, National University

The eligibility requirements for new candidates (including students) and the recertification procedures for current Certified Mental Performance Consultants® will be discussed. Examples of acceptable CE activities are provided, and the prorated system of CE requirements for CMPCs recertifying in 2021 will be explained.

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Ethics Lecture - Be Water: The Ripple Effects of Unethical Practices Featured

Author(s): Angel Brutus, USOPC

This lecture will explore the nuances associated with the practice of ethics in action beyond theory and principle. Attendees will increase understanding of the importance of putting ethical behaviors to practice, acknowledge challenges that threaten ethical fidelity, and commit to prioritizing the needs of identified clients in meaningful ways that ultimately impacts direct service provision, influences the field's contributions to policies and procedures within organizations and institutions, and ultimately facilitates or hinders the professional growth of SEP practitioners and researchers.

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So Long and Thanks for All the Fish! An Outgoing Editor's Reflections on the Current and Future Status of Applied Sport Psychology Research      Featured

Author(s):    Stephen Mellalieu, Cardiff Metropolitan University, UK

In this presentation as the outgoing Editor in Chief of the Journal of Applied Sport Psychology (JASP) Dr. Mellalieu reflect upon his 6 years in post, and decade on the Editorial board, by commenting on the current and future status of the field of applied sport psychology research.

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Student Workshop - Newbie with Technology: Considerations for Implementing Technology in Consulting Work      Featured

Author(s):    Abby Keenan, Intrepid Performance Consulting; Tim Herzog, Reaching Ahead Counseling and Mental Performance; Inna Khanzan, Harvard Medical School/Boston Center for Health Psychology and Biofeedback; Lauren Tashman, Align Performance LLC; Brian Alexander, UC San Diego; Melissa Hunfalvay, RightEye, LLC

This panel calls for full-time practitioners with expertise in technology used in varied performance settings. The panelists will discuss the purpose and benefits of technology, considerations for students who want to gain experience, and resources for learning how to use technology. The goal is to provide students a breadth of information on different types of gadgets and their uses.

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Student Workshop - No Two Jobs Are Alike: Experiences in Applying for Academic and Applied Jobs      Featured

Author(s):    Duncan Simpson, IMG Academy; Greg Young, IMG Academy; Vanessa Shannon, University of Louisville/Norton Sport Health; Robert Hilliard, Shenandoah University; Julia Cawthra, USOPC; Dolores Christensen, University of Oklahoma Athletics Department

This panel will highlight experiences from both applied and academic professionals including differences within and between application processes and materials. Panelists will emphasize strategies that worked well and strategies that did not.

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The Burt Giges Workshop: Working with Youth Athletes & Their Parents

Featured

**Author(s):** Dolores Christensen, University of Oklahoma; Abby Keenan, Intrepid Performance Consulting; Craig Cypher, University of Rochester Medical Center; Lindsey Hamilton, IMG Academy; Kerry Guest, Indiana University

Two practitioners, one who is a licensed mental health clinician and the other who is a mental performance consultant, will meet with the same “youth client” and “parent.” The practitioners will first illustrate how they approach sport psychology work with a teenage client of approximately 14 years of age. Then, each practitioner will further demonstrate their individualized approach to incorporating the parent/guardian of the youth client into the sport psychology work itself. Following this “one client, two approaches” role play session, there will be a pre-recorded reflection session with practitioners and “clients” to offer their shared reactions to the role plays, answer questions from the moderator, and detail how to work cohesively with youth clients and their trusted parent/guardians.

The CMPC Mentored Experience – Explained and Clarified

Featured

**Author(s):** Jack J. Lesyk, Ohio Center for Sport Psychology; Charlie Maher, Cleveland Indians; Leilani Madrigal, Long Beach State University

The Mentored Experience is an essential “real world” experience for CMPC candidates in which their academic knowledge is translated into practical experience in consulting with athletes and other performers under the guidance of an approved mentor. The requirements are somewhat complex and sometimes misunderstood. The three members of the Mentoring Committee of the Certification Council will present short summaries of the requirements and recent changes, followed by questions and answers. This program is focused on the informational needs of present and future mentees, mentors, and university mentoring coordinators.

An Exploration of Perfectionism as an Antecedent of NCAA Division I Coaches' Basic Psychological Need Satisfaction and Frustration

Lecture

Coaching

**Author(s):** Erika Van Dyke, West Virginia University; Kim Tolentino, West Virginia University; Tucker Readdy, University of Wyoming; Johannes Raabe, West Virginia University

Previous researchers have examined associations between individuals' perfectionism and perceptions of their basic psychological needs, but this link has yet to be explored among coaches. The purpose of this study was to investigate perfectionistic strivings and concerns as potential antecedents of a national sample of NCAA Division I coaches' perceptions of the three basic psychological needs of autonomy, competence, and relatedness. Significant findings of a structural equation model will be discussed in the session, as well as implications for practice and future research.



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Examining the Use of Psychological Skills and Strategies in Division-I Strength and Conditioning

Lecture  
Coaching

Author(s): Adam Feit, Springfield College; Elizabeth Mullin, Springfield College; Jasmin Hutchinson, Springfield College; Brian Thompson, Springfield College

This presentation will explore how psychological skills and strategies (PSS) are implemented in Division-I collegiate strength and conditioning environments. Attendees will gain a deeper understanding of why strength and conditioning coaches (SCCs) choose to include/exclude PSS, what major obstacles and barriers prevent SCCs from utilizing PSS, and how coaches specifically implement PSS while interacting with student-athletes. Additionally, sport and exercise psychology professionals will understand how to leverage collaborative opportunities to work with coaches, athletes, and teams by establishing a professional relationship with SCCs.

Helping Coaches Prevent and Address Teen-Dating Violence

Lecture  
Coaching

Author(s): Gretchen Kerr, University of Toronto; Ashley Stirling, University of Toronto; Anthony Battaglia, University of Toronto; Joseph Gurgis, University of Toronto; Alexia Tam, University of Toronto; Erin Willson, University of Toronto; Aalaya Milne, University of Toronto; Nicole Godman, University of Toronto

This presentation addresses the development of educational resources for coaches to better enable them to model healthy relationships and to address teen-dating violence among their athletes. Attendees will learn more about the prevalence and forms of teen-dating violence, signs that coaches should look for to indicate teen-dating violence may be occurring, as well as strategies coaches may use to prevent and address teen-dating violence amongst their athletes. The role coaches play in fostering healthy relationships for athletes in and through sport will also be emphasized.

“No Days Off”: Using Self-Determination Theory to Understand NCAA Division I Coaches’ Workaholism

Lecture  
Coaching

Author(s): Kim Tolentino, West Virginia University; Tucker Readdy, University of Wyoming; Johannes Raabe, West Virginia University

Previous researchers have found low satisfactions of the basic psychological needs of competence, autonomy, and relatedness to be antecedents of workaholism; however, these associations have not yet been investigated among coaches. The purpose of this study was to investigate the influence of NCAA Division I coaches’ basic psychological need satisfaction and frustration on their tendencies to work excessively and compulsively, and also, to examine coaches’ use of different coping functions as a potential mediator of this relationship. A structural equation model analysis indicates significant findings which will be discussed in the session, as well as applied implications for sport psychology practitioners.



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Person-Centered Theory in Practice: Implementation and Evaluation of a Pilot Professional Development Program for NCAA Division I Coaches

Lecture  
Coaching

Author(s): Lauren McHenry, University of Tennessee; Rebecca Zakrajsek, University of Tennessee; Megan Murray, Michigan State University

Research evidence has indicated that Rogers' (1959) person-centered theory is a viable framework for athlete-centered coaching (McHenry et al., 2019, 2020). Yet evaluation of person-centered theory concepts as applied to professional coaching is lacking. The purpose of this study was twofold: (1) implement a pilot professional development program aimed to educate NCAA Division I coaches on PCT concepts and facilitate coaches' application of PCT concepts to professional practice, and (2) evaluate the program's implementation processes and short-term outcomes.

The Psychological Functioning of NCAA Division I Assistant Coaches: A Self-determination Theory Perspective

Lecture  
Coaching

Author(s): Johannes Raabe, West Virginia University; Kim Tolentino, West Virginia University; Tucker Readdy, University of Wyoming

To date, research on basic psychological needs in sport has almost exclusively been conducted to explore athletes' experiences. The purpose of this study was to gain a better understanding of NCAA Division I assistant coaches' basic psychological need satisfaction and frustration. The current findings highlight the importance of head coaches in shaping assistant coaches' psychological functioning and provide an empirical foundation for practitioners trying to improve coaches' thoughts, feelings, and behavior.

Women Supporting Women: A Proposed Model for The Female Mental Performance Consultant-Coach Mentor Relationship

Lecture  
Coaching

Author(s): Tammy Sheehy, Bridgewater College

This presentation will propose a process-oriented model adapted from Eby et al. (2013) for a female MPC-coach mentor relationship and provide a case example based on a qualitative interview conducted with a high-performance female coach. Possible implications as well as ethical considerations, particularly around dual relationships, will also be addressed.



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An Exploration of Cross-contextual Motivation in NCAA Student-athletes' Experiences

Lecture  
Collegiate Sport

Author(s): Daniel Leyhr, Institute of Sports Science, Department Sport Psychology and Research Methods, University of Tuebingen; Lauren McHenry, University of Tennessee; Tucker Readdy, University of Wyoming; Johannes Raabe, West Virginia University

The cross-contextual influence appears particularly relevant for National Collegiate Athletic Association (NCAA) student-athletes who are tasked with simultaneously managing the challenges and expectations of two achievement domains: sport and academics. Therefore, the current study was designed to explore the potential cross-contextual influence in collegiate student-athletes' motivation. Findings of the present study highlight that while student-athletes may have two roles, they are still only one person as their participation—including the respective demands, challenges, and motivation—in one setting cannot be separated from their participation in another.

Evaluation of the Link between Psychological Flexibility and Anxiety and Depressive Symptoms among University Student-athletes during COVID-19

Lecture  
Collegiate Sport

Author(s): Véronique Gauthier, UQTR; Sophie Labossière, Université de Sherbrooke; Veronique Boudreault, Université de Sherbrooke; Frédérick Dionne, Université du Québec à Trois-Rivières

This presentation aims to better understand the link between the mental health (anxiety and depression) among University student-athletes (U-SA) and psychological flexibility, which represents a promising area of intervention to improve mental health. The results are intended to establish avenues of interventions to help University student-athletes better cope with emotional turmoil in the face of sports and life challenges.

