

Winter 2015 Newsletter

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**Brent
WALKER**

President's Message

Brent Walker, PhD, Columbia University

I am honored to follow in the footsteps of those who came before me as AASP's 30th President. Having served on the Executive Board since 2010, it has been an incredible experience to witness the transformation that has taken place within AASP over the last five years. We have undergone a 43% growth in membership and a 29% increase in conference attendance since a very successful 2010 meeting in Providence, RI. In

addition to our growth, the 2011-2015 Strategic Plan sparked a number of accomplishments that include:

- Examination of our certification process and the completion of a Job Task Analysis;
- Development of webinars and virtual conferences;
- Expansion of our regional conferences to include HBCUs and international locations; and
- Re-design of the AASP logo.

As we initiate our next Strategic Plan, the goal for my Presidential term is to become a data-driven organization. For the 2016-2018 Strategic Plan, there are three broad areas of focus for which we can utilize data to enhance our efforts – the value of the AASP membership, creating jobs for certified consultants, and consumer outreach to grow the field.

Offering Value to Our Members

As an organization, we must continually seek ways to enhance the value of AASP membership. While we have experienced an increase in membership over the last five years, we have not identified the

reasons for this growth. It is time for us to explore why members join, renew, and leave AASP to ensure our continued usefulness and relevance to leading practitioners in the field. As part of this effort, we need to explore member engagement by examining the many touch points members have with the association (e.g., committee membership, newsletter utilization, website interaction, webinar purchases, virtual conference, and annual conference attendance) and answer questions such as:

- Which members attend webinars, the annual, and virtual conferences, and what topics draw the most interest?
- What percentage of our membership logs in to our member website, and what pages are they most likely to visit?
- What percentage of our members read our newsletter, and what parts of the newsletter are they most inclined to read?

Of course, engagement does not equal satisfaction. While some members may join the association to actively seek professional development and networking opportunities, others may join simply to bolster their resume. We need to explore member satisfaction by seeking feedback on the value of AASP membership to determine whether or not we are meeting the multitude of needs identified by our members.

The Future for Certified Consultants

Employing a data-driven approach will create more full-time positions for certified consultants. We would benefit from a market analysis of certified consultants to see what percentage of full-time positions in NCAA athletics, the military, and professional sports are held by certified consultants. In essence, what market penetration do we have? By understanding where our members have been successful, we can then focus our future efforts on increasing the percentage of certified consultants in full-time positions. Following this market

“It has been an incredible experience to witness the transformation that has taken place within AASP over the last five years.”

analysis, we need to develop guidelines for hiring agencies to utilize when filling full-time positions. AASP has not yet systematically developed a best practice approach for utilization of full-time practitioners - an opportunity we should capitalize on in our efforts to become the guiding force in helping organizations effectively implement sport psychology. Once we have defined a model of practice, AASP must be proactive in promoting the model to Conference Commissioners, Athletic Directors, and heads of sports medicine at all NCAA institutions. This process needs to be replicated for professional sports organizations and the military, with our resulting impact measured.

Expanding our Reach

Again, data will drive our efforts toward consumer outreach, which will ultimately expand the field. We need to consider how to measure the impact of our strategic partnerships (e.g., National Strength and Conditioning Association, National Athletic Training Association, American College of Sports Medicine) as well as our reach to consumers at large. For instance, how many website visits do we receive by placing a link to our website on partnership sites and how many visits are created by having one of our members speak about AASP at a partner's annual conference or by writing a letter in a partner's membership correspondence? Similarly, what is our overall social media reach, and what do our social media efforts yield? As of this writing, we have 2,880 followers on Twitter and 245 people engaged on Facebook this week. With nearly 2,300 members, our reach on two of the major social media platforms shows room for significant growth and improvement. Moving forward, we need to set goals related to growing our social media presence, maximizing strategic partnerships, and identifying unique ways to reach a broader audience and to examine the impact of

different targeted messaging on overall reach.

This is an exciting yet challenging time for organizations like ours. With the proliferation of social media and the advances in analytics, information is plentiful and easily accessible, yet often misinterpreted. It is our challenge to use these insights to propel AASP and its members forward with the highest standards in the field. I look forward to serving the Association during this Presidential term and beyond. May the coming year bring continued, measurable excellence. ■

Members in the News



AASP works to make our Members in the News resource a more accessible and timely source of information. For your convenience, these reports are no longer listed on our website, but instead are posted to our Facebook and Twitter accounts. With a variety of information, updates, and In the News content posted weekly, you will be able to stay up-to-date with the most current news in the sport psychology industry.

Follow us on Twitter at **@SportPsyAASP** or on Facebook at **Association for Applied Sport Psychology** to get more frequent updates about the work our membership is doing in the popular press.

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**Tanya
PREWITT-WHITE**

“Work hard in silence; let success be the noise.” — FRANK OCEAN

In my consulting work with athletes, I am always learning, but one thing I am continually reminded of is that I am not “up-to-speed” with popular culture or music. Recently, an athlete shared her favorite musician is Frank Ocean (I am unable to identify one song he sings) and that she had painted a quote from one of his songs on her bedroom wall to motivate her, “Work hard in silence; let success be the noise.” I thought her idea

Editor's Note

Tanya R. Prewitt-White, PhD, CC-AASP, Adler University

was brilliant. Then, a few days later I saw the same quote reposted on Twitter. More recently, I reviewed the various articles for this publication. I recognized, once again, that our membership is working hard for the betterment of our profession, and our individual and collaborative success and progress is equivalent to clattering symbols.

I hope you find the publication of this newsletter engaging and that it reveals the contributions of our individual members as well as the growth and advancement of our field. In addition to the publication's staple articles, you will find the AASP 2015 Conference Recap that highlights the recent conference in Indianapolis, a brief blurb from our marketing and public relations organization, Yopko Penhallurick, encouraging CC-AASP members to update

their member directory and Certified Consultant Finder information to increase our visibility, an interview with AASP's recent Dissertation Award winner, a reflection of the FEPSAC Conference held in Switzerland over the summer, and an article featuring the thoughts of our beloved AASP Member, Burt Giges.

As with my previous Editor's Notes, on behalf of the Newsletter Committee, I welcome feedback regarding this newsletter issue and what you, our membership, would like included in future installments. In addition, if you have ideas for future articles or would like to contribute in upcoming publications, our committee welcomes your potential thoughts and contributions. Please send all inquiries and suggestions to me at tprewitt@adler.edu. ■

“...[O]ur membership has been working hard for the betterment of our profession, and our individual and collaborative success and progress is equivalent to clattering symbols.”

