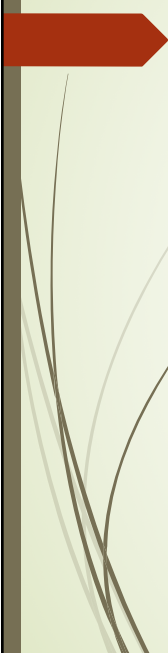


# Enjoying the Ride: From Jekyll Island to Portland and Beyond

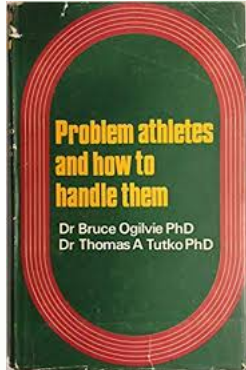
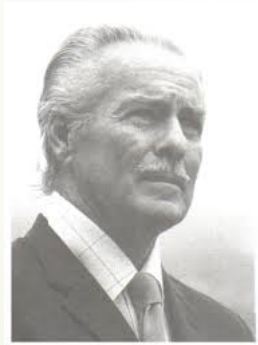
Coleman Griffith Lecture AASP October 2019  
Richard Gordin, EdD, CMPC, Emeritus

1



## The Early Years

Bruce C. Ogilvie



**Problem athletes  
and how to  
handle them**  
Dr Bruce Ogilvie PhD  
Dr Thomas A Tutko PhD

2

## Dick Motta and the Chicago Bulls, 1968

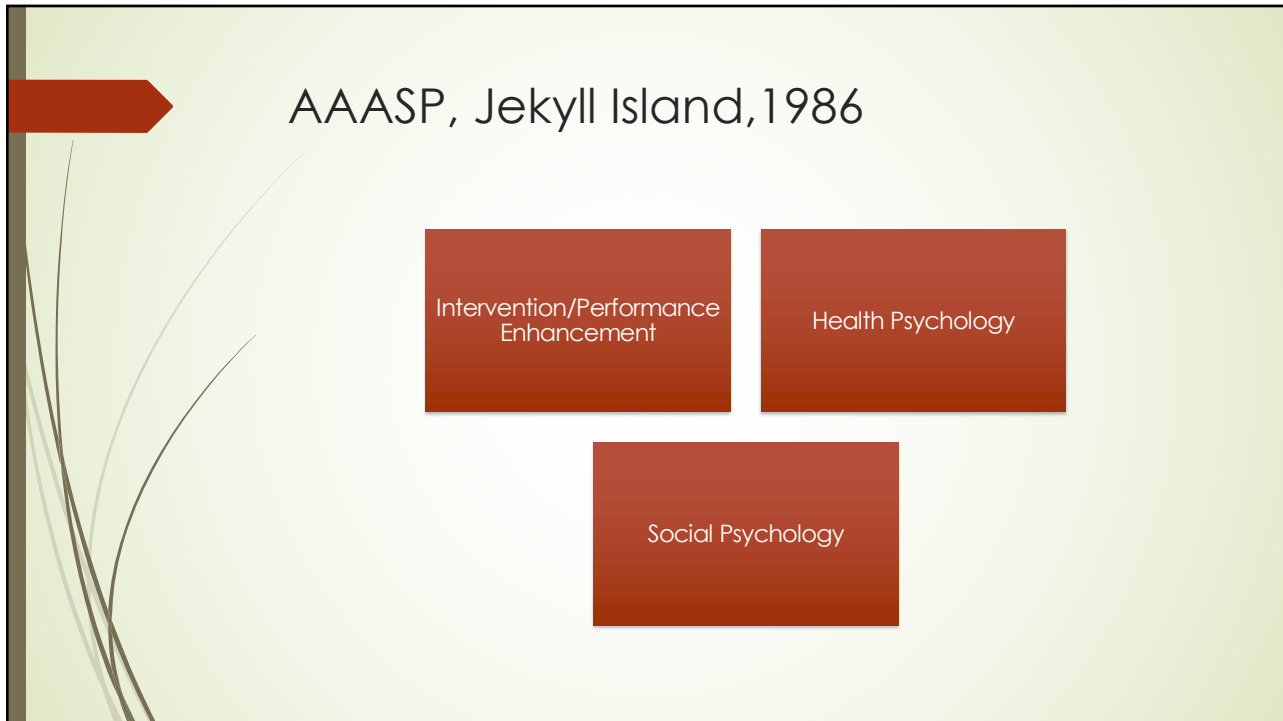


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## Journals Available in Early Years