Following the Same Playbook: Comparing Coaches' and Captain's Perceptions of Leadership in Women's Collegiate Sport

Lecture  
Collegiate Sport

Author(s): Kayla Sliz, Boston University; Karen Collins, University of New Hampshire

The presentation will outline the results from a study regarding perceptions of female leadership from coaches and captains of Division I women's collegiate sport team. Similarities and differences in coaches' and captains' perceptions of important leadership skills, roadblocks to leadership, and the importance of high performance in leaders will be discussed.



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"I'm Feeling the Need to Make Copies of Myself": A Descriptive Study of Practitioner Perspectives in Collegiate Mental Health and Sport Psychology

Lecture  
Collegiate Sport

Author(s): William Way, West Virginia University; Jack Watson II, West Virginia University; Sam Zizzi, West Virginia University

This presentation will outline data from a survey of practitioner perspectives/experiences in collegiate mental health and sport psychology. Attendees will learn about how practitioners in this setting could be better supported, and further, how enhanced support could ultimately benefit the individuals and institutions that these practitioners serve.

Inaugural Seasons Are Not that Simple: Exploring One Team's Journey, Highlights, and Barriers to Success and Team Satisfaction

Lecture  
Collegiate Sport

Author(s): Jamie Robbins, Methodist University; Leilani Madrigal, Long Beach State University

The researchers used an ethnographic approach and mixed-method design, with the primary investigator serving as a participant-researcher to uncover variables that enhanced and/or detracted from a DII collegiate field hockey team's experience in their inaugural season. This presentation will elucidate factors that promoted and detracted from this team's experience and make connections to existing theories related to team building, goal setting, leadership, motivation, and cohesion. Through discussion of this team's journey, the researchers will highlight barriers for practitioners, athletes, and coaches, and provide suggestions for encouraging task orientation, creating team rituals, supporting athlete openness, and instilling team pride.

Painting a Holistic Picture: The Relationship Between Perfectionism, Self-Compassion, Anxiety, Rumination, Well-Being, Self-Esteem, and Sport Enjoyment in NCAA Athletes

Lecture  
Collegiate Sport

Author(s): Carly Block, Florida State University; Frances Cacho, Florida State University; Graig Chow, University of California, Berkeley; Jennifer Forse, Florida State University; Natasha Habert, FSU; Jacquelyn Gnassi, Florida State University

With the increasing demand of excellence and the subsequent salience of perfectionism, there is a need to paint a more holistic picture that fully encapsulates perfectionism's impact on athletes' psychological well-being. Therefore, the purpose of this study was to investigate the relationships between dimensions of perfectionism and self-compassion, self-esteem, sport enjoyment, well-being, sport anxiety, and rumination. Presenters will discuss specific perfectionism subscales that are most salient in predicting both facilitative and debilitating outcomes and how the results of this study will be utilized to guide the development and evaluation of interventions for perfectionistic athletes.



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The ABCs of Rational Thinking Patterns: Normative Data on the CMBQ for NCAA Division I Student-Athletes

Lecture  
Collegiate Sport

Author(s): Bianca Boling, Midwestern University; Angela Breitmeyer, Midwestern University; Thomas Virden, Midwestern University; Martin Turner, Manchester Metropolitan University; Breanna Naegeli, Grand Canyon University

The Cognitive Mediation Beliefs Questionnaire was developed to assess athletes' propensity to think in an Adversity-Belief-Consequence way, consistent with Rational Emotive Behavior Therapy (REBT). In theory, those who endorse ABC thinking are more equipped to manage their emotions and behaviors, and subsequently, enhance sport performance. We explored the CMBQ's relationship to emotion regulation and psychological health with NCAA Division I student-athletes, and found that an athlete's thinking pattern can impact their psychological well-being, which reciprocally impacts their sport performance.

The Impact of Sudden Sport Retirement Due to COVID-19: An Investigation of College Athletes

Lecture  
Collegiate Sport

Author(s): Kelly Renner, Franklin University; Amber Shipherd, Texas A&M University - Kingsville / Next Level Mind Consulting; Itay Basevitch, College of Management; Edgar Pizarro, Texas A&M University - Kingsville

This presentation will introduce data collected from qualitative interviews with Division II baseball players who had their final competitive season abruptly cut short due to the COVID-19 pandemic. Attendees will learn about how this unexpected situation impacted three athletes' experiences during their senior year of college, how it altered their plans after graduation, and how they managed to overcome adversity. Applied implications for supporting athlete retirement will be discussed.

Assessing the Impact of a Commercially Available Mindfulness App on College Student Athlete Well-Being and Sport Experience

Lecture  
Consulting & Interventions

Author(s): Benjamin Smith, ; Kyle Stephenson, Willamette University

Because of their low cost and convenience, mindfulness apps may be an accessible tool for a student athlete population less likely to seek formal psychological services. This lecture describes how student athletes using a smartphone-based mindfulness training program improved in mindfulness, athletic coping, and flow state experiences over four weeks of treatment. Attendees will learn about potential future directions including athletic department-wide implementation of a mindfulness app program.





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Conducting and Participating in Pressure Training: Perspectives of Sport Psychologists and Athletes

Lecture  
Consulting & Interventions

Author(s): William Low, University of Essex; Joanne Butt, Liverpool John Moores University; Mike Stoker, English Institute of Sport; Paul Freeman, University of Essex; Ian Maynard, University of Essex

This presentation will discuss findings of a qualitative study about conducting pressure training. It includes strategies that sport psychologists have used to create pressure during training and the ways this pressure can help athletes' performance. Results also illustrated best practices for making pressure training both feasible and effective in applied settings.

Enhancing Concussion Care Strategies Through Collaborative Inquiry: A Value Perspective

Lecture  
Consulting & Interventions

Author(s): Cassandra Seguin, University of Ottawa; Diane Culver, University of Ottawa

While rare, intradisciplinary collaboration between mental performance consultants can enhance client interventions and support the personal and professional development of mental performance consultants. Communities of practice through cycles of collective and individual reflection and action can afford such intradisciplinary collaboration. The current study explores the value of participating in a community of practice with the purpose of enhancing interventions for elite athletes with concussions.

Sport Psychology Practitioners' Experiences of Engaging with Psychological Skills Intervention Literature: An Interpretive Phenomenological Analysis

Lecture  
Consulting & Interventions

Author(s): Marie Winter, University of Essex; Ian Maynard, University of Essex; Paul Freeman, University of Essex; Murray Griffin, University of Essex

A qualitative interview study using interpretive phenomenological analysis was conducted with experienced (n=4) and early career (n=4) sport psychology practitioners in the UK to explore their personal experiences of using the psychological skills intervention literature throughout their career as a sport psychology practitioner. The detail prescribed within interpretive phenomenological analysis provides an in-depth look into how perceptions and accounts of events throughout a practitioner's professional development may have led to specific decisions regarding how literature informs their current practice. 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



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Virtual Reality and Applied Sport Psychology: A Modern Intervention for American Football

Lecture

Consulting & Interventions

Author(s): Kyle Kennedy, Indiana University; Jesse Steinfeldt, Indiana University; Scott Bellini, Indiana University; Ellen Vaughan, Indiana University; Gary Sailes, Indiana University

This lecture demonstrates how virtual reality (VR) serves as a modality for athletes to visualize and rehearse cognitive, sport-specific processes. Specifically, the lecture will review and demonstrate a simple VR intervention developed to improve both processing speed and defensive coverage identification for American football quarterbacks. Attendees will learn current strengths, limitations, and broader implications for VR technology in applied sport and performance psychology.

Applying Cultural Sport Psychology: Bahala Na Coping from Research to Practice

Lecture

Diversity & Culture

Author(s): Sheryll Casuga, Self-employed

This lecture will discuss a cultural sport psychology research on coping: A Qualitative Content Analysis of the "Bahala na" Attitude in Filipino elite athletes. This will be followed by a case presentation on how Bahala na coping strategies were utilized by a Filipino elite athlete preparing for the Tokyo Olympics in the middle of a pandemic.

"If I've Got God on My Side, I Can Do It": A Phenomenological Investigation of the Lived Experiences of Spirituality for LDS NCAA DI Student-Athletes

Lecture

Diversity & Culture

Author(s): Matthew Moore, Miami University; Leslee Fisher, University of Tennessee

The aim of the current study/presentation is to describe the lived experiences of a certain group of religious athletes—those who identified as members of The Church of Jesus Christ of Latter-day Saints (LDS) while also participating in NCAA Division I (DI) athletics. Findings from the study are presented related to practical strategies that sport psychology consultants can implement to help NCAA DI religious student-athletes perform better throughout their collegiate careers.



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Transgender College Student Physical Activity and Mental Health: Increasing Awareness for Interventions

Lecture  
Diversity & Culture

Author(s): Danielle Wong, University of Northern Colorado; Megan Babkes Stellino, University of Northern Colorado; David Hydock, University of Northern Colorado

The presentation aims to highlight discrepancies in physical and mental health for college students who identify as cisgender and transgender. More specifically, the information shared intends to shed light on connection between physical activity levels and mental health and how transgender students may be better supported across college campuses.

Career Support and Sport Transition: Are Resources in Place Really Accessible to Your Athletes? How an Economic Theory of Social Justice Can Help You Understand the Help-

Lecture  
Elite/Pro Sport

Author(s): Sophie Brassard, Game Plan/Faeq; Sylvain Bourdon, Professor Sherbrooke university; Patricia Dionne, Professor, Sherbrooke university

Despite the results showing that planning the transition out of sport is associated with more positive emotional responses, fewer emotional difficulties in retirement, a shorter post-retirement transition period and greater life satisfaction (Alfermann, Stambulova, & Zemaityte, 2004), career support services available through Game Plan Canada are used by few athletes. This study describe the help-seeking behaviors towards career support resources of high performance athletes of Canada.

Cool Theory, but What Now? Participatory Action Research Exploring the Promotion of Thriving Within an Olympic Sport Organization

Lecture  
Elite/Pro Sport

Author(s): Michael Passaportis, University of Portsmouth; Daniel Brown, University of Portsmouth; Chris Wagstaff, University of Portsmouth; Rachel Arnold, University of Bath; Kate Hays, English Institute of Sport

In this study we aimed to bridge the gap between theory and practice by exploring a sport psychologist's attempts to promote thriving within an Olympic sport organization. Through a collaborative working relationship between the first author and the practitioner, theoretical insights were combined with expert applied knowledge to create systems that promote athlete thriving. The practical implications of the novel findings are discussed, to better support sport psychologists in their attempts to adapt and integrate theoretical knowledge to enhance athlete well-being and performance.



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Gathering narratives of athletes' experiences preparing for the Tokyo 2020 Olympic Games during COVID-19

Lecture  
Elite/Pro Sport

Author(s): Morgan Rogers, University of Calgary; Penny Werthner, University of Calgary

This presentation portrays the narratives of five Canadian athletes preparing for the Tokyo Olympic Games during the COVID-19 pandemic. The narratives demonstrate both the struggles the athletes faced, such as difficulty training and competing, and the critical importance of social support and resiliency in managing this unprecedented adversity.