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**Angus
MUGFORD**

AASP's 30th Annual Conference has officially wrapped, and we now begin a new decade as an organization with continued enthusiasm and a future full of possibilities. My thanks go to the Conference Planning Committee and to the Executive Board who puts a great deal of time and effort into issues and initiatives in the days before the conference actually starts. This process makes for a very busy week, and I truly appreciate all who have served on the E-Board, past and present, on behalf of us all.

Chris Carr, receiving the honor to present this year's Coleman Griffith lecture, kicked things off in style. Dr. Carr has had a distinguished career consulting across many organizations, using

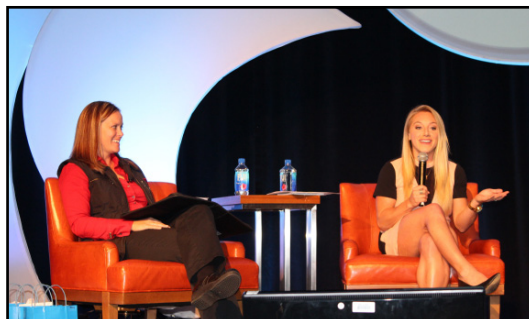
AASP 2015 Conference Recap

Angus Mugford, PhD, AASP President-Elect, Toronto Blue Jays

both his clinical and performance enhancement skills. Indeed, he has been a key consultant for the NCAA as they have begun to take the area of mental health for student-athletes more seriously. A standout moment involved a reflection on the importance of the "doctor lounge" environment - where professionals interact to build relationships and have hard and productive discussions that make us all better. This sentiment for collaboration over competition across the spectrum of sport psychology training was refreshing, and I believe it served as a landmark moment in our community. For the first time at the conference, I consistently felt a sense of 'we' rather than 'us and them' when it came to those from psychology and kinesiology training backgrounds.

On behalf of the NCAA, John Parsons and Mary Wilfert presented a new initiative that focuses on 'Mind, Body, and Sport'. The leadership and investment into this agenda will have a significant impact on the lives of many people in the United States. As Brent Walker highlighted in his Presidential Address, if each NCAA school has one sport psychologist, we would have over 1,200 practitioners employed. While a fundamentally North American issue and opportunity, I truly believe the related ramifications are relevant worldwide. Mental health was a theme that continued to be raised both in the program and in conversation. Continuing to develop our connections and roles for various stakeholders is





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key so that the public and clients' best interests are met, along with the pursuit of excellence that is a passion for all.

AASP has continued to listen to the membership and innovate conference programming to bring research and practice in more accessible and dynamic ways. The '5 slides in 5 minutes' format continues to receive outstanding feedback, with sessions on consulting, coaching, and topics from our Special Interest Groups each receiving standing room only receptions. Just 1,000 yards away, at the NCAA 'Hall of Champions', another innovation was introduced this year. The "Data Blitz" (a special invitational session) featured some of our best science-practitioners to present contemporary issues and concise data-driven research in an engaging and powerful way. This event included just five presentations, each with five minutes of insight and five minutes of questions. Graig Chow, Amanda Visek, Kristen Dieffenbach, Judy Van Raalte, and Ian Connoles delivered meaningful, thought provoking insight from their research, and I left the session crying out for more and hoping to see similar work in AASP's 2016 conference in Arizona.

With Rob Schinke working tirelessly over the last year, and Brent Walker taking the helm in 2016, AASP's leadership is in great hands. Brent delivered an authentic view of the landscape in the Presidential Address as someone who has

grown with the Organization and has his finger on the pulse of the academic and applied world of sport psychology. He provided cautious optimism and a 'think big and focus small' approach. Brent also reminded us that we practice what we preach through evidence-based approaches, bringing data analytics into better understanding ourselves and our markets of opportunity. As we modernize and build on a strong foundation, this practice will help us be better informed and make the best decisions we can moving forward.

Ben Strack, Lindsay Thornton, Penny Werthner, and Len Zaichowsky delivered a keynote of significance, 'Advancing Optimal Performance Psychophysiology'. No one can doubt the impact of the last decade's advances in technology, both in our everyday lives and in knowledge of the brain and implications for understanding human behavior. These practitioners are doing great work and serve to remind us that regardless of discipline, it is in our best interests to learn and stay contemporary with what this field of psychology continues to offer – both the objective and subjective have a role to play.

The final keynote on Saturday morning was worth the wait and gave us some good perspective. While many of us like to be research-driven, applied practitioners, it is important not to forget the personal stories that people live. Matt Stutzman and Cindy Abbott delivered inspiring



stories of their respective journeys, and perhaps the most applicable quote here is from Matt who stated, "Don't expect the world to adapt to you, take ownership and adapt to the world."

No conference is complete without the celebration of members being recognized for their scholarship and contributions to the community. There is not enough space to highlight all award winners, but the quality of these individuals was high and continues to set the bar for nominations in 2016. The accomplishments for the Organization as a whole was impressive, including the launch of the new AASP logo, which is a culmination of a better understanding of our market and efforts to create more clarity for our mission. We owe Jack Watson, along with a team of volunteers, who have worked tirelessly to create an amazing foundation to the Job Task Analysis. This process has the potential to be ground breaking for our profession by creating a gold standard practice of professionalizing the certification process for the future growth of our field, while maintaining the standards and intent of the CC-AASP credential.

There will be much work happening beyond the conference. Having contributed to the strategic meetings that will shape the focus for the next three years, I am extremely excited by the forward thinking and commitment to maintaining our integrity and investing in our internal relationships. I am also committed to making a significant jump in the way we understand and interact with our consumers and clients. Thanks to all involved, and I look forward to the unveiling of these ideas to the membership in due course. ■

A promotional poster for the 31st Annual AASP Conference. The top section features a photograph of a large resort building with a golf course in front of it. Below the photo is the AASP logo, which consists of the text "ASSOCIATION for APPLIED SPORT PSYCHOLOGY" and a stylized graphic of a person's head in profile. The main text on the poster reads "SAVE THE DATE!" followed by "31ST ANNUAL AASP CONFERENCE!" in large, bold letters. Below that, it says "Sept. 28 - Oct. 1, 2016" and "Arizona Grand Resort Phoenix, AZ". The bottom section of the poster shows two smaller photographs: one of a swimming pool at night and another of a lounge area with sofas and a fireplace.

ASSOCIATION for APPLIED
SPORT PSYCHOLOGY

SAVE THE DATE!