4



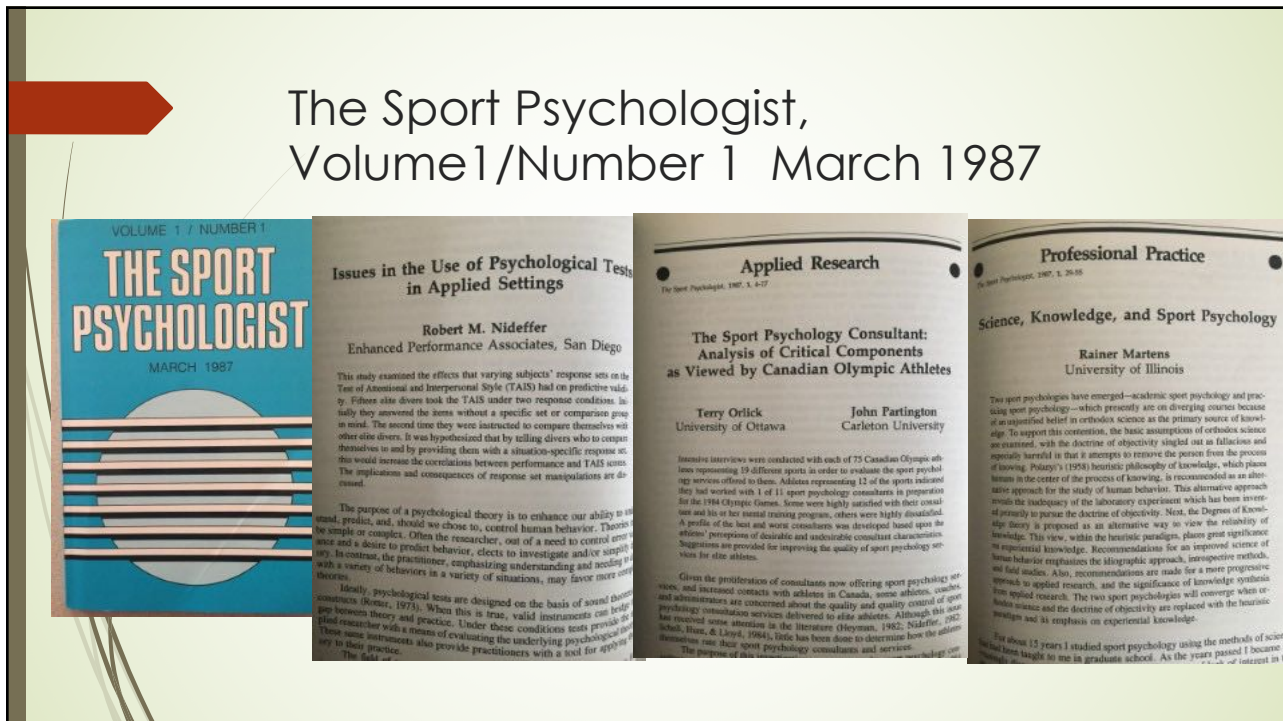
AAASP, Jekyll Island, 1986

Intervention/Performance Enhancement

Health Psychology

Social Psychology

5



The Sport Psychologist, Volume 1/Number 1 March 1987

**Issues in the Use of Psychological Tests in Applied Settings**  
 Robert M. Nideffer  
 Enhanced Performance Associates, San Diego

**Applied Research**  
 The Sport Psychology Consultant: Analysis of Critical Components as Viewed by Canadian Olympic Athletes  
 Terry Orlick  
 University of Ottawa  
 John Farthington  
 Carleton University

**Professional Practice**  
 Science, Knowledge, and Sport Psychology  
 Rainer Martens  
 University of Illinois

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## USOC Sport Psychology Registry, 1982 Shane Murphy, First USOC Sport Psychologist

- Education
- Research
- Clinical



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## Journals in Later Years



8

Seoul, 1988



9

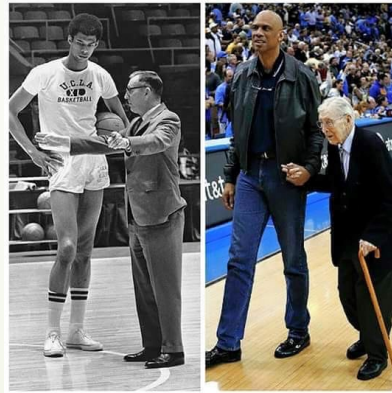
Sochi, 2014



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# The Coach/Athlete Influence "It's what you learn after you know it all that counts" John Wooden



11



# APA Monitor, 2019 Trends to Watch, November, 2018 Issue

2018 ANNUAL TRENDS REPORT

## A GROWING DEMAND FOR SPORT PSYCHOLOGISTS

With the focus of mental health, violence and activism in sports on the rise, more athletes and teams are seeking the expertise of sport psychologists. BY ADRIAN WAX


**3** Sports are a reflection of society, so the old maxim goes—read that, some American optimism. "The sports athletes seek to overcome physical pain and hardship," James Jones, Los Angeles' first and most famous coach, once wrote. "They are a symbol of a nation's spirit, a symbol of a nation's strength, a symbol of a nation's unity." When I first played for the UCLA Bruins, I learned that the national team was not just a team of athletes, but a team of people who were united by a common goal: to win. It was a goal that was not just a goal, but a goal that was a goal.

