



**2021 AASP Northeast Regional  
Conference**  
*Friday, March 5<sup>th</sup>*

**3:00-4:00pm** Pre-Conference Student Development Panel Session – Zoom #2  
**Sarah Cook, Ph.D., Bryan Cummings, M.S., James Kaishian, M.S., Dylan Katz, Greg Kuras,  
& Brendan O’Neil** Moderated by **Eric Belt, M.S.**  
*Sport and Exercise Psychology in Other Industries*

**3:45-4:00pm** Opening Remarks – Zoom #1  
**Dr. Judy Van Raalte, CMPC** (Director, Athletic Counseling), **Dr. Jasmin Hutchinson, CMPC**  
(Director, Sport & Exercise Psychology), **Chen Liang, Gabrielle Salvatore & Emily Tyler** (Co-  
Chairs, Planning Committee)

**4:00-5:00pm** Keynote Address I – Zoom #1  
**Robin Vealey, Ph.D., CMPC**  
*Is It in You? On Becoming a Sport Psychology Professional*

**5:00-5:10pm** Break

**#AASPNE2021**  
**@AASPSpringfield**

**5:10-5:55pm** Session 1

Session 1A: Paper Session – Zoom #1

**1 — Emma Baumert**  
*Seeing Inside Your Mind: The Physical and Psychological Effects of Practicing Neurofeedback Training in an Elite Female Weightlifting Population*

**2 — Brittany Benson, John Coumbe-Lilley, Ph.D., Karla Rodriguez, Kelly Stern, Gabe Hall,  
& Elizabeth Yarma**  
*Is the Military Letting Down Female Athletes Following Severe Sport Injury?*

**3 — Adam Feit, Ph.D., Elizabeth Mullin, Ph.D., CMPC, Jasmin Hutchinson, Ph.D., CMPC,  
Brian Thompson, Ph.D.**  
*Understanding the Use of Psychological Skills and Strategies in Collegiate Strength and Conditioning*

Session 1B: Workshop – Zoom #2  
**Kathleen Schaffer, Kathryn Colby, Erika Monsalve, Emily Seaman, Stephenie Spencer,  
Monica Tews**  
*Zoomshop: Virtual Workshop Tips and Tricks*

**5:55-6:00pm** Break

**6:00-6:45pm** Session 2

Session 2A: Round Table – Zoom #1  
**Megan Cusik Brix, Ph.D., Joseph Monserrat, Psy.D.**  
*Calling an Audible: Supporting Student-Athletes During COVID-19*

Session 2B: Workshop – Zoom #2  
**Eric Belt, M.S.**  
*Conquering Early Career Challenges in Mental Performance Consulting*

**6:45-6:55pm** Break

**6:55-7:40pm** Session 3

Session 3A: Symposium – Zoom #1

**Britt Brewer, Ph.D., CMPC, Judy Van Raalte, Ph.D., CMPC, Ryan Welch, Derek Wilson, Cormac Tolan, Margaret Barden, Quameron Mendez-Neff, Fallon Berry**  
*A Mental Cooldown for Sport and Exercise: Background, Preliminary Research, and Application*

Session 3B: Workshop – Zoom #2

**Gagandeep Singh, M.S., Josh Burger, M.S., Elliott Waksman, MA, CMPC**  
*IKIGAI and Self-Awareness*

---

**7:40-7:45pm** Break

---

**7:45-8:15pm** Poster Session – Zoom #2

**8:00-9:00pm** Attendee Social – Zoom #1

*\*\*Zoom links will be sent following registration and prior to the conference\*\**

**To register:** <https://jenz-reach.springfield.edu/modules/shop/index.html?action=courseBrowse&CatalogID=269>





**8:15-9:00am** Speed Mentoring – Zoom #2

---

**9:00-10:00am** Keynote Address II – Zoom #1  
**Duncan Simpson, Ph.D., CMPC**  
*CONTEXT IS EVERYTHING: BEING AN EFFECTIVE MENTAL PERFORMANCE CONSULTANT*