**31ST ANNUAL AASP
CONFERENCE!**

Sept. 28 - Oct. 1, 2016
Arizona Grand Resort
Phoenix, AZ



**Natalie
DURAND-BUSH**

2015 AASP Dissertation Award Recipient

Written by Natalie Durand-Bush, PhD, University of Ottawa, on behalf of the AASP Dissertation Award Committee

*Dr. James Rumbold is the 2015 AASP Dissertation Award recipient. Through his innovative doctoral work entitled, *The Design and Delivery of Stress Management in Professional Sport*, Dr. Rumbold generated the first set of studies in applied sport psychology that examined the management of organizational stress processes in a professional sport organization. Following is his fascinating journey through sport and academia that led him to become the exemplary person and scholar that he is today.*

James Rumbold's Journey - A Narrative

I did not follow a linear career path growing up in Bournemouth, England. I was artistic and loved music, and was not naturally drawn to sport as a child. I was actually discouraged by my elementary physical education teachers to participate in sport as they felt I would not aspire to anything. However, with my parents' support, I set out to prove them wrong. Everything changed when I turned the age of 12, and I had a huge growth spurt. Measuring six feet tall, my high school physical education teachers saw tremendous potential in me. They got me involved in track and field, and I soon discovered that I could throw discus and shot put. At 16 years of age, I became a national champion and continued throwing through university. These experiences inspired my fascination with sport psychology, and I wanted to understand why athletes who were not naturally gifted could experience a high level in sport. Unfortunately, I eventually had to stop competing due to a knee injury, at which point I focused on my studies.

As an undergraduate student at St. Mary's University College in London, I majored in psychology and minored in sport sciences. I was hoping to pursue post-graduate studies upon graduation, but I was

not able to enroll right away, so I worked in the field of banking in Bournemouth for a couple of years to fund my education. I finally got into the Master's program at Loughborough University in 2006. I was taught by Dr. Stuart Biddle, Dr. David Fletcher, and Dr. Chris Harwood, all of whom were influential in carving out my career. I ran into a stumbling block at the

end of this degree because I could not get into the PhD program right away. Hence, I took a job as a technical tutor, which allowed me to deliver lectures to undergraduate students and feel part of a research community. Loughborough University then offered me a position to do my PhD while working there, so I was able to acquire valuable research and teaching experience during this process.

As a result of having to perform under pressure in not only sport but also the banking environment, I was inspired to focus my PhD work on organizational stress. I hypothesized that athletes and coaches could experience stress as a result of their organization.



**James
RUMBOLD**

“What got me through it was my resilient “never give up” attitude.”

Furthermore, most research on elite sport had not focused on particular organizational settings; thus, I expected my research to be novel and make a significant contribution. After months of searching, I was fortunate to identify an organization in which I could immerse myself for three years to conduct multiple studies. This opportunity was quite unique and made this research very special. I also had two fantastic PhD supervisors who both emphasized that every study had to be rigorous, and no stones could be left unturned. There was a strong theory and practice link in my doctoral work. It was grounded in organizational psychology and based on a sound mixed methods design that allowed me to look at the focal phenomenon from all possible angles. The intervention, which interestingly required adaptation throughout to meet the needs of the organization, was a vital aspect of my research.

PhD students go through different experiences and face many barriers along the way. My father passed away toward the end of the intervention study, which made PhD completion difficult. I had to be patient and have confidence in myself. I appreciated the community of people I had around me, including the PhD students at Loughborough with whom I went through highs and lows. At one stage during the PhD, the contact people within the organization I was studying disappeared. I waited over a month and kept reaching out until I finally got through to them. In the end, everything was fine, but it was definitely a barrier. What got me through it was my resilient “never give up” attitude. Past experiences have shaped who I am, and I have used both positive and negative experiences to drive me forward.

In order to be an exceptional young academic in this field, I think you have to read, read, and read. You also need to challenge what you are reading and think of practical experiences. You must be rigorous, but this does not always mean that you have to do something completely different than what has been done. Always try to be positive, and look at things constructively because, in life, you will continually be challenged. Some reviewers are unkind, but you must have belief in yourself.

The AASP conference is the meeting I have most attended. It has allowed me to develop a strong network with applied researchers, athletes, and coaches, and learn about applied sport psychology. These experiences have been instrumental in my PhD work with a professional organization. I had to advocate for my project, and AASP played a key role in helping me shape that message and deliver the findings to coaches and athletes in a way they could understand. In the future, my aim is to publish a few more papers from my dissertation. My number one priority, however, is to apply psychology to sport and extend this research to other fields such as nursing, medical education, and the military.

In conclusion, Dr. Rumbold's journey reveals that the path to becoming an outstanding young scholar is not always a straightforward one. Resilience, rigor, and support were key factors that contributed to his success in both sport and academia. Dr. Rumbold has left his mark by producing a masterpiece on stress management. We can all draw lessons from it as stress is part of our life, and none of us are immune to it. Like Dr. Rumbold, we can use stress in a skillful way to propel us forward, be outstanding, and make a difference. ■

2015 FEPSAC Congress: Toward Collaborations between International Organizations?

Olivier Schmid, PhD, CC-AASP, University of Bern, Switzerland
Gualberto Cremades, EdD, PhD, CC-AASP, Barry University



The 14th Congress of the European Federation of Sport Psychology (FEPSAC Congress, event held every four years) took place in Bern, Switzerland on July 14-19. A record number of 730 participants, including 54 from the United States and 40 AASP members of all nations, made this Congress the largest in the history of FEPSAC and a truly international conference with 57 countries represented. Based on the post-Congress feedback gathered from more than 550 participants, the attractive Congress location and sightseeing in Switzerland was only the 5th most compelling reason to attend the Congress. Opportunities for networking, using the Congress as a platform for in-person meetings with colleagues, and access to the latest research achievements and best practices were among the top three and speak to the high reputation of FEPSAC Congresses.



The 2015 FEPSAC Congress organization had committed to a high standard of scientific contributions and workshops covering evidence-based interventions as well as research methodologies and publishing strategies. The overall Congress theme "Theories and applications for performance, health and humanity" was extensively covered by 6 keynote lectures, 8 special sessions, 81 thematic symposia, 38 workshops, and over 400 poster presentations. To foster international and meaningful presentations, oral research contributions

could only be submitted as part of a thematic symposium, with at least three other first authors working in at least three different countries.