“Something That Just Relaxes My Mind and Gets Me Away from Ball” A Study of Mental Rest in Professional Athletes and Implications for Best Practice

Lecture  
Elite/Pro Sport

Author(s): David Eccles, Florida State University; Thomas Gretton, Florida State University; Nate Harris, Florida State University; Gabriela Caviedes,

We conducted a study of what mental rest means to professional athletes. Results indicated that professionals obtain rest by engaging in sleeping and wakeful resting. Wakeful resting involves multiple psychological experiences that include obtaining a break from (a) constantly thinking about their sport specifically and (b) effortful thinking more generally.

Supporting Psychological Preparation in Elite Officials

Lecture  
Elite/Pro Sport

Author(s): Thomas Gretton, Florida State University; David Eccles, Florida State University; Gabriela Caviedes,

This study examined the psychological preparation of elite officials in the buildup to competition. Applied implications for practitioners working with officials will be prioritized in this presentation. Future research considerations (e.g., methodological and topical) with officials will also be brought to attention.



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For the Love of the Game: How a Non-Performance Narrative in High School Sports Promotes Exercise Adherence in Adults

Lecture  
Exercise/Health/Fitness

Author(s): Rebecca Busanich, St. Catherine University

The purpose of this longitudinal narrative inquiry study design was to explore the ways in which high school sport/exercise narratives, and the meanings constructed within them, impact lifelong exercise adherence. Our findings confirmed that long-term exposure to a non-performance narrative in high school led to more positive, meaningful relationships with exercise, while also leading to greater exercise adherence into middle adulthood.

Preserving Perfectionism: The Relationship Between Perfectionism and Self-handicapping in Endurance Runners

Lecture  
Exercise/Health/Fitness

Author(s): Diana Curtis, Springfield College; Jasmin Hutchinson, Springfield College

This study examined perfectionism in endurance runners and examined whether a relationship exists between types of perfectionism and self-handicapping in this sample. Analysis of 158 respondents showed that endurance runners report high levels of self-oriented, other-oriented, and socially prescribed perfectionism. Other-oriented and socially prescribed perfectionism were significantly correlated with self-handicapping, which can be explained through the self-esteem protection provided by self-handicapping.

University Students' Perceptions of Exercise Counselling: A Qualitative Examination of the UWorkItOut UWin Exercise Program

Lecture  
Exercise/Health/Fitness

Author(s): Melissa Pare, University of Windsor; Irene Muir, University of Windsor; Krista Chandler, University of Windsor; Todd Loughead, University of Windsor; Chad Sutherland, University of Windsor

This presentation demonstrates the use of exercise counselling in an exercise intervention program for post-secondary students with mental health issues. The purpose of the current study was to qualitatively assess participant perceptions of the UWorkItOut UWin program to gain a deeper understanding of its impact.



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Assessments of Psychological Sequelae Following Sport Injury

Lecture  
Injury/Rehabilitation

Author(s): Bridget Sturch, University of Minnesota - Twin Cities; Diane Wiese-Bjornstal, University of Minnesota

The purpose of this presentation is to review assessment tools that measure or evaluate varied cognitions, affects, and behaviors associated with psychological responses to sport injury and rehabilitation processes in a way that informs the work of sport injury psychology researchers and applied practitioners.

Disproportionality & Concussion Management Policy: An Evaluation of Implementation Practices

Lecture  
Injury/Rehabilitation

Author(s): Courtney Hess, University of Massachusetts - Boston; Jonathan Howland, Boston Medical Center Injury Prevention Center & Boston University School of Medicine; Julia Campbell, Boston Medical Center Injury Prevention Center; Holly Hackman, Boston Medical Center Injury Prevention Center & Boston University School of Medicine; Steven D Vannoy, University of Massachusetts Boston; Laura Hayden, University of

This lecture includes the following learning objectives:

1. Define and describe disproportionality in the context of school policy implementation,
2. Apply a disproportionality lens to the context of school-based policies, and specifically sport-related concussion management, and
3. Examine the current implementation of sport-related concussion management in a sample of public high schools in Massachusetts as well as the role disproportionality may play in observed implementation patterns.

No Sex Differences in Knee Self-Efficacy in Patients after Anterior Cruciate Ligament Reconstruction

Lecture  
Injury/Rehabilitation

Author(s): Francesca Genoese, Michigan State University; J.D. DeFreese, University of North Carolina; Matt Hoch, University of Kentucky; Johanna Hoch, University of Kentucky; Shelby Baez, Michigan State University

This presentation will discuss research that examines sex differences in knee self-efficacy, a psychological variable that affects outcomes after anterior cruciate ligament reconstruction (ACLR).



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A Phenomenological PhotoVoice Exploration of Women's Experiences of their Body While Exercising in Fitness Center Environments

Lecture  
Mental Health

Author(s): Katherine Fairhurst, Cloud Break Therapy LLC; Dana Voelker, West Virginia University; Karly Casanave, West Virginia University; Sam Zizzi, West Virginia University; Christy Greenleaf, University of Wisconsin - Milwaukee; Monica Leppma, West Virginia University

Using an Interpretative Phenomenological approach with Photovoice methodology, this study explored young adult women's lived experiences of their body while exercising in fitness centers. Participants captured through photos, and articulated in interviews, how a range of structural, social, and cultural elements within fitness centers encourage, and discourage, a healthy relationship with their bodies while exercising. This presentation will identify future research directions employing sociocultural approaches and recommendations for both fitness industry professionals and exercisers in providing a supportive and inclusive exercise climate.

A Systematic Review of the Perception of Mental Health in Youth Sport and the Role Therapy Plays Within This

Lecture  
Mental Health

Author(s): Oliver Twizell, University of Manchester

This lecture will attempt to answer the question: How does the existing literature engage with mental health and the role of therapy for youth-athletes? It addresses mental health and the role of therapy within youth sport development and provides a presentation into the systematic review findings combining theory, substantial research, and a specific focus on proposed interventions.

Athletic Identity, Social Perceptions, and Psychological Outcomes of Former Elite American Football Athletes

Lecture  
Mental Health

Author(s): J.D. DeFreese, University of North Carolina; Nikki E. Barczak-Scarboro, University of North Carolina at Chapel Hill; Avinash Chandran, Datalys Center for Sports Injury Research and Prevention, Inc., UNC-Chapel Hill; Kevin Carneiro, University of North Carolina at Chapel Hill; Zachary Y. Kerr, University of North Carolina at Chapel Hill; Kevin Guskiewicz, University of North Carolina at Chapel Hill

Attendees will learn about the definition of athletic identity and ways to measure it across the athlete transition from sport. Information will be provided about the link of athlete identity to mental health outcomes of former elite athletes. Data is sampled from a population of former collegiate and professional football athletes.



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College Student Athletes' Stress and Preferences for Specially Trained Professional Support

Lecture  
Mental Health

Author(s): Shaine Henert, Northern Illinois University; Brianna Goodrich, Northern Illinois University

This presentation focuses on the results and implications of a study that assessed the unique stress that college student athletes experience and identified resources they prefer to help them to manage their stress. Sport injury, performance demands, and academic requirements were rated as the highest sources of stress. College student athletes prefer to have a professional trained in sport psychology and mental health (like a CMPC) to help them manage these stressors.

Examining the Impact of the COVID-19 Pandemic on Canadian National Team Athletes' Mental Performance and Mental Health: The Perspectives of Mental Performance

Lecture  
Mental Health

Author(s): Lori Dithurbide, Dalhousie University; Natalie Durand-Bush, University of Ottawa; Veronique Boudreault, Université de Sherbrooke; Lucy MacLeod, Dalhousie University; Véronique Gauthier, UQTR; Andy Van Neutegem, Own The Podium

This presentation focuses on the perspectives of Mental Performance Consultants (MPCs) and mental health practitioners providing psychological support to Canadian national team athletes during the COVID-19 pandemic. Results show that athletes benefitted from the support of practitioners. Athletes experienced mental health challenges and those with prior mental training or those strengthening their mental performance competencies during the pandemic were perceived to more effectively cope when struggling.

Looking at the Bright Side: Promoting Positive Mental Health Across Student Athletes' Careers

Lecture  
Mental Health

Author(s): David Schary, Winthrop University; Carolina Lundqvist, Linköping University & The Swedish Olympic Committee

Collegiate student-athletes state that mental health is a primary health concern. The present study examined indicators of positive and negative mental health among NCAA Division I student-athletes assessed at different stages of the collegiate career (i.e., freshman, sophomore, junior, senior). Results revealed that social well-being and quality of life significantly decreased as student-athletes approached graduation, independent of anxiety and depression scores.





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Mental Health and Elite Female Athletes: A Scoping Review

Lecture

Mental Health

Author(s): Carly Perry, University of Central Lancashire; Francesca Champ, Liverpool John Moores University; Jessica Macbeth, University of Central Lancashire

This presentation will provide the attendees with an overview of the available research into elite female athletes and mental health. The attendees will attain insight into the specific populations that have been studied, the methods that have been used and the gaps in the literature that warrant immediate attention in order to better support the mental of elite female athletes going forward.

NCAA Athletic Departments' Mental Health Screening Practices: Who, What, When and How

Lecture

Mental Health

Author(s): Megan Drew, University of North Texas; Trent Petrie, University of North Texas; Tess Palmateer, University of North Texas

This study explored current mental health (MH) screening practices of NCAA athletic departments, specifically aimed at exploring personnel responsible for administration and review, MH concerns screened for, as well as resources available to student-athletes identified as "at-risk." Several differences emerged when comparing NCAA Division level, suggesting a need for standardization in the way that student-athlete MH concerns are addressed across NCAA institutions.

Transition From Collegiate Track and Field: An Examination of Values and Commitment

Lecture

Mental Health

Author(s): Mike Clark, University of Oklahoma, Clark Performance Consulting

This lecture will discuss how personal values are associated with a healthy transition from collegiate track and field in order to shed light on ways in which universities can prepare their student-athletes for transition away from competitive sport prior to graduation. Findings of the study associated with this topic found that consistent with ACT theory, the relationship between Committed Action and Psychological Flexibility was found to be significant and positive ( $\beta = .439, p < .000$ ). Results also indicated that when controlling for Committed Action, the relationship between Correspondence and Psychological Flexibility was significant and negative ( $\beta = -.016, p < .000$ ).



