

2017 AASP WEST REGIONAL CONFERENCE

April 21 - 22, 2017



JOHN F. KENNEDY UNIVERSITY

An affiliate of the National University System

SCHEDULE AT A GLANCE

CONFERENCE OVERVIEW

The sport psychology program at John F. Kennedy University plays an integral role in building awareness of the field, and developing leaders who will work to enhance the quality of life for athletes, performers, business professionals, and underserved youth within the community.

John F. Kennedy University is hosting the 2017 Association for Applied Sport Psychology (AASP). At this two day-event, students and professionals will have the opportunity to learn about current research, trends, and creative approaches to the field of applied sport psychology. Participants will hear from JFK University alums who are now distinguished professionals, as well as renowned keynote speakers on topics that serve to expand their knowledge, opportunities, and impact on clients.

CONFERENCE AGENDA FRIDAY, APRIL 21

Noon – 6:00 p.m.	Registration
1:00 – 3:00 p.m.	Pre-Conference Workshop by Dr. Cleere The Critical Role the Triad Plays in an Athlete's Success—Coach/Parent/Tween (\$25 additional fee)
3:15 – 3:30 p.m.	Welcome Remarks by Dr. Alison Pope-Rhodium, Chair of Sport Psychology and Brandon Grays (student coordinator)
3:30 – 4:00 p.m.	Being Our Best Selves: Diversity and Inclusion in Sports by Dr. Maureen Smith
4:00 – 4:55 p.m.	Failing Forward Panel by Dr. Allie Wagener, Dr. Julie Wiernik, Dr. Sari Shippherd, Dr. Paul Dennis, Dr. Cleere (moderator)
5:00 – 5:30 p.m.	Breakout Session I - Exercise and Mental Health by Dr. Alvin McLean - Mental Training for High-Performance Athletes by Dr. Paul Dennis
5:35 – 6:05 p.m.	Breakout Session II - Strike While the Iron is Hot: Four Emerging Trends in Sport Psychology by Dr. Sari Shepphird - My Career as a Clinical Sport Psychologist: Insights, Obstacles, and New Directions by Dr. Julie Wiernik
6:15 – 7:30 p.m.	Keynote Presentation by Dr. Karen Cogan, USOC When Olympic Medals Are on the Line, Even the Sport Psychologist Must be On
8:00 p.m.	Networking Event – Behind the Plate Clubhouse Grill 528 Center Ave., Martinez, CA 94553

SCHEDULE AT A GLANCE

SATURDAY, APRIL 22

8:00 – 8:30 a.m.

Breakfast/Check-in

8:30 – 8:35 a.m.

Morning Remarks by Bryanna Bruger

8:35 – 9:35 a.m.

Workshop

The Impact of Inequality in Sports on Performance for Female Athletes in the USA by Mary Foston-English and Dr. Joan Steidinger

9:45 – 11:15 a.m.

Keynote Presentation by Dr. Michael Sachs

Exercise and Sport Psychology: To Infinity and Beyond

11:25 a.m. – 12:30 p.m.

Research Presentations

- Elizabeth Best, Student
- Deborah Osteen-Munch, Mental Skills Consultant
- Akasia J-Riggins, Student

12:30 – 2:00 p.m.

**Lunch – Sponsored by Kinders
Dan Ourian (LEAP Coordinator)**

2:00 – 2:30 p.m.

Breakout Session

- Throws Like a Girl: A Female Sport Psychology Consultant's Experience in the MLB and beyond by Hannah Thurley, MS (NY Giants/Mets)
- Athletes and Eating Disorders: Learning the Specialty by Dr. Jennifer Carter (OSU Lead Sport Psychologist)

2:40 – 3:50 p.m.

Research Presentations

- Samantha Browne
- Rodriguez, Kenley, Ede, Galvan, Gray
- Drew Morgan
- Dustin Venz

4:00 – 5:30 p.m.

Keynote Presentation by Dr. Mitch Abrams

The Truth About Sexual Assault & Athletes – The Real Problem & The Comprehensive Solution

5:30 – 5:45 p.m.