Highlights from the scientific program included a roundtable on "publishing in sport and exercise psychology journals," with seven editors of Sport and Exercise Psychology sections of major sport science journals discussing the development and issues of the journal market (e.g., ethical issues, the Impact Factor focus, replication of projects, and role of societies). A debate regarding the "certification for sport psychology service delivery in Europe" was designed to explore the next steps to be taken to further develop sport psychology certification for providing services in Europe.

Additionally, Paul Wylleman, FEPSAC Past-President, chaired a roundtable on international perspectives in the organization of sport psychology. The discussants were Drs. Gangyan Si (International Society of Sport Psychology; ISSP), Diane Ste-Marie (North American Society for the Psychology of Sport and Physical Activity; NASPSA), Anne-Marie Elbe (incoming FEPSAC President), Elizabeth Rosnet (International Association of Applied Psychology; IAAP, Div. 12), and Gualberto Cremades (AASP). These five organizations' goals, challenges, main sources of financial support, membership organization, and certification requirements were addressed. In striving to advance the field of sport and exercise psychology, the following challenges faced by these organizations were discussed: membership retention due to the proliferation of other organizations, bridging the gap between lower income countries and more resourceful ones, job creation for the new generations of sport psychology practitioners and scientists, and protection of titles and profession. Specifically, different ways of safeguarding or policing the field were suggested (e.g., reporting others who have misinformed the public, requesting proof of appropriate degree and training. In addition, the ISSP Managing

Council is working on an international certification. Finally, FEPSAC and AASP are the only organizations, of the 5 organizations represented that offer workshops or seminars for professional development.

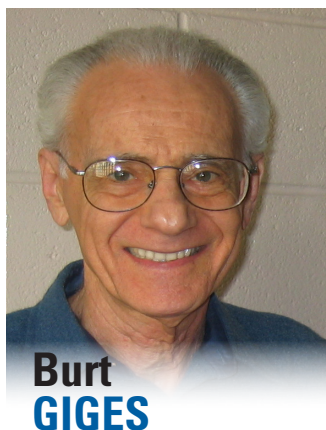
“Partnerships and joint initiatives between international and national sport psychology organizations worldwide have stirred more interest and discussions than ever before.”

Aside from this roundtable, the benefits and avenues for potential collaborations and partnerships between some of the organizations represented were informally discussed. Over the past few years, the AASP International Relations Committee has committed to facilitating collaborations and joint initiatives to pursue the globalization and internationalization goals of AASP's strategic plan. Partnerships and joint initiatives between international and national sport psychology organizations worldwide have stirred more interest and discussions than ever before, but formal agreements have yet to be made. What gets in the way? Building international partnerships may not be a top priority for these organizations whose Executive Boards or Managing Councils are primarily composed of volunteers committed to advancing and overcoming challenges within their respective organizations and members. International conferences, including AASP conferences, have served as informal platforms for organizations' representatives to share their respective needs and aspirations. It is likely that roundtable sessions purposefully designed to further explore the value of joint initiatives and partnerships could help formalize this process during conferences. The next FEPSAC European Congress of Sport Psychology (Münster, Germany, July 2019) will provide meaningful learning opportunities for AASP members interested in connecting with colleagues from all over the world. Stay tuned for more information from the AASP International Relations Committee. ■

Professional Liability Insurance Offered by AASP

AASP is proud to announce that we have partnered with Healthcare Providers Service Organization (HPSO) to offer Professional Liability Insurance for AASP Certified Consultants (CC-AASP). To be eligible to apply, you must be an AASP member and CC-AASP certified (Active status) or working toward becoming AASP certified. Depending on the multiple variables used to determine risk and thus rate it is hard to provide a pay range scale. However, those who choose to submit an application and obtain a quote are not committed to purchasing insurance from HPSO. Policies are per individual and a quote can be obtained by emailing a completed application to Ilya Pitin at Ilya@sequoia.com.

Application forms are available at www.appliedsportpsych.org/site/assets/files/14395/aasp_app_jg_rev_ia.pdf.



Words from the Wise: “I Was Always Looking for What I Could Contribute”

Burt Giges, MD, CC-AASP, Springfield College

Interviewed by Tanya Prewitt-White, PhD, CC-AASP, Adler University, on behalf of the Newsletter Committee

Dr. Burt Giges received his MD degree from New York University College of Medicine, and graduated first in his class. After having an extensive career in medicine, he became formally introduced to the field of sport psychology at the age of 65. Since then, he has published a few articles and several book chapters; appeared in sport psychology intervention videos; facilitated workshops throughout the United States; and served as AASP President. With Dr. Giges lovingly referred to as “a sage in our field,” this article provides excerpts from an interview conducted with him regarding his experiences and wisdom as they relate to sport and exercise psychology.

Q: What skills do you feel every consultant must hone?

Burt: The ability to listen is absolutely key. To be very aware and self-aware of what is going on in inside one’s self so that it doesn’t get in the way of the athletes. So, self-awareness is high on my list; hence, all of my writing and videos on that. Listening, awareness, and the ability to focus would be important, not just to the athlete, but also the consultant. Being able to zero in on what the athlete is actually experiencing in this moment. If the consultant is distracted by his or her own inner experience, it is important to be aware of that, set it aside, and come back to the athlete. I also give a high priority to what the athlete is experiencing right now. So, that’s not exactly a skill of a consultant, but a perspective or approach. Also, by experience I mean what is the athlete thinking, feeling, wanting, and doing. Those are the components of what the athlete is experiencing.

Q: What techniques or approaches do you most use as a sport psychology consultant?

Burt: I don’t like to start with techniques. There is an important step before that, and that is the approach. What helps to determine the athlete’s actual experience will guide what techniques I decide to use.

First of all, I have a modest goal for each session, and that is to help the athlete to make a beginning shift in how the athlete views his or her situation - just a beginning. I like beginnings because if you can see yourself taking a step in the direction of change, long before you get to the goal, it helps you understand that you know how to change. With the knowledge that you know how to change, you’ll be encouraged to take another step and another step. Then, eventually you reach your goal. So, that’s why I like beginnings.

The other thing about my approach is

alternating following and leading. I will usually start the interview with a question and follow what the athlete says. With listening and looking, I might pick up something that represents an opportunity to go a little bit deeper, or in a little bit different direction than the athlete is currently going. I call those “entry points.” If I hear an entry point, I will switch from following to leading, and I will ask some question or make a comment. Then I switch back to following, when I listen to the athlete’s response to my intervention, comment, or question. So, I alternate between following and leading and then back again.