---

**10:00-10:10am** Break

---

**10:10-10:55am** Session 4  
Session 4A: Paper Session – Zoom #1  
**1 — Nicholas Hooper, M.S.**  
*Impact of COVID-19 Sport Disruptions on Mental Health of NCAA Division 1 Student-Athletes*  
**2 — Kaitlyn Mauder**  
*Posttraumatic Growth Through the Recovery of a Sport-Ending Injury*  
**3 — Nina Winsick**  
*Experiences of Transgender and Non-Binary Athletes in Collegiate Sport*

Session 4B: Round Table – Zoom #2  
**Mark Warrell, Ph.D., Jeannie Parker Beard, Ph.D.**  
*Shifting Focus from Athlete-Student to Student-Athlete and the Role of College Faculty Members*

---

**10:55-11:00am** Break

---

**11:00-11:45am** Session 5  
Session 5A: Symposium – Zoom #1  
**Danielle DeLisio, M.S., CMPC, E. Earlynn Lauer, Ph.D., Mark Lerman, M.S., CMC, CSCS**  
*Mental Performance Consultants' Views on Consulting Through the Pandemic*

Session 5B: Workshop – Zoom #2  
**Susan Sotir, Ph.D.**  
*Feel vs Formula: Facilitators and Barriers Endurance Athletes Encounter When Training with Technology*

---

**11:45-12:15pm** Lunch Break

---

**12:15-1:15pm** Panel Session – Zoom #1  
**Michael D'Andrea, Ph.D., Joseph Kennedy, M.S., CMPC, Elizabeth Mullin, Ph.D., CMPC**  
Moderated by Chen Liang  
*Diversity Panel*

---

**1:15-1:25pm** Break

---

**#AASPNE2021**  
**@AASPSpringfield**



<b>1:25-2:25pm</b>	Session 6
<u>Session 6A:</u>	Workshop Session – Zoom #1 <b>1 — Justin Hebert, Gagandeep Singh, M.S., Aubrey Newland, Ph.D.</b> <i>Utilizing Centering Breaths and Imagery for Performance Enhancement in Closed-Skill Routines</i>  <b>2 — Kimberlee Bonura, Ph.D.</b> <i>Chair Yoga: Making Mindfulness Accessible</i>
<u>Session 6B:</u>	Workshop – Zoom #2 <b>Christine Selby, Ph.D.</b> <i>Evaluating Disorders in Athletes: What Do I Do?</i>
<b>2:25-2:30pm</b>	Break
<b>2:30-3:15pm</b>	Session 7
<u>Session 7A:</u>	Paper Session – Zoom #2 <b>1 — Kara Scott</b> <i>Relationships and Self-Perception in Sport</i>  <b>2 — Doug Eng, Ph.D.</b> <i>Objective Measurement of Imagery</i>  <b>3 — Aisyah Rafee, Judy Van Raalte, Ph.D., CMPC, Britton Brewer, Ph.D., CMPC, Katie Tsitaridis, Alexandria Blaurock</b> <i>Acceptability and Effectiveness of Zoom Workshops on Team Cohesion</i>
<u>Session 7B:</u>	Round Table – Zoom #1 <b>Natalie Leger, M.S.</b> <i>Know Your Role: The Intersection of Social Justice, Sport, and Sport Psychology</i>
<b>3:15-3:20pm</b>	Break
<b>3:20-4:20pm</b>	Session 8
<u>Session 8A:</u>	Symposium – Zoom #1 <b>1 — John Coumbe-Lilley, Ph.D., CMPC, Amber M. Shipherd, Ph.D., CMPC, Brittany Benson</b> <i>A Threshold Model for Understanding the Emotional Rollercoaster of Athletes Following a Severe Sports Injury</i>  <b>2 – Lauren Ruhl, LPC</b> <i>The Rollercoaster of Injury: Incorporating the Biopsychosocial Model to Help Predict Recovery Outcomes</i>
<u>Session 8B:</u>	Workshop – Zoom #2 <b>Marla Zucker, Ph.D.</b> <i>Steps for Developing a Private Practice</i>
<b>4:20-4:25pm</b>	Break
<b>4:25-4:45pm</b>	AASP Student Information & Closing Remarks – Zoom #1