**Closing Remarks/Thank You to Supporters
by Elizabeth Best, (SPSA President)**

FRIDAY, APRIL 21

Noon – 6:00 p.m.

Registration

1:00 – 3:00 p.m.

Pre-Conference Workshop

The Critical Role the Triad Plays in an Athlete's Success – Coach/Parent/Tween

Dr. Cleere

*\$25 additional fee

More frequently in youth sports, we are seeing out of control parents, coaches who fail to respect the kids and the sport, burnt out tweens, violent games, and overall bad sportsmanship. As mental skills consultants, it's time to take action and ensure that sports programs meet the needs and interests of pre-teens, by working with them, the parents, and the coaches. It is critical that we help kids want to learn and improve in sports, rather than playing just to win. Competition builds character when done properly and helps develop life skills, like dealing with losing and building self-esteem and confidence. Let's make a difference youth sports.

3:15 – 3:30 p.m.

Welcome Remarks

by Dr. Alison Pope-Rhodium, Chair of Sport Psychology and Brandon Grays (student coordinator)

3:30 – 4:00 p.m.

Being Our Best Selves: Diversity and Inclusion in Sports

Dr. Maureen Smith

Diversity in sport is no longer a catchy phrase thrown out to promote an idea or concept. Instead, it's an objective—and one that most professional leagues and teams in the United States work to achieve. While this motivation may sometimes be related to profit, it also signals a turn towards a new appreciation of the value of differences—and how those differences can benefit organizations and teams. My brief comments will focus on recent events that help challenge us to think about how diversity and inclusion in sport can be achieved in order to help athletes achieve their best selves. Often times, the world of sport is behind the times, grounded in its routine and following the patterns of society. I argue that in the current culture, sport, in its unique ability to capitalize on diversity and inclusion, can provide examples for broader society to achieve their best.

4:00 – 4:55 p.m.

Failing Forward Panel

Dr. Julie Wiernik, Dr. Sari Shepphird, Dr. Paul Dennis, Dr. Michelle Cleere

As the field of sport psychology consulting continues to expand, the need for self-reflective practices as a way of improving service delivery is prevalent and warrants discussion (McEwan & Tod, 2014). The proposed panel seeks to share experiences of unsuccessful consulting which led to personal and professional growth after gleaning lessons learned.

5:00 – 5:30 p.m.

Breakout Session I:

Exercise and Mental Health

Dr. Alvin McLean

This presentation will examine the research and clinical literature on the efficacy of various forms of physical exercise in the treatment of a number of different mental health conditions. The conditions range from simple arousal-related conditions such as anxiety, to various forms of clinical depression, to post traumatic stress syndrome, to psychotic conditions such as schizophrenia. The presentation will also examine the role of exercise in the treatment of more neurological or cognitively-mediated clinical problems such as impairments in attention and concentration, memory, and difficulties with planning and problem solving. We will examine how exercise is used in conjunction with psychotherapy and pharmacotherapy, as well as the use of exercise alone to treat mental health conditions. The multicultural factors associated with exercise and mental health will be examined.

Mental Training for High Performance Athletes

Dr. Paul Dennis

Skill development and physical conditioning are the two components of high performance athletes that have received most of the attention over the years. Mental training focuses on developing an athlete's psychological dispositions that will enhance overall performance.

5:35 – 6:05 p.m.

Breakout Session II:

Strike While the Iron is Hot: Four Emerging Trends in Sport Psychology

Dr. Sari Shepphird

With sport psychology gaining acceptance and recognition as never before, the time is right for taking action to expand your opportunities and your reach. We will highlight four current, practical, and actionable trends in sport psychology that are influencing the future of professional practice.

My Career as a Clinical Sport Psychologist: Insights, Obstacles, and New Directions

Dr. Julie Wiernik

Dr. Julie Wiernik will discuss the obstacles to our amazing field of sport psychology and ways to help create more sport psychology opportunities in the future. However, as with any passion in life there are risks and costs to growth. Dr. Julie Wiernik has been in the mental health field since 1997 and through her personal and professional growth, self-awareness, and vast experiences in sport and in mental health, she will elaborate and discuss the vision of how to break open our field. As with any long-term vision, we must change ourselves before we can change others. The secrets to success are not always tangible and must take patience, determination, trust, and sacrifice.