I also pay very close attention to the language that is used because I believe that language not only expresses what we are thinking and feeling, but it can also contribute to what we are thinking and feeling. For example, if I hear an athlete say, “I’m so stupid,” the athlete is expressing frustration, disappointment, or displeasure. But in seeing one’s self as stupid,

the athlete is adding to the problem that he or she is struggling with, which is diminishing self-confidence and self-worth. So, I follow the language very closely, and, in fact, it helps me with the area of techniques. Practically everything I say to an athlete comes from what the athlete just said to me. In a way, that makes the interview easier because all I have to do is listen. If I listen, I will get an idea, and I will then come in and switch from following to leading.

So, now I'm prepared to tell you a little bit about technique. What I use a lot of is guided fantasy – it is similar to imagery, but it is structured and involves more than just imagery. It includes thoughts, feelings, and wants. I may help an athlete set up a situation. For example, one of the runners I worked with was having a problem finishing the race, in the guided fantasy she goes back to being in the race. At the point at which she drops out, we explore what her experience was in that moment. Guided fantasy helps the person bring either past or future into the present.

As the consultant, you get to see what's going on with the athlete in a richer way. I rely a lot more on their experience than on teaching mental skills. I will use what the athlete thinks, feels, wants, and does and work off that rather than coming into [the session] teach them relaxation or any of the other mental skills. It doesn't mean that I don't ever use a mental skill approach, but it is not what I usually do.

Q: If you could go back and provide advice to your novice self entering the field of sport psychology, what would you tell him now?

Burt: Be patient, and, in the back of your mind, see if you can find something out of the whole field of sport psychology that particularly interests you instead of being a generalist. Find something in which you can be a specialist; the value of that is that you can get a sense of your own creativity as you begin to see things that others may have not seen or written about previously. It doesn't mean you only do that; however, where there is an opportunity to focus on something you are especially interested in, it would be worthwhile.

Although I wasn't a young professional, I was a beginner. You may not know this, but I became formally interested in sport psychology at the age of 65. My first experience was a 5-day workshop. I went as a beginner, and my uneasiness was "will I be able to contribute?" Not just can I learn – I know I can learn, and in that first workshop, I found something. I asked the speaker if his satisfaction depended entirely on the athlete's improvement, and he said, "of course it does." And, I said, "ah hah, here is a place where I can help the consultant be more aware of what his or her own agenda is as well as his or her own reactions to what is going on in the consulting." So, that is where the self-awareness was born. I was glad to see that I had that chance.

Also, remember that nobody has your exact background. Therefore, you have the opportunity to blend the material in the field with your personal experience in a unique way. It is the pathway to uniqueness.

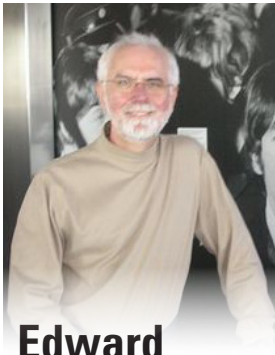
Q: Is there anything else you remember entering the field?

Burt: I was excited to learn - fierce about learning. I went to every workshop and conference I could find. I counted up over the years about 50 books that I read. I was always looking for what I could contribute.

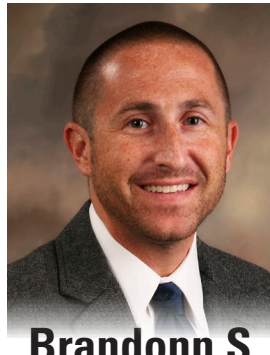
Q: What do you feel is your most valued contribution to the field?

Burt: What I have contributed is in the area of self-awareness. I've given more prominence to self-awareness in sport psychology, as an alternative to mental skills training in doing performance work. I am always looking for what I can contribute.

Dr. Burt Giges continues to enrich our field with his wisdom, his insight and humility and never stops seeking out what he can contribute. In doing so, he encourages each of us to find what it is that we uniquely contribute, too. ■



**Edward
ETZEL**



**Brandonn S.
HARRIS**

Online Assessment in Sport and Exercise Psychology: Ethical Issues and Best Practice Recommendations

Edward Etzel, EdD, CC-AASP, West Virginia University

Brandonn S. Harris, PhD, CC-AASP, Georgia Southern University

These days, one does not need to explore online very long to locate all manner of applied sport psychology assessment instruments. Seemingly, countless consultants or groups of performance psychology providers offer various forms of screening instruments. A very recent Google search on this topic revealed in .31 seconds 19,000 related hits on the topic!

What are the purposes of these instruments and unstandardized tests? It appears that they are frequently designed to provide some sort screening - insight into respondent's mental skills, strength, and shortcomings, and/or potential for seeking the consultation of performance psychology providers via online, other indirect electronic communication (telephone), or some other form of consulting appointment. While some online instruments appear 'free,' others are fee-based and may lead to potential business between curious clients and service providers. Some of these methods are designed for specific sports (e.g., tennis, golf, baseball), while others are more general in nature, targeting certain populations

(e.g., college-level athletes). Some are 'one-shot' assessments, while others are designed to measure and monitor change in selected performance markers and variables of interest.

Superficially, these online methods appear to have some utility for both interested prospective clients and interested service providers. For example, the use of such tests carry advantages including a low-cost convenience to the test-taker and shortened speed in administration. They may also provide nearly immediate feedback on selected performance-related variables. Further, respondents may or may not remain anonymous.

For AASP member providers engaged in these services, there are many assessments and technology-related ethical issues associated with these practices. Online assessments act like the proverbial "double-edged sword," offering both potential benefits and risks associated with their use and administration. While

commonplace and seemingly innocuous (perhaps even expected by some younger tech-savvy consumers), assessment and testing in fact should be considered as serious business with potentially grave consequences for both users and practitioners alike (Pope, n.d.). Although such forms of assessment may provide advantages in speed, convenience, and data storage capability, these benefits may in turn make such tools vulnerable to ethical dilemmas (Carlson & Harvey, 2004). These may include issues of competency, confidentiality of data generated from internet-based assessments, concerns regarding how/which services will be provided in various formats, and state boundary jurisdictions (Cunningham, Lloyd, & Farro, 2011).

A quick look at the AASP Ethics Code provides some general insight from the Code's Principles, with more specific guidance included in its Standards. For example, Principle A states that sport and exercise psychology practitioners "provide only those

services and use only those techniques for which they are qualified by education, training, or experience" (AASP, n.d.). Thus, one must know that the construction and use of online assessments for screening or monitoring of performance-related factors of interest be limited to those types of tests which: (a) would be psychometrically sound and/or appropriate to use with prospective clients and one's current clients; (b) within our scope of competence to administer and interpret; and (c) use forms of technology for we have training or experience integrating into our practical and scientific work.