# AASP CONFERENCE PROGRAM

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We Are Not OK: The Impact of COVID-19 on the Mental Health of Collegiate Athletes

Lecture  
Mental Health

Author(s): Virginia Iannone, Stevenson University; David R. McDuff, Clinical Professor, Department of Psychiatry, University of Maryland School of Medicine; Emily Bishoff, Stevenson University; Garston Banks, Stevenson University

This presentation will disseminate data from a research study investigating the impact of COVID-19 on college athlete mental health and well-being. Participants reported moderate to high levels of distress across multiple validated measures, and despite these high levels of distress, fared significantly better than their non-athlete peers. Implications of these findings will be discussed as well as an overview of how these data are being used to inform the development of support resources for athletes at a Division III university.

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Harmony Between the Music and the Mind: A Psychological Skills Program for Musicians

Lecture  
Non-Sport Performance Applications

Author(s): Anna Bomber, University of Wisconsin Green Bay; Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay; Courtney Sherman, University of Wisconsin Green Bay

This presentation will illustrate the steps taken by a graduate assistant to introduce psychological skills and methods to university music students. Specifically, we will describe how the psychological skills were determined via a needs assessment and presented to the students via several different methods including a Facebook group, presentation, and mentor groups. We will also discuss how to implement a scientist-practitioner model to design a psychological skills training program for non-sport performers, musicians in particular.

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Mental Wellness and Applied Mental Skills with eSports Athletes

Lecture  
Non-Sport Performance Applications

Author(s): Jon Fledzinskas, Commander Counseling and Wellness

In this lecture, attendees will be informed of various research studies that have outlined the efficacy of sport and performance psychology principles and interventions with eSports players. Parallels between eSports players and traditional athletes will be discussed, including how certain interventions might be altered to fit unique needs of eSports populations.

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Orchestral Conducting: Mental Skills as Keys to Performance

Lecture

Non-Sport Performance Applications

Author(s): John hazelwood, University of North Carolina at Greensboro; Jennifer Farrell, University of North Carolina at Greensboro

The purpose of this presentation is to describe the development and implementation of a mental skills training program for graduate students studying to be conductors within a university's School of Music. The authors will share how they adapted mental skills such as stress management, relaxation, attentional control, imagery and self-talk to this specific population. Additionally, challenges when working with this population and considerations for future mental skills training will be discussed.

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Sport-Related Anxiety and Self-Talk between Traditional Sports and eSports

Lecture

Non-Sport Performance Applications

Author(s): Eric LeNorgant, California State University Fresno; Dawn Lewis, California State University, Fresno; David Kinnunen Ph.D, California State University Fresno; Brett Shelton Ph.D, Boise State University

This presentation is an introduction to the new competitive population of eSports. It discusses few similarities and dissimilarities between traditional sport and eSports competitors; specifically, anxiety and self-talk patterns.

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Guidelines for the Development, Implementation, and Evaluation of Mentoring Programs in Sport

Lecture

Professional Development, Supervision, and Mentoring

Author(s): Jordan Lefebvre, McGill University; Matt Hoffmann, California State University, Fullerton; Alex Cai, McGill University; Gordon Bloom, McGill University

This presentation will draw from best mentoring practices in the domains of management, medicine, and education to propose a set of guidelines for the (1) development, (2) implementation, and (3) evaluation of mentoring programs in sport.

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## AASP CONFERENCE PROGRAM

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The Influence of a Dual-Mentorship Approach on a CMPC Candidate's Experience: A Self-Study

Lecture

Professional Development, Supervision, and Mentoring

Author(s): Kevin Barton, Alpha Sport Performance; Jenn Jacobs, Northern Illinois University; Shaine Henert, Northern Illinois University

This presentation aims to unpack the successes and challenges of the CMPC mentorship experience from the mentee's perspective. It also provides insight into the nature and development of a dual-mentor approach for graduate students seeking CMPC credentialing. The goal of this presentation is to help educate mentors and mentees on a novel, collaborative approach to pursuing the CMPC.

Who Are the CMPCs and What Do They Do?

Lecture

Professional Development, Supervision, and Mentoring

Author(s): Tsz Lun (Alan) Chu, University of Wisconsin-Green Bay; Taylor Mair, University of Wisconsin-Green Bay; Ellea Bachmeier, University of Wisconsin- Green Bay

Using the data extracted from the AASP website, this presentation highlights CMPCs' current employment types, credentials, and specializations, as well as the comparisons between CMPCs certified before and after 2018. This presentation also points out the lack of CMPCs specializing in diversity and inclusion subject matters and provides suggestions of how to improve training in those areas.

Reconceptualizing Safe Sport: From Prevention of Harm to Promotion of Athlete Rights

Lecture

Professional Issues & Ethics

Author(s): Joseph Gurgis, University of Toronto; Gretchen Kerr, University of Toronto

The following presentation advances a conceptual model of safeguarding sport to replace current interpretations of safe sport. Safeguarding sport expands beyond the prevention of maltreatment to consider the promotion of individual welfare. Safeguarding sport considers the importance of advancing human rights to ensure every stakeholder experiences accessible, inclusive, and equitable opportunities in sport.



## AASP CONFERENCE PROGRAM

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Let's Play! Exploring the Impact of a Sport- and Physical Activity-Based Summer Camp on the Physical and Psychosocial Experiences of Diverse Urban Youth

Lecture

Social Justice, Equity, and Inclusion

Author(s): Shaine Henert, Northern Illinois University; Jenn Jacobs, Northern Illinois University; Zachary Wahl-Alexander, Northern Illinois University

This presentation focuses on the results and implications of a study that assessed the positive youth development (PYD) effects on racially- and economically-diverse urban youth participating in a sport- and physical activity-based summer camp. Camp participation promoted the psychosocial development of youth, particularly youth of color, without sacrificing adequate physical activity levels. Affordable sport- and physical activity-based programs are critical in supporting racially- and economically-diverse urban youth during the summer months when they are not participating in school physical education programs.

Making Room for Black Feminism and Womanism in Applied Sport Psychology

Lecture

Social Justice, Equity, and Inclusion

Author(s): Sharon Couch, University of Tennessee Knoxville TN; Diandra Walker, University of Tennessee, Knoxville; Leslee Fisher, University of Tennessee

Historically, Black women in US sport have been oppressed, dehumanized, controlled, sexualized, and marginalized as well as undeniably absent in sport psychology research and practice (Carter & Davilla, 2017; Hall, 2001). In addition, ways of understanding their experience and contributions to sport psychology have been virtually non-existent. Therefore, the purpose of this presentation is to explore how Black feminism and womanism (i.e., Collins, 1990) grounded in an endarkened feminist epistemology (Dillard, 2000) could be used as both a research and practical strategy to understand BIPOC women's sport and applied sport psychology experiences.

Maltreatment in Sport: Athlete Identity Matters

Lecture

Social Justice, Equity, and Inclusion

Author(s): Erin Willson, University of Toronto; Gretchen Kerr, University of Toronto; Stephanie Buono, University of Toronto; Ashley Stirling, University of Toronto

This presentation addresses findings of a study exploring experiences of maltreatment among athletes with socially marginalized identities. Despite a substantial body of evidence outside of sport settings highlighting the disproportionately high rates of violence experienced by those with under-represented identities, knowledge of maltreatment experiences of these individuals is lacking. To address this gap in our knowledge base, this study reports on findings of reported maltreatment experiences amongst women, those who identify as racialized, Indigenous, with a disability, and as members of the LGBTQ2SI+ community.



## AASP CONFERENCE PROGRAM

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### Abstract Title

### Type

Sensory Impairments in Sport: Enhancing Understanding and Promoting Inclusion

Lecture

Social Justice, Equity, and Inclusion

Author(s): Christopher Stanley, Florida State University

This lecture will include an overview of sensory impairments in sport, including ways to support athletes and coaches. Specifically, coverage will be given to sensory processing disorder, as well as visual and auditory impairments, across a range of symptomatic experiences. Attendees will be exposed to ways to recognize sensory impairments, links to sport participation and performance, as well as practical suggestions for working with athletes (and their coaches) to facilitate an inclusive sport environment and positive experience.

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Social Justice Activism: Experiences of Sport Psychology Professionals Doing Social Justice Activism

Lecture

Social Justice, Equity, and Inclusion

Author(s): Bernadette Compton (she/her/hers), Bowling Green State University; Hannah Bennett, Augusta University

The purpose of this presentation is to discuss the experiences of fifteen sport psychology professionals who work in social justice activism. Attention to their triumphs, challenges, and hopes for the future will be discussed by the presentors.

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Choking On The Battlefield: A Qualitative Study Of Acute Stress Reactions In Soldiers During Combat

Lecture

Tactical Populations

Author(s): Peter Jensen, New Mexico State University

Similar to athletes who choke from competitive pressure, an Acute Stress Reaction (ASR) is a severe disruption in cognitive, emotional, and behavioral functioning when soldiers fail to cope with the stress of life-threatening circumstances. Document analysis of eight autobiographies suggests ASRs are not only regularly observed in team members during combat but also reported in rich detail by military combat veterans themselves. Implications for mental performance consultants who work with tactical populations are discussed with a focus on application of an evidence-based, peer-to-peer intervention protocol for use during combat situations.

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## AASP CONFERENCE PROGRAM

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Developing Tailored Physical Activity Support for Student-veterans: An Asset-based Approach

Lecture

Tactical Populations

Author(s): Erin Reifsteck, University of North Carolina at Greensboro; Michael Hemphill, UNC Greensboro; DeAnne Davis Brooks, UNC Greensboro; Gregory Daniels, UNC Greensboro; Shelby Anderson, UNC Greensboro; Bradley Wrenn, UNC Greensboro

Veterans may face challenges with sustaining regular physical activity after separation from military service. Identifying physical activity opportunities for student veterans within the university setting can enhance the transition to a healthy civilian lifestyle. In this presentation we describe an asset-based approach we used to identify and develop tailored physical activity transition support for student veterans on our campus.

Maximizing Embedded Performance Experts' Effectiveness: Lessons Learned from the Field

Lecture

Tactical Populations

Author(s): Susannah Knust, Walter Reed Army Institute of Research; Kelly Toner, TechWerks; Amanda Adrian, TechWerks; Coleen Crouch, TechWerks

Based on 19 interviews with performance psychology practitioners and 52 interviews with Army leaders, the audience will learn about the best practices for a performance psychology practitioner embedding in an Army unit.

Perceptual Cognitive Training Improves Reaction Time in Student Pilots

Lecture

Tactical Populations

Author(s): Justin Foster, The Excelling Edge; John Gassaway, USAF

This study explored the feasibility and effectiveness of a perceptual-cognitive training approach on visual search processing and reaction time in student fighter pilots at a United States Air Force Base. The findings of this study suggest that the method of perceptual-cognitive training utilized may enhance critical skills needed for pilot performance.