6:15 – 7:30 p.m.

Keynote Presentation:

When Olympic Medals are on the Line, Even the Sport Psychologist Must be On

Dr. Karen Cogan (USOC Sport Psychologist)

Dr. Cogan will outline the work of a sport psychologist in preparing multiple sports and numerous athletes for Olympic competition, with particular emphasis on the most recent Games in Rio. The planning begins four years out and there are many unexpected challenges throughout those years and up to the end of the Olympic competition. The presentation will conclude with ideas and recommendations for students desiring to pursue a sport psychology career.

8:00 p.m.

Networking Event – Behind the Plate Clubhouse Grill

528 Center Ave., Martinez, CA 94553

CONFERENCE DETAILS

SATURDAY, APRIL 22

8:00 – 8:30 a.m.

Breakfast/Check-in

8:30 – 8:35 a.m.

Morning Remarks by Bryanna Bruger, Conference Committee

8:35 – 9:35 a.m.

Workshop: The Impact of Inequality in Sports on Performance for Female Athletes in the USA

Mary Foston-English and Dr. Joan Steidinger

This interactive presentation will address female athletes' ongoing struggle for equality in sports; focusing on the issues leadership, pay inequity, media and women of color by using small group discussions, exercises, and a video.

9:45 – 11:15 a.m.

Keynote Presentation:

Exercise and Sport Psychology: To Infinity and Beyond

Dr. Michael Sachs

The future of exercise and sport psychology will be explored, including where our discipline, in research and practice, will be headed in the coming decades.

11:25 a.m. – 12:30 p.m.

Research Presentations

Elizabeth Best, Student

Deborah Osteen-Munch, Mental Skills Consultant

Akasia J-Riggins, Student

12:30 – 2:00 p.m.

Lunch – Sponsored by Kinders

Dan Ourian (LEAP Coordinator)

2:00 – 2:30 p.m.

Breakout Session:

Throws Like a Girl: A Female Sport Psychology Consultant's Experience in the MLB and beyond

Hannah Thurley, MS (NY Giants/Mets)

Hannah discusses experiences through her athletic career, graduate studies, and her work with the Pittsburgh Pirates. The focus will be on what it is like being a female, and how to use that as a strength, in a male dominated sporting arena.

Athletes and Eating Disorders: Learning the Specialty

Dr. Jennifer Carter (OSU Lead Sport Psychologist)

Eating disorders are vexing issues in athletic organizations, and it's rare to have eating disorder specialists on staff. What are some key advancements in eating disorder prevention and treatment that can be applied to sport?

2:40 – 3:50 p.m.

Research Presentations

Samantha Browne

Rodriguez, Kenley, Ede, Galvan, Gray

Drew Morgan

Dustin Venz

4:00 – 5:30 p.m.

Keynote Presentation:

The Truth about Sexual Assault and Athletes—The Real Problem and The Comprehensive Solution

Dr. Mitch Abrams

The problem of sexual assault in sports has existed for decades. Many different programs have been developed, mostly focusing on the bystander intervention approach, and over the past 30 years, not only has the number of incidences not ameliorated, it has increased! This presentation will explain the reasons why current programming has not been effective, and provide a comprehensive solution based upon empirically supported risk factors for sex offense on college campuses, including risk related to athletes.

5:30 – 5:45 p.m.

Closing Remarks by Elizabeth Best, SPSA President



Hannah Thurley, MS

Mental Health Performance Coach at SportStrata

Hannah earned an undergraduate degree in exercise science from the University of Tennessee at Chattanooga, where she was a Division I student-athlete in both basketball and softball. She went on to earn a master's degree with a concentration in sport psychology and motor behavior from the University of Tennessee. She has experience working with Division I collegiate athletes, professional junior golfers, and most recently, finished working with the mental conditioning team of the Pittsburgh Pirates MLB organization. Hannah is now a mental performance coach at SportStrata in New York. SportsStata was founded by Dr. Jonathan Fader who is the head sport psychologist for the New York Mets and the New York Giants.