The athletes' quest for physical fitness and performance is not just a quest for physical fitness and performance, but a quest for mental strength and resilience. It is a quest for the ability to overcome adversity and to persevere in the face of adversity. It is a quest for the ability to focus on the task at hand and to ignore the distractions of the world. It is a quest for the ability to work hard and to play hard. It is a quest for the ability to be a team player and to be a leader. It is a quest for the ability to be a winner and to be a loser. It is a quest for the ability to be a champion and to be a champion.

While improving performance remains a cornerstone of sport psychology, it's only a slice of what sport psychologists are now doing to support athletes.



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Sports Illustrated  
December, 2018

VAULT

PRESENCE OF MIND

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TWO STUDENTS TRY TO GET ATHLETES TO TREAT MENTAL HEALTH LIKE THEIR PHYSICAL HEALTH

T

HE SOCCER player and the gymnast went to the same college, donned the same orange-and-black Oregon State gear. Both were young and strong and healthy, and that's what the world saw of them. But neither knew the burden the other carried.

The soccer player, Nathan Braaten, is from Highlands Ranch, Colo. A midfielder on the men's team, he chose OSU because the school's campus, in rural Corvallis, reminded him of his hometown. He's a senior now, studying finance and minoring in economics. He interned last summer at Nike and even started his own painting company.

But during his freshman year his mom called with news that a friend from home had died of a drug overdose. Braaten broke down in the middle of doing homework. He had nightmares for months. "I didn't want to admit what happened, so I didn't go back for the funeral," he says. "I didn't want to think about it.... I struggled with my mental health for a long time after that."

The gymnast can sympathize. Her name is Taylor Ricci, and she grew up in the north end of Vancouver in a single-parent household. The first person in her family to attend college, she served on student-athlete advisory committees for OSU and the Pac-12 and won the

13



NCAA, Mental Health, Power 5 Vote  
January, 2019



SPORT SCIENCE  
INSTITUTE™

Mental Health



[Find discussion outlines of student athletes workbooks](#)

An NCAA Convention workshop explored health, safety and wellness challenges facing student-athletes to both address the issues and raise awareness of the resources available, helping participants develop an action plan to address the specific needs of their respective athletics departments.

[Read More >](#)

[Mental Health Seminars and Task Forces](#)

The NCAA Sport Science Institute is committed to serving and educating student-athletes, athletics departments and member schools. To help accomplish this goal, we collaborate with prominent medical and sports medicine organizations....

[Read More >](#)

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# More media exposure 2019

AMERICAN PSYCHOLOGICAL ASSOCIATION  
MEMBERSHIP PUBLICATIONS & DATABASES PSYCHOLOGY HELP CENTERS NEWS & EVENTS SCIENCE EDUCATION CAREERS ABOUT APA  
FEATURE


### Putting the person before the performer

William Parham leads a new National Basketball Players Association initiative that puts players' mental health and wellness on center stage.

By Kirsten Weir  
April 2019, Vol. 50, No. 4  
Read the full article

Facebook share: <https://www.facebook.com/share?url=https://www.apa.org/2fmonitor/2019/04/putting-the-person-before-the-performer>

Twitter share: <https://twitter.com/share?url=https://www.apa.org/2fmonitor/2019/04/putting-the-person-before-the-performer>




Parham, a counseling professor at the School of Education at Loyola Marymount University in Los Angeles, has worked with professional and college athletes throughout his career, including with the National Basketball Association (NBA), National Football League, USA Soccer, USA Tennis and the USA Olympic women's volleyball team. He speaks to the Monitor about his

AMERICAN PSYCHOLOGICAL ASSOCIATION  
MEMBERSHIP PUBLICATIONS & DATABASES PSYCHOLOGY HELP CENTERS NEWS & EVENTS SCIENCE EDUCATION CAREERS ABOUT APA  
FEATURE

### The athletic brain

The Sport & Exercise Psychology Lab at Florida State University takes an in-depth look at athletes' cognitive processes.