## AASP CONFERENCE PROGRAM

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The Relationship between Squad Communication and Shooting Performance during Battle Drill 2A: React to Contact  
 Author(s): Michael King, Quantum Improvements Consulting; Eric Sikorski, Quantum Improvements Consulting

Lecture  
 Tactical Populations

This presentation will discuss the results of a recent project for the U.S. Army that examined team leader communication, squad response and squad performance.

Does a Gameful Course Design Increase Motor Behavior Students' Intrinsic Motivation?

Lecture  
 Teaching

Author(s): Matthew Jones, Southern Illinois University Edwardsville; Jedediah Blanton, University of Tennessee; Rachel Williams, University of Tennessee-Knoxville

Niemiec and Ryan (2009) have highlighted that using self-determination theory (SDT) in course design can lead to stronger fulfillment of an internal locus of causality regarding course work. The gameful classroom (GC), grounded in self determination theory, structures tasks that support intrinsic motivation, primarily increasing autonomy over learning (Aguilar et al., 2018). In comparing a GC to a non-gameful classroom (NGC), students in the GC had higher perceptions of autonomy than those in the NGC ( $p < .001$ ).

Overcoming Fear: Mental Performance Strategies for Youth Gymnasts

Lecture  
 Youth Sport

Author(s): Suzanne Pottratz, Barry University; Briley Casanova, Complete Performance Coaching

The purpose of this lecture is to present the specific techniques that we, mental performance coaches, use with youth gymnasts in overcoming fears and building confidence.





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Sage on the Stage to Guide on the Side: Coaches and Collegiate Athletes Tie Theoretically-Grounded Models to Sport Performance Training and Expectations

Panel  
Collegiate Sport

Author(s): Cody Sohn, Boise State University Athletics; Corey Ihmels, boise state university athletics; Olivia Johnson, boise state university athletics

Sport and performance psychology clients often begin as mental performance novices who learn skills that move them through advanced beginner, competent, proficient, and finally expert categories (Benner, 1984). As the multidisciplinary field of sport psychology has grown it is apparent that practitioners who introduce skills attached to theoretically-based models combined with teaching methods that enhance knowledge acquisition, transfer and application for the client experience higher levels of client performance excellence (Aoyagi et al., 2017 and Michael, 2006).

An assistant coach/CMPC moderates this panel exploring how higher-level development and performance were achieved through utilizing a Pure Performance

Coaching the Corporate 'Athlete': Parallels to Athletics, Special Considerations, and Lessons Learned

Panel  
Consulting & Interventions

Author(s): Arlene Bauer, SAIC; Andrea Ray, SAIC; Liz Brookhouse, US Army; Richard Harris, ; Robert Castillo, SAIC

This panel will share best practices and lessons learned from a one-on-one performance coaching program conducted with a Fortune 500 company in 2020. Accomplished and pursuing CMPCs will address parallels and differences across performance domains, the critical nature of maintaining the scope of practice, tracking measures of effectiveness, and ethical considerations.

The Design, Implementation, and Delivery of Comprehensive-Integrated Applied Sport Psychology Programs: A Panel Conversation

Panel  
Consulting & Interventions

Author(s): Rick McGuire, University of Missouri; Mark Aoyagi, University of Denver; Traci Statler, Cal State Fullerton; Scotta Morton, University of Missouri Athletics; Amber Selking, Selking Performance Group; Patrick Ivey, University of Louisville

Mental performance consultants will share their experiences of designing, implementing, and delivering comprehensive-integrated sport psychology programs. Comprehensive is defined as providing the full array of services including mental performance and mental health to individuals, teams, administrative staff, and support staff. Integrated means that the program is delivered and experienced throughout the athletic department/organization.



# AASP CONFERENCE PROGRAM

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The More I Learn the Less I Know: Experienced Practitioners Discuss Their Journeys Toward Wisdom

Panel  
Consulting & Interventions

**Author(s):** Mark Aoyagi, University of Denver; Alexander Cohen, United States Olympic & Paralympic Committee; Michael Gervais, Pinnacle Performance Center; Wendy Borlabi, Chicago Bulls; Anne Marte Pensgaard, Norwegian School of Sport Sciences & NOC; Richard Gordin, Utah State University

The purpose of this panel is to explore and reflect on wisdom as it applies to the practice of sport & performance psychology. With recent scientific advances on pathways and practices to enhance wisdom, experienced practitioners will discuss their journeys, practices, and paradigms of wisdom. The panel is composed of successful mid-career practitioners representing diverse gender, cultural, and (inter)national backgrounds to share their perspectives on questions such as: What do you understand better now? What do you understand less now? What lesson or understanding is continually reinforced? What are your wisdom practices?

Unprecedented Times: Adjusting and Creating Opportunities for Impact in 2020 & Beyond

Panel  
Consulting & Interventions

**Author(s):** Sydney Masters, Arizona Diamondbacks; Kensa Gunter, Gunter Psychological Services, LLC; Zach Brandon, Arizona Diamondbacks; Stephen Gonzalez, Dartmouth College; Charles Jauss, Arizona Diamondbacks

2020 served as a catalyst for many MPCs to adapt to their client's needs beyond traditional mental skills training. The current panel will discuss their experiences and opportunities (e.g. social justice discussions, leadership development, coach education, remote mentorship) realized during 2020 and beyond within collegiate and professional sport settings.

Working in Soccer: Have You Got the Balls for It?

Panel  
Diversity & Culture

**Author(s):** Amanda Wilding, Bournemouth University; Sarah Murray, Brighton and Hove Albion; Spencer Amy, Southampton Football Club; Francesca Dean, AFC Bournemouth

In this panel session you will hear first hand experiences of being a female sport psychologist in the elite soccer environment, along with hints and tips as to hold your own in a male dominated environment.

We all look the same in a tracksuit, so let's discuss what gender equality in soccer actually looks and sounds like.

We're not all feminists, let's talk nails, hair and balls, and how to talk to females in the elite soccer performance context.



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## Type

Dual Diagnosis: Managing the Impact of COVID-19 and Social Unrest on Professional Sport Teams

Panel  
Elite/Pro Sport

Author(s): Nohelani Lawrence, ; Wendy Borlabi, Chicago Bulls; Kensa Gunter, Gunter Psychological Services, LLC; Nicole Linen, Denver Broncos Football Club; Nyaka NiiLampti, National Football League

As more leagues and teams adopt a total wellness perspective aimed to provide more support for their players, 2020 delivered two unprecedented events that directly impacted our health & wellness. COVID-19 and racial injustice each have an unique impact on player mental health. Attendees will learn how the panelists engaged front office staff, coaches, and players in an effort to manage the aforementioned dual-pandemics and will also share their experiences providing education & support, developing polices, and celebrating cultural initiatives.

Consulting with Performers in High-Risk Occupations: Considerations for Practitioners

Panel  
Non-Sport Performance Applications

Author(s): Aspen Ankney, BLND Health; Ian Ankney, KBR; Brad Baumgardner, Madigan Army Medical Center; John Evans, BLND Health; Daniel Sproles, SOCEP

Sport and performance psychology (SPP) professionals are increasingly working with performers from high-risk occupations, such as law enforcement, military, and firefighters. Consulting with these populations demands much of SPP practitioners as they integrate into a performance ecosystem which has profound consequences for high and low performance. This panel will provide context, considerations, and lessons learned from five consultants with a combined 40 years of experience in providing SPP services to these populations.

A New Playbook: Preparing for the Tokyo Olympic Games during (another) Year of Uncertainty

Panel  
Olympic Sport, International, and Global Perspectives

Author(s): Lennie Waite, Waite Performance Strategies LLC; Amanda Perkins-Ball, Rice University; Anne Shadle, ; Brian Zuleger, Adams State University; Cindra Kamphoff, Mentally Strong Consulting & Minnesota State University

This Olympic training cycle has been marked by a high degree of uncertainty and need for adaptation for elite athletes and their support personnel. In addition, the Summer Olympic Games in Tokyo will be marked by significant modifications from typical Olympics. In this panel, members of the Sport Psychology sub-committee at USATF will discuss how they aligned and planned service delivery leading up to and including the Games with the rules outlined in the 'playbook' from the International Olympic, International Paralympic, and the Tokyo Organizing Committees, along with recommendations from the US Olympic and Paralympic Committee.



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The Development and Implementation of Mental Health Programming in the USOPC and the Tokyo Olympic and Paralympic Games

Panel

Olympic Sport, International, and Global Perspectives

Author(s): Cody Commander, University of Oklahoma Athletics Dept; Jessica Bartley, University of Denver

The awareness of mental health disruptions and stressors elite athletes experience has continued to grow, which resulted in the development and hiring of Mental Health Officers (MHO) to provide mental health services to support elite athletes at the 2020 Tokyo Olympic and Paralympic Games. In this panel, three Mental Health Officers and the Director of Mental Health for the USOPC will describe the process of developing the Mental Health Strategic Plan in the USOPC, the adjustments made with the postponement of the Games, and the roles and responsibilities of the MHO's at the 2021 Tokyo Olympic and Paralympic Games.

Tokyo Games Take 2: Insights from the Team Behind the Team

Panel

Olympic Sport, International, and Global Perspectives

Author(s): Karen Cogan, USOC; Alexander Cohen, United States Olympic & Paralympic Committee; Sean McCann, USOC; Sara Mitchell, United States Olympic & Paralympic Committee; Lindsay Shaw, USOC; Caroline Rodriguez, ; Peter Haberl, USOC

This panel will offer insights into the process of preparing athletes for the Olympic/Paralympic Games in the midst of a pandemic. Panelists will examine issues around transitioning back to in-person meetings from virtual sessions, managing a multitude of disruptions and distractions in a chaotic environment, complexities related to travel with teams while managing restrictions, quarantining in other countries, and fears around potential positive COVID tests, and creating additional competition-specific COVID resources for athletes and teams. Panelist will address topics around diversity, protests, right to compete issues, sport psychologists' own consulting rustiness at initial competitions, and coordination of care for athlete mental health issues.

Leaving the Nest: Building and Maintaining Your Network as an Early Career Professional

Panel

Professional Development, Supervision, and Mentoring

Author(s): Morgan Eckenrod, University of Southern Mississippi; Terilyn Shigeno, Adler University; Danielle DeLisio, Infinity Mental Performance; E. Earlynn Lauer, Western Illinois University

The purpose of this panel is to explore the experiences of four female ECPs (i.e., two assistant professors, a certified mental performance consultant [CMPC] and business owner, a subcontracted CMPC for a sport national governing body)—who attended the same graduate institution—relative to building, maintaining, and expanding their professional network.