More specifically, Standard 2c of the AASP Ethics code states:

AASP members who engage in assessment, therapy, teaching, research, organizational consulting, or other professional activities maintain a reasonable level of awareness of current scientific and professional information in their fields of activity, and undertake ongoing efforts to maintain competence in the skills they use. (AASP, n.d.)

Relatedly, Standard 26 (a) of our Code recommends that users of technology be competent to do so. This standard states:

AASP members should only incorporate the various forms of technology in their professional and scientific work in which they have appropriate technical and practical, and when such technology does not subject another party to harm or discomfort. (AASP, n.d.)

Further, when deciding to integrate any type of technology within our professional work, including assessment, we are encouraged in 26 (b) to "...clearly delineate to the client the types of technology that will be utilized and the parameters for using such technology in each relationship" (AASP, n.d.)

As the reader may also sense, the confidentiality of online communication cannot be guaranteed. AASP ethics code Standard 18 (a) speaks to this essential agreement with those we serve:

AASP members have a primary obligation to uphold and take reasonable precautions to respect the confidentiality rights of those with whom they work or consult, recognizing that confidentiality may be established by law, institutional rules, and/or professional or scientific relationships. (AASP, n.d.)

Our code also directs members to protect the identity of their clients, to verify and maintain the private identities of clients, and to have them sign agreements indicating their understanding of the limitations of computer-based technology (see Standards 18, d, e, and f).

Given both the considerable potential benefits and real risks associated with the inclusion of online assessment within our professional work, and the guidance provided by our Ethics Code, we forward the following tips for consideration:

- a. Be clear on the purposes of implementing online assessment methodology;
- b. Consider alternative means of learning about the phenomena of interest versus the use of online methods;
- c. Maintain current competence in the crafting and application of online assessments, and if not so, seek consultation and/or employ others who are competent to do so;
- d. Be diligent in protecting the confidentiality of any data collected and retained through online assessment activities; and
- e. Seek consultation before entering into this realm of practice.

REFERENCES

- Association for Applied Sport Psychology. (n.d.). *Ethics code: AASP ethical principles and standards*. Retrieved from <http://appliedsportpsych.org/about/ethics/ethicscode>.
- Carlson, J. F., & Harvey, V. S. (2004). Using computer-related technology for assessment activities: Ethical and professional practice issues for school psychologists. *Computers in Human Behavior*, 20, 645-659.
- Cunningham, L. E., Lloyd, H. J., Farro, A. J. (2011, August 4-7). *Ethical considerations for technology-based assessments*. Paper presented at the annual convention of the American Psychological Association, Washington, D.C.
- Pope, K. (1992). Seven clinical, ethical, and legal pitfalls in using psychological tests. *Minnesota Psychologist*. ■

AASP's Certified Consultant Finder Helps Members Maximize Web Presence

Yopko Penhallurick

Used by the general public and members of the media to locate qualified professionals, the Association for Applied Sport Psychology's Certified Consultant Finder can help CC-AASP members expand their practices and increase visibility in the field. As the use of AASP's Certified Consultant Finder grows, it is important to update information and keep profiles as complete as possible.

How to update your profile:

To edit your Certified Consultant profile, go to the AASP website and click on the "Member Sign In" flag in the upper right hand corner of the page. Once there, log in with your username and password. Click "Update Member Information" in the first column to edit your member directory and Certified Consultant Finder information.

Welcome to the AASP Member Area



Member Management

[Search the Member Directory](#)

[Update Member Information](#)

[Renew Membership](#)

Tips for completing your profile:

- Make sure the phone number and email you want a potential client or member of the media to use is listed.
- Update your job title, employer, and address after a job change.
- Remember that the audience is the general public, so avoid abbreviations, insider terminology, and slang.
- Paste the URLs of your website, Facebook, Twitter, and/or LinkedIn page into the "Links" section to help others connect with you.
- Include a short bio that the public can skim to learn more about your experience and background. This blurb should be no more than 250 words on average.

Note that only Certified Consultants will have the option to list a short bio along with their areas of specialization, licenses, certifications, and the age range of their clients. However, all members can list their contact information in the member directory, which is editable in the same form.

CERTIFIED CONSULTANT PROFILE
CC-AASP Number:
CC-AASP Year Certified:
CC-AASP Recertification Year:

Licenses / Certifications
Please select all your current licenses and certifications. Check all that apply.
☒ CC-AASP: Certified Consultant-AASP
☒ ATC: Certified Athletic Trainer
☒ NCC: National Certified Counselor
☒ LCSW: Licensed Clinical Social Worker
☒ LPC: Licensed Professional Counselor
☒ LCPC: Licensed Clinical Professional Counselor
☒ LMHC: Licensed Mental Health Counselor
☒ LP: Licensed Psychologist
☒ Other
If you selected "Other," please specify:

Bio

Specializations
☒ Aggression
☒ Academic and career counseling
☒ Coach/parent education
☒ Disability
☒ Leadership
☒ Life skills
☒ Mental health
☒ Non-sport performance enhancement

Age Levels
☒ 12 & under
☒ 13 - 17
☒ 18 - 25
☒ 26 & older

For more tips on how to increase your professional online presence, download AASP's Marketing Tool Kit by visiting:

www.appliedsportpsych.org/members. ■

AASP Financial News: Winter 2015

Financial Report from AASP Executive Board

The AASP Executive Board is pleased to report that AASP continues to be in a strong and healthy financial position. As reported in the Business Meeting on October 16, 2015, the approved budget for 2015 estimated a budget shortfall of \$37,686. However, our recent year-end projections show AASP is ahead by \$13,771 and, in sum, ~\$50,000 ahead of the 2015 budget (see Figure 1).

This result is due predominately to lower expenses than originally projected and to strong membership numbers and conference attendance in Indianapolis this fall (see Figure 2).

As of August 31, 2015, AASP holds more than \$480,000 in CDs to provide the Organization with reserve funds. Additionally, there is \$421,000 in checking and savings (See Table 1). There remains four months of expenses to be paid (namely expenses related to the conference). Therefore, by December, we can expect our checking and savings accounts to be markedly lower.

If you would like to learn more about AASP's financial activity, please contact Rebecca Concepcion, AASP Secretary-Treasurer, at reb.concepcion.aasp@gmail.com through the end of 2015. Todd Gilson will begin his 3-year term as Secretary-Treasurer beginning January 2016, and can be reached at tgilson@niu.edu.