By Kirsten Weir  
March 2019, Vol. 50, No. 3  
Print version: page 56



Facebook share: <https://www.facebook.com/share?url=https://www.apa.org/2fmonitor/2019/03/the-athletic-brain>

Twitter share: <https://twitter.com/share?url=https://www.apa.org/2fmonitor/2019/03/the-athletic-brain&via=APA&text=The+athletic+brain>

[[javascript:openEmail()]]

Athletes get a lot of attention for their physical attributes: speed, strength, coordination, grace. But excelling in sports requires more than muscles and physical prowess. An experienced athlete takes in important visual cues, tunes out extraneous ones, spots patterns and makes plans—all in the blink of an eye.

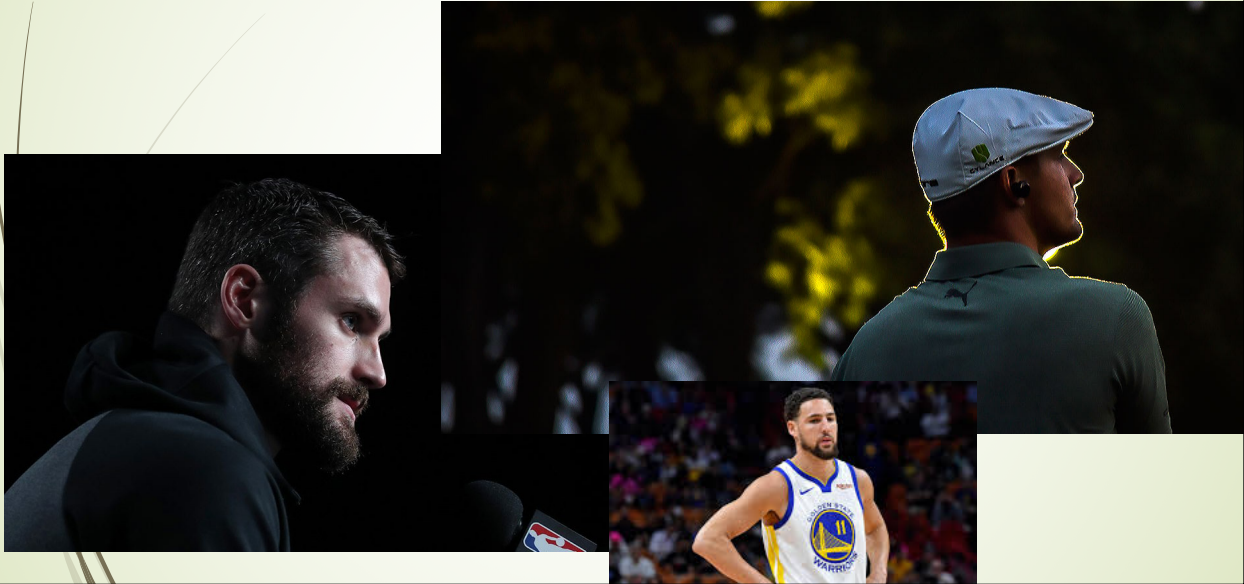
In the milliseconds before basketball players take a free throw or baseball players aim a pitch, they fix their gazes on the net or the catcher's mitt. They absorb key information such as the location and distance of their targets, the location of other players or the direction of the wind. Attention researchers use the term "quiet eye" to describe that moment of taking it all in before springing into action.

But when the eyes are quiet, the brain is anything but, explains Gershon Tenenbaum, PhD, who directs the Sport & Exercise Psychology Lab at Florida State University. It's in that quiet eye, he says, that performance is strongly linked to performance. Tenenbaum and his

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# Professional Athletes Speak Up



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## The Future in Sport & Performance Psychology



17

## Resources Available



EXPERT APPROACHES TO SPORT PSYCHOLOGY  
Applied Theories of Performance Excellence  
MARK W. AOYAGI & ARTUR POZWARDOWSKI EDITORS

Psychology in Professional Sports and the Performing Arts  
Challenges and strategies  
Edited by BRADLEY J. SCHROEDER and DANIEL M. CARROLL

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## Employment Opportunities

- ▶ Intercollegiate Athletics
- ▶ Professional Sport
- ▶ Military
- ▶ Private Sport Academies
- ▶ Performing Arts

- High-Risk Careers
- Business
- Youth Sport
- Private Practice
- Medical or Law Schools

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## Future Trends

- ▶ Certification Advances (From 1992-present)
- ▶ Proficiency within APA Division 47 (Started in 2003)
- ▶ Examination of Professional Training Toward Scientist Practitioner Model
- ▶ Continued Improved "Sport Specific" Science and Research
- ▶ More Career Changes (Increasing interest within AASP)

20

## Future Trends

- ▶ Development of Business Skills including Social Media
- ▶ Preparation of "New" CMPC's
- ▶ Use of More Social Media Applications
- ▶ More Potential Clients Requesting Service Delivery
- ▶ Increased Media Coverage
- ▶ Continued Professionalization of the Field

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## Thank you AASP!

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