It’s about Time and Place

I mention to a new acquaintance that I am a psychologist. “Oh! You’ve already sussed me out!” he smiles, with perhaps a bit of underlying anxiety. Later, as he speaks of his 10 year old daughter who swims and plays netball (and I receive a mini-lesson about netball), I add that I do sport psychology. The conversation continues, with easy discussion about eye-hand coordination, developmental stages, and competition.

Perhaps these anecdotes bear some relation to your experience in exercise and sport psychology. Our strength and our challenge as a division lies in the diversity of interests and involvements that bring us together under a common umbrella. How do you spend your exercise or sport time? What place does this field hold in your life and that of those around you?

The Executive Committee came together in that wonderland known as Orlando for a retreat and meeting in December. Timing being everything, we were present as the Olympic Torch came through town, and had the opportunity to chat with and hear the stories of three of the bearers of the Torch—even got to touch two of the Torches!

And we were able to work on envisioning the Division through strengthening the structure and tasks of the Committees and developing new organizational functions as well. This structure allows an interactive process: divisional members can be involved in meaningful ways, and in turn the Executive Committee has an opportunity to generate ideas and/or pass them along to others with particular interest and expertise in these areas. Let me describe to you in some detail what is happening, along with some possibilities. In the last newsletter, I mentioned the Committee members; now let’s talk about content (noting newly joined committee members as well):

The Science Committee (Britt Brewer, Chair; new member Frank Webbe, Executive Committee liaison) has been developing profiles of exercise and sport psychology laboratories, with detailed reports in ESPNews. Now, these and other lab profiles will be archived on the Division website, in order to enable ongoing access to the profiles by colleagues, students, and interested members of the public. The Science Committee continues to administer the Division 47 Dissertation Award competition as well. The Science Committee has taken on the task of coordinating information for APA President Phil Zimbardo’s “research that makes a difference” initiative. A future direction for this Committee may involve exploration of the mind-body relationship in exercise.

The Public Interest Committee (Diane Gill, Chair and Executive Committee liaison; new members Connie Chan and Bill Parham) took responsibility for the nomination of this year’s Distinguished Professional Award. The Committee was actively involved in the selection of the participant and discussion panel for the Steve Heyman Address and has developed ideas for programming both at Convention and at the 2003 Multi-Cultural Summit. Potential further involvements may include directed actions toward the implementation of APA’s CEMRRAT findings within exercise and sport psychology; more concerted linkages with divisions concerned with issues of public policy and diversity; linkages with AAASP’s Diversity Committee and Social Issues & Social Policy Committee; directed actions toward increasing a diverse membership in the Division among both members and students.
Make a Difference

1. Increased Visibility of Sport Psychology and Sport Psychology Practitioners. Several Division 47 members were involved with teams and athletes at the Winter Olympics and developed positive relationships with National Governing Bodies, teams, and athletes. The experiences of those involved have helped expand the future applied opportunities for sport psychologists interested in working with high level sports. Division members have also been involved with the development of psychologically sound training programs for youth through sport. The First Tee program sponsored by the PGA and LPGA (http://www.thefirsttee.com) and the Play It Smart program sponsored by the National Football Foundation (http://footballfoundation.fansonly.com) are two more examples of the growing reach of sport psychology professionals.

2. Creating a Sport Psychology Domain. Within our own profession, work has been done to identify sport psychology as a formal specialty area within psychology. Currently, this proficiency proposal is wending its way through the APA bureaucracy. More information about the sport psychology proficiency should be forthcoming in the next several months.

3. Updated Website. To reach a wider audience on the information superhighway, we have updated our website, which may come to serve as a useful tool for students, researchers, practitioners, and the general public. Check it out (http://www.psyc.unt.edu/apadiv47). Please tell us how you like the site and provide me with any suggestions about how it could be improved.

4. Convention Programming. Penny McCullagh has put together a strong program for the upcoming convention in Chicago, where some of our newest research findings will be presented.