On a final note, as 2015 comes to a close, we hope the AASP Foundation will be a cause you find to be personally meaningful and one that you will consider including in your annual giving plans. See our Foundation website (<http://www.appliedsportpsych.org/foundation/>) for more information. Our sincere thanks goes out to all who have contributed in the past!

Sincerely,

AASP Executive Board ■

AASP Assets

As of August 31, 2015

CHECKING, SAVINGS, MONEY MARKET		AMT.
BMO Harris Money Market		\$71,568
BMO Harris Bank Checking		\$305,871
BMO Harris Foundation Checking		\$41,335
Forum CU Savings		\$5
FCFCU Savings		\$5
Summit CU Savings		\$3,158
SUBTOTAL: CHECKING, SAVINGS, MONEY MARKET		\$421,942
CD/TIME/RATE	MATURITY DATE	AMT
Forum CU CD 33M 1%	10/11/15	\$74,798
Forum CU CD 33M 1%	12/11/15	\$107,182
Summit CU CD 24M .3%	6/13/16	\$58,907
Summit CU CD 24M .3%	6/13/16	\$58,907
Forum CU CD 33M 1%	9/04/16	\$54,952
Summit CU CD 30M 1 %	2/12/17	\$28,571
BMO Harris 60M 1.25%	5/17/17	\$64,792
FCFCU CD 39M 1%	6/26/17	\$31,973
SUBTOTAL: CDs		\$480,082
OTHER ASSETS		AMT
AMEX Gift Cards (Award points cashed)		\$200
TOTAL CHECKING/SAVINGS/CDs		\$902,224

Table 1. AASP Assets

AASP Financial News: Winter 2015

Financial Report from AASP Executive Board

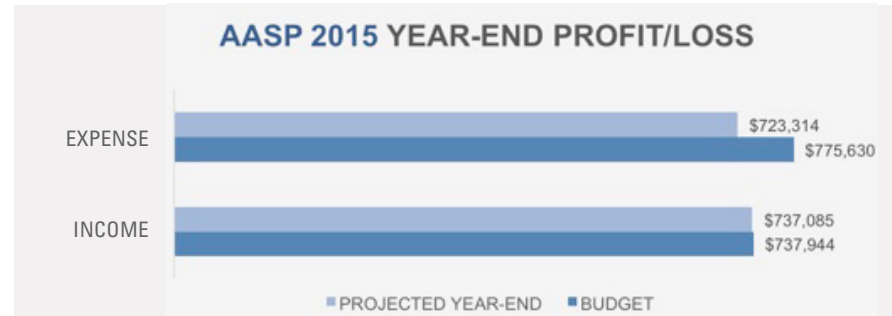


Figure 1. AASP 2015 Year-End Profit/Loss

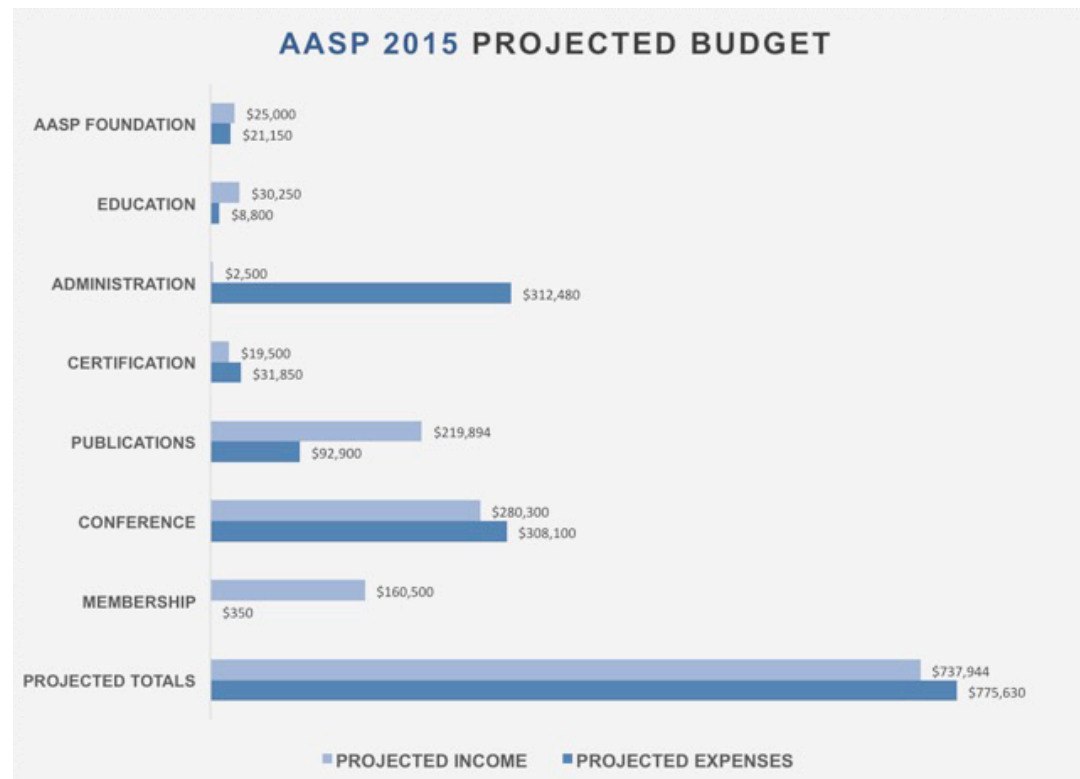


Figure 2. AASP 2015 Projected Budget



Dolores
CHRISTENSEN



Stacy
GNACINSKI

Student Representatives' Report

Dolores Christensen, MS, Springfield College

Stacy Gnacinski, MS, University of Wisconsin-Milwaukee

Greetings AASP student members! It was wonderful to see such a strong student presence at the conference in Indianapolis. We hope you all were able to leave the conference with newly acquired knowledge and professional connections. In the sections below, we provide an update regarding notable initiative progress made by the Student Delegates this past year and highlight select initiatives that will receive attention in the coming year.