## AASP CONFERENCE PROGRAM

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Pulling Back the Curtain: A Panel Discussion on Student Equity and Engagement in the Publication Process

Panel

Professional Development, Supervision, and Mentoring

Author(s): Amanda Visek, The George Washington University; Thierry Middleton, Laurentian University; Travis Sheadler, ; Liam O'Neil, Michigan State University; Kylee Ault, Michigan State University; Alex Oliver, Glasgow Caledonian University; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee

This panel discussion introduces the Journal for Advancing Sport Psychology in Research to the AASP membership. Through facilitated discussions by the Establishing Editors, student editorial board members of the journal will “pull back the curtain” on the operating infrastructure of the journal by providing key insights from their lived experiences being part of the journal’s development and day-to-day operations. Students and faculty curious about the journal’s operating infrastructure and opportunities for scholarly involvement are highly encouraged to attend.

The Second ACT: Continuing the Acceptance and Commitment Therapy (ACT) Journey

Panel

Professional Development, Supervision, and Mentoring

Author(s): Aspen Ankney, BLND Health; Ian Ankney, KBR; John Evans, BLND Health

In recent years, acceptance-based approaches to performance enhancement have continued to grow in popularity and there is a current need to address common questions that come from applying these frameworks to performance. This panel will provide a forum for panelists to use discussions, metaphors, and case examples to distill 22 years of meaningful consulting practices from an Acceptance and Commitment Therapy (ACT) framework. Participants will find answers to the next level of questions, beyond “What is ACT?” and will develop their own skill level and capabilities for applying ACT to performance.

Transitioning into Academic Leadership Positions: What to Know and Consider

Panel

Professional Development, Supervision, and Mentoring

Author(s): Alison Ede, Long Beach State University; Tiffanye Vargas, Long Beach State University; Elizabeth Mullin, Springfield College; Penny McCullagh, CSU East Bay; Jack Watson II, West Virginia University

Training in sport and exercise psychology has the potential to uniquely prepare faculty to succeed in positions of academic leadership in university settings. This panel will provide an overview of the experiences of five faculty members who have transitioned to such roles, including their training, current roles and expectations, barriers and challenges, and successes.



# AASP CONFERENCE PROGRAM

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Systems Approach to Handling Boundaries within High-performing Military Units

Panel

Professional Issues & Ethics

Author(s): Sean Swallen, Magellan Health; Seth Haselhuhn, KBR; Ashley Herrell, Magellan Federal; ashley baskerville, magellan federal; Sam Whalen, KBR

While military personnel have professional regulations directing boundaries and behaviors, contracting military performance practitioners do not always have the luxury of clear direction and guidance in terms of ethical boundaries. Through the presentation of case studies from four military performance practitioners, you will better understand a systems approach toward introducing, integrating, and navigating boundaries when working with military populations. Case studies will address cultural differences, gender considerations within a male dominated team, managing professional competencies and roles, and the utility that supervision/mentorship has in ethical decision-making.

Change the Frame, Change the Game: Doing Anti-Racism Work in Applied Sport and Performance Psychology (SPP) Teaching, Research, and Consulting

Panel

Social Justice, Equity, and Inclusion

Author(s): Chelsea Wooding, North Park University; Robert Owens, University of Western States; Amanda Perkins-Ball, Rice University; Shameema Yousuf, Empower2Perform / Valor Performance

White supremacy, racism, and colonialism are still alive today around the world, requiring that we take responsibility for dismantling these systems of oppression that manifest both within [us] and within [our] communities (Saad, 2018). Throughout this panel, attendees will be encouraged to engage in “uncomfortable conversations” (Acho, 2020) about race and racism, with the aim of empowering practitioners to go about doing anti-racism work in ways that will make the environments in which they work more inclusive. A panel of diverse practitioners will discuss various definitions of anti-racism within applied Sport and Performance Psychology contexts, and different strategies for engaging in anti-racism work in SPP teaching, research, and consulting.

Making Feminist Applied Sport Psychology More Diverse, Equitable, and Inclusive: A Necessary Dialogue

Panel

Social Justice, Equity, and Inclusion

Author(s): Leslee Fisher, University of Tennessee; Sharon Couch, University of Tennessee Knoxville TN; Diandra Walker, University of Tennessee, Knoxville; Victoria Bradshaw, University of Tennessee

Feminist applied sport psychology (FASP; Carter, 2020; Gill, 2001) is an extension of human rights, civil rights, and social justice advocacy that is ongoing and connected to our core AASP value system. However, even though Ruth Hall (2001) called for FASP to include more marginalized voices 20 years ago, until recently, feminist applied sport psychology work has been white feminist work. The purpose of this workshop is to engage in a meaningful dialogue related to dismantling white privilege in FASP work.



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Taking PRIDE in Teaching, Consulting, Coaching, and Research

Panel

Social Justice, Equity, and Inclusion

Author(s): Leslie Larsen, California State University, Sacramento; Hannah Bennett, Augusta University; Meghan Halbrook, Randolph College; Kendra Campbell, ; Estel Boix Noguera, River City Rowing Club

In this interactive panel, an Associate Professor of SEP, two CMPCs, and two professional coaches will provide expertise into how SEP professionals can be inclusive of and responsive to the needs of LGBTQ+ individuals in their teaching, consulting, coaching, and research. Specifically, this panel will highlight how professionals can take PRIDE in their work. Attendees will leave this session better prepared to become change-makers and advocates for LGBTQ+ individuals in sport and exercise.

International Perspectives Call for Greater Attention to Violence Interventions

Symposium

Consulting & Interventions

Author(s): Jimena González Menendez, CONADE; Mitch Abrams, Learned Excellence for Athletes

Violence in sport continues to be a pervasive topic. On the international stage, this problem is not being addressed with any greater urgency or effectiveness. This presentation illustrates the topic from an international perspective and offers recommendations on how sport psychology can change the tide.

Media Challenges and Opportunities in Sports During COVID-19 (Media SIG Sponsored)

Symposium

Consulting & Interventions

Author(s): Joan Steidinger, Dr. Joan Steidinger/ San Jose State University; Eddie O'Connor, Dr. Eddie O'Connor, PLLC; Michele Kerulis, Northwestern University; Russ Flaten, University of Western States; Harold Shinitzky, Private Practice

The challenges posed by COVID-19 have given rise to innovation in media and sports. This symposium will discuss the effects of COVID-19 on sports media. Special attention will be given to black, indigenous, people-of-color (BIPOC) and female athletes.



## AASP CONFERENCE PROGRAM

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The Tech-savvy Consultant: Leveraging Technology for Successful Sport Psychology Consulting

Symposium  
Consulting & Interventions

Author(s): Tim Herzog, Reaching Ahead Counseling and Mental Performance; Kristi Pikiewicz, Mackintosh Academy; Jim Taylor, Dr. Jim Taylor; Derrek Falor, Thrive: Excellence in Sport Performance

Aspiring young professionals and veteran consultants alike will learn concrete technological strategies to aid their clients' performance and help their practices to thrive. Emphasis will be placed on developing a strong web presence and how to practically organize financial/sales strategies. Last but not least, it will be demonstrated, how technology can be leveraged in the consulting work itself, for improved intervention and monitoring of progress.

The COVID-19 Pandemic and Exercise: Benefits, Barriers, and Exercise Adherence Strategies and Recommendations for Health, Motivation, and Performance

Symposium  
Exercise/Health/Fitness

Author(s): Sheila Alicea, St. Edward's University; Amanda Perkins-Ball, Rice University; Jean-Charles Lebeau, Ball State University

The purpose of this SIG-sponsored symposium is to discuss exercise adherence strategies during the COVID-19 pandemic. Attendees will learn about exercise adherence barriers and pandemic-specific obstacles that may negatively impact exercise behavior, how the pandemic has led to emerging trends related to the changes in the way we exercise, and how to implement creative strategies for maintaining/improving motivation and exercise adherence during the pandemic. Specific recommendations attendees can implement in their professional roles will be included, and an opened discussion with the audience will conclude this symposium.

Emotional Recovery of Athletes following Severe Sports Injury: Thresholds, Mindset and Identity

Symposium  
Injury/Rehabilitation

Author(s): John Coumbe-Lilley, University of Illinois at Chicago; Kelsey Ruffing, Adler University; Amber Shipherd, Texas A&M University - Kingsville / Next Level Mind Consulting

Attendees will learn about identity breakdown in elite women athletes following a severe, severe sports injury. Participants will observe relationships between stress mindset and sport injury-related growth. A realistic model for implementing applied interventions will be presented to participants for use in their practice with injured athletes.





## AASP CONFERENCE PROGRAM

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### Abstract Title

### Type

Adapting an Evidence-Supported Optimization Program for Mental Health and Sport Performance to Address COVID-19, Youth Development, and Disproportionate

Symposium  
Mental Health

Author(s): Brad Donohue, University Nevada Las Vegas; Gavin Breslin, Ulster University; Dereck Phrathep, University of Nevada Las Vegas; Igor Kowal, University of Nevada, Las Vegas; Karolyne Stucki, University of Nevada, Las Vegas

This symposia review an NIH supported process of adapting a sport-specific optimization program for mental health and sport performance for youth. The program was explicitly developed to address COVID-19 and the underutilization of healthcare in ethnic/racial minority youth. Intervention techniques and methods of being culturally sensitive will be underscored throughout the presentation.

Athletes' Mental Health: From Prevalence to Barriers to Performance

Symposium  
Mental Health

Author(s): Trent Petrie, University of North Texas; Randi Jackson, University of North Texas; Heather Keifer, University of North Texas; Kelzie Beebe, University of North Texas; Lindsey Slavin, University of North Texas; Macey Arnold, University of North Texas; Justin Harker, University of North Texas; Julian Yoon, University of North Texas; Megan Drew, University of North Texas; Carmyn Hayes, University of North Texas; James Houle,

In this symposium, we will present data regarding collegiate student athletes' prevalence of mental health concerns, the barriers they perceive to seeking available help, and their perceptions on how mental health relates to their sport performances. Two sport psychologists who currently work in NCAA Division I athletic departments will comment on our data and provide a broader perspective on mental health within collegiate sports and how policy changes may be needed at the NCAA level to promote the adoption of needed services at the institutional level.

Reflections, Distortions, and Desires: Examining Social Justice/Diversity Through the Lens' of Leadership, Education and Trauma

Symposium  
Mental Health

Author(s): Cindy Aron, Private Practice/Portland State Sports Medicine Team; Akilah Carter-Francique, San Jose State University; Algerian Hart, Missouri State University; Matt Moore, Ball State University

- 1) Understand the significance of PTSD and other trauma related disorders on the lives of athletes.
- (2) Discuss the 'critical learning environment' that can provide athletes with opportunities for growth.
- (3) Describe how dynamic, transformational leadership in sport can combat systemic racism.