In a world flooded with information, it can be difficult for exercise and sport psychologists to be heard. We have so much value in our profession in terms of research, education, and service. Please join with me and the field of psychology in reaching out to share what we have to offer. I welcome your suggestions and comments for further enhancing this outreach initiative.
From the Editor’s Desk

Greetings! As I write, the azaleas and dogwood trees are in full bloom and serve as a reminder that the newsletter needs to be coaxed to the printer, post office, and finally, into your hands. As you can see by the content of this issue, there is a wealth of information.....some of it mundane, some entertaining, and hopefully, all of it useful in some way to your exercise and sport psychology self. The newsletter is only as good as the submissions, and I encourage members to continue sharing their ideas with me. If you’ve read the newsletter and found yourself wondering, “Why don’t they put __________ in the newsletter?” then drop me a line. Let’s discuss the “blank” and figure out how to fill it.

Several months have passed since the mid-winter meeting of the Division 47 Executive Committee in Orlando, FL. President Kate Hays has summarized much of the work that was done during this retreat in her column. As an executive committee member who has participated in four of these meetings, I want to reiterate what a privilege it is to work with such a dedicated and energetic group of individuals to serve the membership. Your president runs a tight ship!

In each newsletter we try to publish two or three reviews on books and products of interest to the membership. If you have ideas about books or products to review or would like to be involved in the review process, please contact Bob Harmison, our new associate editor. He can be reached at rharmison@argosyu.edu. Bob also handles the Professional News and Accomplishments section of the newsletter, and information can be sent directly to him at his email address.

Please don’t forget to vote in the current Member-at-Large election. We have two excellent candidates, Heather Hausenblas and Greg Dale. Please read their biographies and position statements and exercise your right to vote when you receive your election ballot in the mail.

Finally, I invite the membership to take a look at the recently redesigned Division 47 website (www.psyc.unt.edu/apadiv47). Former Division 47 secretary-treasurer and newsletter editor, Trent Petrie coordinated the changes, and I think you’ll agree that they look great. Questions, comments, observations? Please do not hesitate to contact me at dughank@auburn.edu. I look forward to hearing from you, and perhaps, seeing many of you in Chicago for the convention. You’ll be able to find me at the back of the pack in the APA Rat Race 5K!

Douglas M. Hankes, Ph.D.

2002 APA Convention Highlights

Below are listed some of the highlights from Division 47’s convention schedule in Chicago, August 22–25. The dates and times were tentative at the time of the newsletter printing.

The entire Division 47 convention schedule can be accessed at: http://www.psyc.unt.edu/apadiv47. The complete Division 47 convention schedule will also be available at the Division Services booth.

Thursday, August 22:

Karen Cogan, University of North Texas; Kirsten Peterson, USOC; Colleen Hacker, Pacific Lutheran University

3-3:50 PM Division 47 Distinguished Professional Practice Award in the Public Interest, Carole Oglesby, Temple University

4-4:50 PM Social Hour

Friday, August 23:

Kate Hays, The Performing Edge
Carol Spielberger, Tampa, FL
Daniel Gould, University of North Carolina at Greensboro
Linda Hamilton, Fordham University

10-10:50 AM Symposium: “Eating Disorder Policy and Prevention for College-Student Athletes”

Jennifer Carter, The Ohio State University
Trent Petrie, University of North Texas
Stephen Russo, UPMC Center for Sports Medicine

Invited Address: “Coaches and Sport Psychology”
Gloria Balague, University of Illinois–Chicago

12-12:50 PM Roundtable Discussion: “Proficiency Proposal: An Update”
Shane Murphy, Western Connecticut State University
Bradley Hack, University of North Carolina
Kate Hays, The Performing Edge
Mary Ann Kane, Exeter Counseling Center
Luis Manzo, University of Notre Dame

Saturday, August 24:

1-2:50 PM Conversation Hour: “Working the Room: Practical Considerations for Building Professional Relationships”
Rob Fazio, Virginia Commonwealth University
Doug Hirschhorn, West Virginia University
Chris Janelle, University of Florida
Al Petipas, Springfield College

4-4:50 PM Invited Address: “Racial and Ethnic-Based Health Disparities: Underlying Causes and the Role of Exercise and Sport Psychology”
Norman Anderson, Harvard School of Public Health

Sunday, August 25:

8-8:50 AM Symposium: “Athletes: Sitting on Top of the World….Right?”
James Bauman, Olympic Training Center
Mitch Abrams, National Coalition Against Violent Athletes
Chris Carr, Methodist Sports Center

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“Meet Dr. Griswold,” golfer Roy McAvoy says to his friends in the movie, Tin Cup. “This is Molly. She’s my shrink.”