Progress Made:

1. Student membership increased from 305 members in 2014 to 363 members in 2015 (+19%).
2. First AASP Twitter team launched at the 2015 annual conference.
3. First AASP-APA Div. 47 co-sponsored student webinar "From Preparation to Competition: Exploring Student-Athlete Mental Health," delivered online by Dr. Jessica Mohler on November 18, 2015.
4. Masters' Student Distinguished Practice Award approved by the Executive Board to be awarded for the first time in 2016.
5. Notable Student Delegate-Led Initiative Outcomes:
 - a. Performance Excellence Movement (PEM) newsletter was completed and distributed to all student conference attendees. Electronic copies available at http://www.appliedsportpsych.org/site/assets/files/1141/final_pem_-_2015.pdf.
 - i. Key features: "Opinions from the Field" Interviews with Dr. Bob Weinberg from Miami University (Ohio, US) and Dr. Camilla Knight (Swansea University, UK).
 - b. Mentorship Match Program (MMP) saw an increase of student-to-student matches from 11 in 2013 to 17 in 2014.
 - c. Best Practices in Research (BPR) developed a Research Ethics document and IRB PowerPoint presentation for students, now available on the AASP website <http://www.appliedsportpsych.org/students-center/initiatives/best-practices-in-research-bpr/>.

Select Initiative Goals for 2016:

1. Best Practices in Research (BPR)
 - a. Continue to develop and post resources (such as those mentioned above) for student researchers on the AASP website.
2. MMP
 - b. Complete the development of an Early Career Professionals Mentorship Match Program by 2016 conference. Stay tuned for more information!

If you are interested in getting more involved as a student member, we strongly encourage you to consider the following options:

1. Join the virtual conversation on Facebook by sending a request to the AASP Student Facebook Group! You can find a direct link to the page through the 'Student's Center' on the AASP website: <http://www.appliedsportpsych.org/students-center/>.
2. Obtain the Graduate Program Directory (11th edition), which is available in electronic and hard copy formats. If you are interested in continuing your education but don't know exactly where to begin, this directory is an outstanding resource to get started: <http://www.appliedsportpsych.org/publications/graduate-program-directory/>.

If you have an idea to improve the student experience in AASP or would like more information on how to get involved, please feel free to contact either of us at studentrep@appliedsportpsych.org.

We are looking forward to a great year, and can't wait to hear from all of you! ■

2016 AASP Regional Conference Grant Recipients

California State University, Fullerton
Eastern Washington University
Georgia Southern University
Johnson C. Smith University
Springfield College
Temple University
University of Denver
University of Illinois Chicago
University of North Texas

Submission Deadlines:
Applications for 2017 are due September 1, 2016.
Notification of awards will be sent approximately
November 1, 2017.

To find out more about the grants,
including criteria and how to apply, please visit:

<http://www.appliedsportpsych.org/students-center/regional-conferences/>.

Student Delegate Spotlight

Teri Shigeno, MS, University of Tennessee - Knoxville



**Teri
SHIGENO**

Teri Shigeno

How do you use sport psychology in everyday life?

Sport psychology is a huge part of my life. In addition to mental skills training, sport psychology has taught me to be a more self-aware and self-reflective person. For example, I am constantly reflecting on how the decisions I make in everyday life not only affect me, but the people around me. In addition, I am continually working to learn from personal challenges, setbacks, and of course, successes. Studying the cultural aspects of sport psychology has

also helped me understand the role my own culture has played in shaping my personality, my actions, and my perspective. This realization has challenged me in a lot of ways, but has had a profound impact on the way in which I view the world.

What do you most enjoy about being on the Student Initiative you're currently on? What are you working on/have you worked on in the past year?

I enjoy working on the Best Practices for Research Initiative (BPR) because I get the opportunity to apply my own knowledge and collaborate with other students. In addition, I enjoy being involved with BPR because it provides a great opportunity to help other students by providing them with resources that can help inform and navigate their research endeavors. This past year, we created two resources for students: (a) an overview of research ethics, and (b) a resource outlining how to create an IRB application. Currently, we are working on resources for students in the next stage of the research process that address topics such as creating hypotheses, structuring a research design, searching for literature, and selecting a topic.



11th Edition of the Directory of Graduate Programs in Applied Sport Psychology

The 11th Edition of the Directory of Graduate Programs in Applied Sport Psychology is available through the AASP website.

- Hardcopy: \$29.99 (plus \$7.50 shipping in the US)
- Electronic version: \$29.99
- Electronic and print: \$49.99 (plus \$7.50 shipping in the US)

Edited by AASP members Kevin Burke, Michael Sachs, and Sherry Schweighardt, the latest edition of this widely acclaimed directory offers a wealth of information on more than 100 master's and doctoral degree programs.

Visit <http://www.appliedsportpsych.org/publications/graduate-program-directory/> to order your copy today.

Student Delegate Spotlight

Courtney W. Hess, BS, University of Wisconsin - Milwaukee



Courtney W. Hess

What are your research or applied interests?

My research interests can be broadly described as understanding how to use theories of sport psychology to improve the health and well-being of adolescents and youth diagnosed with chronic disease and disability. One of the primary goals I intend to pursue throughout my professional career is to conduct empirical research, which can then be used to improve the experiences and

outcomes for adolescents and their families as they navigate through rehabilitation as a result of a diagnosed disease or disability. Within my applied work, I hope to consult with both adolescents and their families in a rehabilitation setting. I plan to develop a unique set of skills, which

may further facilitate the effectiveness of physical rehabilitation, while ultimately improving outcomes and quality of life for the child, and his/her entire support system.

What do you most enjoy about being on the Student Initiative(s) you're currently on? What are you working on/have you worked on in the past year?

What I have enjoyed most about being a student delegate is the opportunity to serve the AASP organization as an active, rather than passive, member. I have learned a great deal about the Organization from so many members, which has given me a much greater appreciation for "behind the scenes" volunteer work. Through my work with the Performance Enhancement Magazine (PEM), I was able to promote student writing within the organization. Additionally, working on the student-volunteers initiative provided an excellent opportunity to meet a number of students who desired to serve the Organization. Both of those experiences have strengthened and confirmed my personal beliefs regarding the importance of giving back to the organizations I belong to, resulting in a deep appreciation for the opportunity to give back in a tangible way to AASP. ■

Important AASP Dates & Deadlines

Certified Consultant Recertification Deadlines: February 1, 2016 (late applications) & December 1, 2016

Certified Consultant Application Deadlines: February 1, June 1, & September 1, 2016

Award Application Deadline: March 1, 2016

Dot Harris, Professional Practice, Student Practice, Dissertation, Student Diversity, Thesis, & International Scholar

Grant Application Deadline: April 1, 2016

Research, Community Outreach, & Oglesby-Snyder Grant for Equity and Cultural Diversity Grants

If you have any questions regarding these deadlines, please contact AASP at info@appliedsportpsych.org.

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