## AASP CONFERENCE PROGRAM

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### Abstract Title

### Type

Anna Karenina at the Olympic Games – A Cross-cultural and International Perspective on Preparing Olympic Team Sports in the Age of COVID-19

Symposium

Olympic Sport, International, and Global Perspectives

Author(s): Peter Haberl, USOC; Andrea Becker, California State University, Sacramento; Tom Oevreboe, Norwegian School of Sport Sciences/Norwegian Olympic Training Center; Jimena González Menendez, CONADE; Takuya Endo, Japan Sport Council

This symposium, sponsored by the International Olympic Provider SIG, focuses on creating effective team climates in team sports at the Olympic Games in the age of COVID-19. The presenters from 5 different nations will reflect on how their own cultural background and awareness guides their intervention strategies in contributing to building effective team cultures at the Olympic Games.

Professionalizing Mentorship: Gatekeeping the Mentor

Symposium

Professional Development, Supervision, and Mentoring

Author(s): Teresa Fletcher, Adler University; Barbara Meyer, University of Wisconsin-Milwaukee; Terilyn Shigeno, Adler University; E. Earlynn Lauer, Western Illinois University; Danielle DeLisio, Infinity Mental Performance

The field of sport and performance psychology would benefit from an evidence-based approach to mentorship. The presenters within this symposium will discuss: (1) the ethical and gatekeeping responsibilities associated with CMPC mentorship, (2) a proposed mentorship model (i.e., Fluid Mentorship Model [FMM]; Fletcher & Shigeno, 2020), (3) implementation of the FMM with graduate students, and (4) implementation of the FMM with professionals.

The New “Normal” of Sport, Exercise, and Performance Psychology: Professional and Ethical Issues for Practice in a Pandemic

Symposium

Professional Issues & Ethics

Author(s): Brandonn Harris, Georgia Southern University; Megan Byrd, Georgia Southern University; Sarah Castillo, University of Western States; Jonathan Metzler, Magellan Federal

This presentation identifies the novel professional and ethical issues in sport and performance (military) psychology settings stemming from COVID-19. In particular, (a) distance consulting, (b) graduate training within the context of mentorship and teaching, and (c) SEPP program administration will be discussed within sport and military contexts. The presenters work extensively within sport and military/performance settings with vast experiences in consulting, mentorship, graduate training, and institutional or SEPP program administration overseeing these challenges among consultants and graduate students/programs.



## AASP CONFERENCE PROGRAM

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### Abstract Title

### Type

Three Perspectives on Enhancing Culturally and Technically Competent Performance Psychology Practice in the Military

Symposium  
Tactical Populations

Author(s): Gloria Park, Consortium for Health and Military Performance; Susannah Knust, Walter Reed Army Institute of Research; Sam Whalen, KBR

In this panel, three sport and performance psychology professionals working in various settings across the military will share best practices and lessons learned from efforts from policy, research, and practice standpoints, respectively. This panel explores effective performance psychology integration into multidisciplinary practitioner team settings, describes an existing model for embedded practitioner delivery and soldiers' perceptions of consultant effectiveness, and discusses relevant ethical and contextual issues specific to the use of technological tools in the military domain.

Uh Oh! The Check Engine Light Is On: A Multidisciplinary Approach to Maintaining the Tactical Athlete Engine

Symposium  
Tactical Populations

Author(s): Maryrose Blank, ; Laurel McKenzie, EXOS; Lauren Thomas, KBR; John Sim, KBR

The presentation reviews an integrated training program designed to increase health, sustainability, and performance. Leveraging a multi-disciplinary approach, a team of cognitive performance coaches, performance dietitians, physical therapists, and strength and conditioning professionals designed and implemented a holistic fitness program within a tactical training environment. Using data analytics to generate a dashboard of readiness information, the team was able to serve their client more efficiently and provide key leaders with information about the health of their formation.

Developing Coaching Capabilities via the Framework of Authentic Leadership

Workshop  
Coaching

Author(s): John Gaddy, Magellan Federal; Stephen Gonzalez, Dartmouth College

Mental performance consultants are well-equipped to provide cognitive enhancement for athletes. Less clear for many consultants are ways to address team challenges in behaviors of the coaches and staff. The purpose of this workshop is to educate participants on the theory of Authentic Leadership and how to help coaches and other leaders develop an Authentic Leadership style.



## AASP CONFERENCE PROGRAM

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### Abstract Title

### Type

Across the Blue Line: Understanding the Performance Mind-Set of the Law Enforcement Officer (LEO) through the Lens of Sport Psychology

Workshop  
Consulting & Interventions

Author(s): John Heil, Psychological Health Roanoke; Robert Owens, University of Western States

Relative to traditional athletic populations, LEOs face unique challenges, including decisions regarding deadly force. The purpose of this workshop is to consider the performance environments and culture that shapes the mindset and the skill set of the modern LEO (Rahr & Rice, 2015; Miller, 2020). In this workshop, applied sport psychology practitioners will gain insight into the contrasting two-dimensional role of the LEO as “Guardian,” and the underlying cognitive schema and related action skill sets.

Applying Athletic Values and Executive Coaching to Team and Culture Alignment with NCAA Athletics

Workshop  
Consulting & Interventions

Author(s): Jordan Collins, Saint Louis University; Isabella Fiorenzo, Saint Louis University; Michael Ross, Saint Louis University

The current workshop is the third installment of the series of past AASP workshops focused on tailoring the executive coaching and sport enhancement. This workshop provides ways in which sport consultants can assess leadership within sport organizations and tailor a value-based consulting approach for team and culture alignment.

Breaking Through Limiting Beliefs with Athletes

Workshop  
Consulting & Interventions

Author(s): Duncan Simpson, IMG Academy; Ashwin Patel, Humber College; Greg Young, IMG Academy

The purpose of Rational-Emotive Behavior Therapy (REBT; Ellis, 1957) is to promote rational and logical responses to life events (Turner, 2016). Attendees to this workshop will learn how to use an REBT framework to enhance the wellbeing and performance of the clients they work with.



## AASP CONFERENCE PROGRAM

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### Type

Collaborative Learning: A Case Study Workshop for Students

Workshop  
Consulting & Interventions

Author(s): Chelsea Wooding, North Park University; Ashley Coker-Cranney, Whole Brain Solutions, LLC / MindRight Performance Consulting, LLC; Stephany Coakley, Temple University Athletics; Cecilia Craft, Phillies

The use of case studies in education has been supported for decades (e.g., Gregg, 1953; Herreid, 1994). The purpose of the Student Case Study Workshop is to provide attendees an opportunity to learn from a diverse panel of practitioners (e.g., decades of experience, clinical and sport sciences training, master's and doctoral training, work in a variety of settings) while building their own consulting skills and developing strong peer networks. One case at two time points will be reviewed for case conceptualization, intervention development, ethical concerns, and cultural considerations in small groups before large group discussions take place.

It Can Happen to Guys Too: Cultural Considerations and Best Practices for Safeguarding Male Athletes within Applied Sport Psychology (ASP) Practice

Workshop  
Consulting & Interventions

Author(s): Robert Owens, University of Western States; Mitch Abrams, Learned Excellence for Athletes; Emily Tyler, Springfield College; Theodore Monnich, UNCG

As members of a high performance support team or as athlete advocates, sport psychology practitioners can play a prominent role in safeguarding male athletes from sexual and mental abuse (Kerr & Stirling, 2019). Participants will acquire theoretical and practical tools for safeguarding athletes from the standpoints of introspection, competence, and cultural humility (Krane & Waldron, 2020). This workshop is co-sponsored by the Anger & Violence SIG and the Men and Masculinities SIG.

Making Weight: Risks & Rewards - 2021

Workshop  
Consulting & Interventions

Author(s): Jenny Conviser, Ascend Consultation in Health Care; Chris Algieri, Performance Nutrition Coach, Stony Brook University, New York; Sharon Chirban, Amplify Wellness & Performance, LLC; Caitlyn Hauff, University of South Alabama; Michele Kerulis, Northwestern University; Riley Nickols, The Victory Program at McCallum Place; Christine Selby, Husson University

The panel discussion entitled, Making Weight: Risks and Rewards, will address the challenges of navigating weight related matters while both protecting health and optimizing performance within the sport and performance cultures. Panelists will feature, a World Boxing Champion, a Certified Sport Nutritionist and CMPC certified consultants who are leaders in their respective fields. Participants will improve their awareness of potential emotional and physical health risks associated with weight related practices, beliefs, and policies.



# AASP CONFERENCE PROGRAM

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## Abstract Title

## Type

On-court Coaching: Integrating Mental Skills into a Basketball Environment

Workshop  
Consulting & Interventions

Author(s): Lindsey Hamilton, IMG Academy; Michael Urban, IMG Academy

Mental training programs have been demonstrated to be useful in developing an optimal mindset that positively impacts complex motor skill execution in general (Gould, Dieffenbach, & Moffett, 2002) and enhance basketball performance in particular (Savoy, 1993). By integrating mental training into the on-court practice environment, MPCs can better facilitate mental skill development in a context that mirrors the demands of the game. This workshop will include examples of on-court basketball exercises from the mental performance consultants' experience, as well as provide attendees the opportunity to learn new ways to design mental training programs through a representative learning design lens and apply those insights into their practices with various athletes.

Using Social Network Analysis to Decipher Intra-Team Relations to Inform Intervention Design in Team Sport

Workshop  
Consulting & Interventions

Author(s): Eesha Shah, Singapore; Jamie Barker, Loughborough University; Matthew Slater, Staffordshire University

A strong sense of shared identity can drive positive and effective behaviors within a team. The strength of athletes' identification with their teams has been found to vary with their participation in intra-team relations. Through the use of social network analyses, attendees will learn to decipher the actual patterns of different intra-team relations (i.e., on-field communication, support-seeking .etc) and design interventions to improve team identification.

Advocating for Trans Inclusion in Sport: The Role of Sport Psychology Professionals/Practitioners

Workshop  
Diversity & Culture

Author(s): Hannah Bennett, Augusta University; Emma Kraus, Boston University; Brooke Rundle, ; Ryan Socolow, Springfield College; Meghan Halbrook, Randolph College; Robert Owens, University of Western States; Bernadette Compton (she/her/hers), Bowling Green State University; Annie Bluher, ; Ellea Bachmeier, University of Wisconsin- Green Bay

Through active learning, this workshop will educate early sport psychology professionals and students on resources to create a safe and welcoming environment for trans athletes. This workshop will include discussing peer-reviewed articles on misinformation with trans athletes, examining personal biases through vignettes, and demonstrating what an allyship in heteronormative athletic spaces looks like including specific language to use and discussing microaggressions. The goal of this workshop is to provide ready-to-use resources so that these resources can be implemented into applied practices to promote a more welcoming environment for trans athletes at all levels of sport.