“Ex-shrink,” Dr. Molly Griswold corrects him. “We’re sleeping together now so I can’t be his therapist.”

Dizzy, uptight but sexy, with boundaries porous as cheesecloth—this was the model I found for a fictional sport psychologist when I began to write my golf mystery, Six Strokes Under. And sport psychologists didn’t have the market cornered when it came to having their professional image trashed in the popular media. Shrink’s of all varieties were portrayed in films and books as bumbling fools, lacking in scruples, or crazy themselves.

I wanted to use my training in clinical psychology and interest in the mental side of golf by including a psychologist in my novel. The challenge was to dream up a character who could use the principles of psychology to help solve mysteries without imploding with self-importance, stumbling over personal issues, or crossing ethical boundaries.

I chose Cassandra Burdette, a female caddie on the PGA Tour, as the protagonist for my book. Limited by neuroses that kept her from exploring her own talent directly, she settled for carrying the bag of a gruff but handsome rookie, Mike Callahan. Unfortunately, Mike’s career was being torpedoed by the yips, uncontrolled jerky hand motions that destroy a golfer’s putting statistics and confidence. This conflict presented the perfect opportunity to introduce sport psychologist Dr. Joe Lancaster. While counseling Cassie about her golfer’s putting problems, he could also begin to poke (in a friendly way) at the psychological issues that kept her from reaching her potential. And with his expertise in understanding people, he could be a valuable resource when it came time to identify suspects and unravel motives for murder.

Dr. Lancaster developed into a composite of golf and other sport psychologists—some I knew personally and others I’d read about. He was eclectic in his approach to psychological consultation—his arsenal included visualization, pre-shot routines, and setting specific short-term goals. In Six Strokes Under, Cassie discovers that Lancaster’s technique for blocking anxiety in a golf tournament works when you are confronted with the unpleasantness of finding a dead body, too. In chapter four, she finds the body of a psychiatrist as she leaves her own therapy session:

“As I sat facing away from the doctor’s body, my nostrils filled with a strong, metallic odor. I knew it was his blood. I remembered a technique Joe taught me for blocking out distracting or unpleasant thoughts on the golf course: If your mind is busy cataloging horizontal and vertical lines in your environment, he’d said, it pushes the panic and negativity right out. Don’t analyze the lines, just notice them.”

Talk about living vicariously—this was great fun! I could kill off anyone I wanted without consequences. Plus, Cassie Burdette had all the golf skills a middle-aged, middle-tier amateur like myself could only dream about. And Dr. Lancaster had a plum of a fictional job as traveling psychologist for the PGA Tour. In my real life, Penguin Putnam bought a three-book series, with the caveat that Cassie be introduced as a prime time player—a golfer rather than a caddie. The result is Six Strokes Under, in which Cassie braves golf’s grim reaper, the LPGA qualifying school, and Joe Lancaster launches his career as shrink to wanna-be golf sensations.

The golf doctor is in!

**Editor’s Note:** Roberta Isleib is a clinical psychologist and writer in Madison, CT. Her first Cassie Burdette mystery, Six Strokes Under, will be available from Berkley Prime Crime in June 2002. Read more at www.robertaisleib.com. To comment about this essay or contribute a question and answer (with link) to her column “Ask the Golf Doctor”, email her at Roberta@robertaisleib.com.
Future professionals, greetings once again from the youth of Division 47. We hope that you are excelling in the areas of practice and research. In this newsletter, we decided to take a slightly different slant. Rather than just simply report what is going on, we will do some of that as well, we would like to engage you and offer some practical considerations for achieving excellence within yourselves. A common theme we have seen among students is that we are taught what not to do and what causes stress and sickness. Ironically enough, just that is what we end up doing in school. So, how do we maintain the balance between what we “have to” do and what we love to do? Well, here are some simple suggestions on how we can as, future professionals, achieve personal performance excellence.

Collaborate Now Rather than Later: It is no secret that a core element of success in our field of exercise and sport psychology is building relationships. So, why wait to do just that? It is our responsibility to identify, establish, and nurture professional relationships. Some of the most beneficial contacts that future professionals have made have been with people outside the traditional field of sport psychology. I (RF) have been learning a great deal from future professionals in the field of consulting psychology. Their insight into the consulting process has been tremendous and helped me a great deal as I continue to learn effective processes for consulting with teams and individuals in a variety of domains. What’s the point? NetWORK in and out of our fields of study.