Dr. Jen Carter

Lead Sport Psychologist and Assistant Professor, Clinical, Department of Psychiatry and Behavioral Health at Jameson Crane Sports Medicine Institute at Ohio State University

Dr. Jen Carter's experience in the sport of swimming drove her to a career in sport psychology. She is the lead sport psychologist at Jameson Crane Sports Medicine Institute, and clinical assistant professor in psychiatry and behavioral health in the OSU Wexner Medical Center. In this role, she provides mental health and performance psychology counseling to OSU athletes, road warriors, sports medicine patients, clients with body image issues, and individuals in the community. Dr. Carter is a counseling psychologist with specialties in sport psychology and eating disorders. She strives to help adults and adolescents achieve peak performance in multiple life domains.



Dr. Karen D. Cogan

Senior Sport Psychologist at United States Olympic Committee

Dr. Karen Cogan is a licensed psychologist and certified consultant, AASP (CC, AASP). She currently works on the U.S. Olympic committee as the sport psychologist for acrobat and combat sports. She has consulted with numerous athletes and teams, including the U.S. freestyle mogul ski team, the U.S. Taekwondo team, the University of North Texas Athletic Department, and athletes through her private practice. She attended six Olympic Games as the sport psychology consultant for several Olympic medalists and their coaches. Karen obtained her PhD in counseling psychology from Ohio State University and completed her clinical internship at the University of California, San Diego. She earned her MS in kinesiology (sport psychology emphasis) and BA in psychology, both from UCLA.



Dr. Michael Sachs

Professor in the Department of Kinesiology, College of Public Health, Temple University

Dr. Michael Sachs is a professor in the Department of Kinesiology, College of Public Health, at Temple University, Philadelphia, PA. He received his PhD in sport psychology from Florida State University. Michael is an associate editor of “Psychology of Running,” a co-editor of “Running as Therapy: An Integrated Approach,” and a co-editor of the “Directory of Graduate Programs in Applied Sport Psychology” 11th edition published by AASP (the Association for Applied Sport Psychology). He also co-wrote “The Total Sports Experience for Kids: A Parents’ Guide to Success in Youth Sports.” Michael is a certified consultant, Association for Applied Sport Psychology.



Dr. Mitch Abrams

Sport Psychologist, Clinical Psychologist, Forensic Psychologist, Owner of Learned Excellence for Athletes

Dr. Mitch Abrams is a sport psychologist and expert in anger and violence in sports. His book, aptly titled “Anger Management in Sport – Understanding and Controlling Violence in Sports,” is the only tome on the market that not only describes the problem of violence in sport, but also provides the how-to of teaching athletes, coaches, and parents to use their anger to help performance, rather than engaging in behavior that they will regret. Related to this work, Dr. Abrams has also been a pioneer in sexual assault and dating violence prevention, with specific focus on athlete populations, developing the Abrams Model of Sexual Assault Prevention.



Dr. Paul Dennis

Professor, University of Toronto

Dr. Paul Dennis spent 20 years with the Toronto Maple Leafs as their player development coach. His primary role was to assist athletes and coaches in their mental preparation. He also worked with the NBA team, the Toronto Raptors, and the Major League Soccer team, Toronto FC. He is currently an advisor to the Ontario Hockey League, Hockey Canada, and he lectures in sport psychology at the University of Toronto.



Dr. Sari Shappird

Licensed Psychologist, founder of Sport & Perform

Dr. Sari Shepphird is a licensed psychologist, award-winning author, consultant, and educator. She is the founder of Sport & Perform, a high-performance consulting practice wherein she works with performers of the highest abilities, from professional and elite athletes, to performing artists, to Fortune 500 executives. Dr. Shepphird is a leader in sport and performance psychology, chairing local, state, and national committees in the field. In addition to her work as a sport and performance psychologist, she provides psychotherapy to teens, adults, and couples on a range of issues and is a noted eating disorder specialist.



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