## AASP CONFERENCE PROGRAM

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### Abstract Title

### Type

Becoming a Student of Your Athletes: How Consultants Can Help Coaches Create a Strong Sense of Belonging Within Their Teams

Workshop  
Diversity & Culture

Author(s): Val Altieri, Jr., Boston University; John McCarthy, Boston University; Frances Cardenas, Philadelphia Phillies; Cristian Guzman, New York Mets; Olivia Wyatt, Boston University; Samantha Gilmore, New York Mets

Coaches are tasked with creating team environments that promote both striving for excellence and fostering a strong sense belonging in its members. Coaches need broad understandings of how to work skillfully across culture, language, socio-economic status, identity and other areas that can divide. MPCs can be an asset to guide coaches to expand their understanding of their players to assist them in creating a sense of belonging that can also contribute to individual and team success.

Engaging in Advocacy: A Call from AASP's Inaugural Advocacy Committee

Workshop  
Diversity & Culture

Author(s): Tanya Prewitt-White, Dr. Tanya Raquel; Derek Zike, UW Milwaukee; Ted Butryn, San Jose State University

The purpose of this workshop is to detail the mission of the Advocacy Committee, and highlight precisely what we mean by advocacy. Next, we examine best practices for advocacy skill building, and provide the AASP membership suggestions for being change agents in their research and practice. We conclude with a call for AASP members to develop cultural humility and advocate for diversity, inclusion, and social justice in their communities and sport environments.

P.S. Your Team Needs This... Establishing a Culture of Psychological Safety

Workshop  
Diversity & Culture

Author(s): Brittany Prijatel, Magellan Federal; Lindsey Greviskes, University of Wisconsin-Whitewater

This workshop will provide practical examples of strategies and activities that work to build psychological safety across different levels of leadership within two different performance contexts. Additionally, the workshop will discuss a values based approach by highlighting barriers and benefits of help seeking behaviors, a specific component of psychological safety that can mitigate potential high risk behaviors.



## AASP CONFERENCE PROGRAM

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### Abstract Title

### Type

Embracing Body Diversity: Creating Mindful Exercise Environments for all Shapes, Sizes, and Abilities

Workshop  
Exercise/Health/Fitness

Author(s): Sara Powell, Missouri State University; Kimberly Fasczewski, Appalachian State University; Caitlyn Hauff, University of South Alabama

This interactive workshop will demonstrate intervention strategies emphasizing mindfulness, self-confidence, and positive body image for those working in exercise settings with clinical populations. An additional focus of this workshop is providing guidance for the use of social media as a tool to build self-efficacy for those working in exercise settings.

Developing Interprofessional Care Teams for Injury Prevention and Rehabilitation

Workshop  
Injury/Rehabilitation

Author(s): Alexander Bianco, University of Tennessee; Taylor Casey, University of North Texas; Keely Hayden, University of North Texas; Rebecca Zakrajsek, University of Tennessee; Scott Martin, University of North Texas

Athletes tend to experience fewer injuries and better injury rehabilitation outcomes when a holistic biopsychosocial approach is used by an interprofessional care team (iTeam; Martin et al., 2020). An interprofessional health care approach involves specialists from various fields who are able and willing to share their knowledge and skills to form a synergistic team (Arvinen-Barrow & Clement, 2019; Samuelson et al., 2012). Therefore, the purpose of this workshop is to demonstrate how iTeams can work together to prevent injury and improve athletes' injury rehabilitation outcomes.

Seeing is Believing: Using Virtual Reality and Biofeedback to Quantify Mental Fitness in Injury Rehabilitation

Workshop  
Injury/Rehabilitation

Author(s): Stephanie Zavilla, Winter Park Competition Center; Michael Mata, ; Eleanor Gilbert, Stratton Mountain School; Jessica Hanson, Altitude Mental Performance Group; Irene Oyang, University of Denver; Jacob Kluver, University of Denver; Courtney Richardson, University of Denver; Benjamin Barone, GetWellNetwork, Coretex Performance

Injury rehabilitation is a complex journey many athletes must embark on at some point in their career, and as such, it is important to holistically address wellbeing in a number of different domains. Biofeedback and Virtual Reality are two interventions that target psychophysiological readiness to return to sport, and can be utilized to assess and train an athlete's status. This workshop will focus on theory of injury, integration of technology-assisted interventions, experiential practice in self-regulation, and discussion around application in real-world settings.





## AASP CONFERENCE PROGRAM

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### Abstract Title

### Type

Practical Strategies for Teaching Healthy Breathing for Optimal Performance

Workshop  
Mental Health

Author(s): Inna Khazan, Harvard Medical School/Boston Center for Health Psychology and Biofeedback

This workshop will focus on a common breathing dysregulation (overbreathing) with deleterious consequences to human health and performance. We will discuss ways to recognize and prevent overbreathing while teaching healthy breathing skills.

When the “Playbook” Includes Clefs, Notes, Ties, & Dots: Recommendations for Performance Psychology Professionals Looking to Consult in a Music Domain

Workshop  
Non-Sport Performance Applications

Author(s): Jessica Ford, McDaniel College; Monna Arvinen-Barrow, University of Wisconsin - Milwaukee

The workshop will present musician-specific performance enhancement strategies grounded in empirical evidence for sport and performance psychology practitioners to implement with their clients. Additionally, this workshop will explore possible barriers and challenges associated with consulting in a music domain. In general, this workshop allows attendees interested in working in performance arenas outside of sport (e.g., performing arts) to learn more about the “specialty knowledge” (Portenga et al., 2011, p. 14) associated with the music domain.

Exploring Entrepreneurship in Mental Performance: Is Private Practice for You?

Workshop  
Private Practice

Author(s): Abby Keenan, Intrepid Performance Consulting; Lauren Tashman, Align Performance LLC

Are you considering launching a private practice in mental performance? In this workshop, participants will gain new perspectives about what it really means to be a non-clinical, mental performance entrepreneur; consider what success means to them in their career; and explore whether launching and running a private practice is right for them.



# AASP CONFERENCE PROGRAM

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## Abstract Title

## Type

What's Your Marketing Message? Fixing The Elevator Pitch To Reach Your Ideal Client

Workshop  
Private Practice

Author(s): Russ Flaten, University of Western States; Jessica Woods, ULTIER LLC

This workshop will provide consultants the opportunity to develop a more effective elevator pitch and learn strategies to research their intended clientele.

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

Workshop  
Professional Development, Supervision, and Mentoring

Author(s): Conrad Woolsey, Total Wellness & Elite Performance Consulting; Vincent Lodato, National Sports Performance Institute; Russ Flaten, University of Western States; Wendell Otto, University of Western States; Rachel Webb, University of Arizona; Robert Owens, University of Western States; Jaime Sawchuk, University of Western States; Walter McCutcheon, University of Western States; Matthew Condie, University of Western States;

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

Imposter Syndrome: Making it or Faking it?

Workshop  
Professional Development, Supervision, and Mentoring

Author(s): Duncan Simpson, IMG Academy; Hillary Cauthen, Texas Optimal Performance & Psychological Services

This workshop will present information and use experiential activities to allow mid-career and experienced MPC's to engage in reflective practice. Specific learning objectives include (1) enhance career identity, (2) re-examine and develop career goals, and (3) identify leadership and mentoring opportunities. The workshop will include reflective questioning, guided discovery, and small group discussions.



## AASP CONFERENCE PROGRAM

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### Abstract Title

### Type

Helping the Helper: How to Take Care of Yourself While Caring for Others

Workshop  
Professional Issues & Ethics

Author(s): Hannah Conner, USOPC Mental Health Registry, Chase Wellness LLC

This session will aim to educate professionals about potential barriers such as compassion fatigue, vicarious trauma, and other commonly overlooked factors that may prevent practitioner's professional effectiveness and overall mental health. This session will provide professionals with introspective tools to map stress responses and implement preventative skills to ensure quality care is being provided to athletes.

"I'm Sorry You Feel That Way But that Wasn't My Intention:" How to Apologize with Cultural Humility

Workshop  
Social Justice, Equity, and Inclusion

Author(s): Sae-Mi Lee, California State University, Los Angeles; Matthew Bejar, Mount Mercy University; Aaron Goodson, Mississippi State University

When having conversations related to social justice issues such as racism and sexism, it is not a matter of "if" you make a mistake but "when." Therefore, the purpose of this workshop is to demonstrate how sport and exercise psychology professionals can reflect on the resulting impact of their words and actions and to learn how to apologize with cultural humility for inevitable missteps (Lewicki et al., 2016).

The Black Athlete Activist Leadership model (BA<sup>2</sup>L): A Framework of Engagement, Education and Empowerment

Workshop  
Social Justice, Equity, and Inclusion

Author(s): Gyasmine George-Williams, University of La Verne

To gain a deeper understanding, acquire insight, and gain increased knowledge of the lived experiences of Black college athlete activists of this generation, a qualitative phenomenological study was conducted. Birthed from the powerful narratives, the overarching theme consisted of institutions not supporting the development of their activist identity on their campuses. From these narratives, a conceptual leadership model for Black college athlete activists was developed.



# AASP CONFERENCE PROGRAM

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## Abstract Title

## Type

Dispelling Military Myths: Preparing to be a Practitioner

Workshop  
Tactical Populations

**Author(s):** Brittany Prijatel, Magellan Federal; ashley baskerville, magellan federal; Ashley Herrell, Magellan Federal; Jason Kampinga, Magellan Federal; Sean Swallen, Magellan Health; Susannah Knust, Walter Reed Army Institute of Research

During this workshop, five seasoned military practitioners will be presenting scenarios from their experiences working with the military. Additionally, practitioners will work to dispel myths that individuals may attribute toward working with the military population as they relate to the scenarios (i.e., the military is not relatable to athletics). The overarching goal of this workshop is to compare and contrast operating in a military setting to athletics, and enhance the cultural competence of individuals who are considering working with the military in hopes of decreasing the learning curve.

Empowering Body, Mind & Performance-Related Confidence in Youth Sports

Workshop  
Youth Sport

**Author(s):** Jenny Conviser, Ascend Consultation in Health Care; Kathy Feinstein, KAF Counseling & Consulting, Inc; Caitlyn Hauff, University of South Alabama; Michele Kerulis, Northwestern University; Hayley Perelman, Yale University School of Medicine

Participants will improve their awareness of the bias and risk associated with body or size targeted communication, or microaggressions, and their unintended consequences. Participants will learn strategies for implementing weight-neutral communication known to promote health, preserve motivation, and foster success. Participants will be divided into small working groups and participate in role playing and problem-solving activities intended to reinforce learning and application of new strategies.