Hold The Door For Others: What goes around comes around. We’ve all heard this cliché, but does it have meaning? We’re not sure, but why not make a pact with yourself to bring along others. It’s not rocket science. We know how valuable mentoring is, so let’s mentor each other in our areas of interest.

Upward Influence: In business, this term refers to the influence subordinates may have on their managers. Well, what about future professionals influence on our mentors, professors, or each other? It is so important that each of us find our voice. We consistently advocate for and teach strategies of effective feedback. We need to start taking our own advice and seek and offer feedback. It’s not just about getting through our graduate programs, it’s about making the environment and system better. What’s the point? Just because we don’t have our Ph.D.s doesn’t mean we don’t have a tremendous amount to offer. We can make positive changes through giving constructive criticisms to our higher ups, so let’s do it.

Jump Through the Hoops and Create Your Own: Back to the poodle analogy. Not sure about you, but often we feel as if administration lays out hoops and we jump through them. Well, that’s important in order to achieve our ultimate goals. However, it is also important for us to create our own hoops to jump through. Every graduate student that finishes a graduate program gets through the core curriculum. But, how many of us make our own curriculum? Will we do required reading and study for hours to get an “A,” but how many of us will put that much time and effort into what we really love? What’s the point? Practice what we preach, make sure we do love what we do and love what we do. We need to be careful not to lose sight of what we really want.

Well, that is it from us for now. In August, we will be going through an internal challenge of our own. We have been doing a tremendous amount of collaboration with Michelle Colman and Josh Avondoglio with AAASP initiatives. Michelle and I (RF) have continued to put together the Performance Excellence Program (PEP). Josh has been collaborating with us on the Student Practitioner Award. We have a very strong relationship with the future professionals and professionals of AAASP. One of our goals is to develop stronger alliances with other divisions such as 13 – consulting. Please let us know if you would like to help. And remember: You only get what you give, so give as much as you can!

Unfortunately, a key member of our team, Doug, will be transitioning out of his two-year term. Doug has made more than a positive impact on many of us as we develop our careers. Thanks for the hard work and leadership. Details in regard to becoming a co-student representative for Division 47 can be found in this issue of the newsletter.

Each year, a student co-representative who is a student-affiliate of Division 47, is selected to serve the division and be a liaison to the Executive Committee. For this position, the student-affiliate shall:
Attend the executive and business meetings of the division during the annual APA Convention, and if feasible, attend the mid-year meeting. He/she will provide a student-affiliate report regardless of whether he/she can attend the meetings.
Write a column in the spring and fall issues of the division’s newsletter.
Assist the President in the selection of the new student-affiliate.
Work with the program chair to plan a student meeting and/or student-affiliate sponsored presentation at the annual convention.
Act as a liaison between student members and the Executive Committee on ideas, problems, concerns and suggestions.
Sit on committees of the division and/or assist the committee chairperson in the selection of a student for the committee.
Perform any other job agreed upon by the division President and/or Executive Committee.

For those student-affiliates who are interested in applying, please send (a) a 1-2 page statement of interest in the position, and (b) a current vita to Rob Fazio (address is located on the back page of the newsletter under Executive Committee members). Applicant information will be forwarded to Dr. Kate Hays, President of Division 47, who in consultation with Rob (and Doug Hirschhorn, co-student representative) will select the new student co-representative. Announcement of the new student representative will be made at the APA Convention.
2002: A Race for Renewal
The 24th Annual Running Psychologists’ APA 5K Rat Race and Walk
Saturday, August 24, 2002

NAME: ___________________________ First ___________ MI ___________ Last ___________________________

ADDRESS: ____________________________________________

CITY: ___________________________ STATE: ___________ ZIP: ___________

EMAIL: ___________________________ (H) PHONE: ___________________________ (W) PHONE: ___________________________

AGE ON AUG. 24th: ___________ BIRTHDATE: ___________ GENDER: ___________

Pasta Party? Y/N How Many? ___________ SHIRT SIZE: S M L XL Division 47 Member? Y/N I want to join Division 47 Y/N

PSI CHI Member? Y/N Past or Current PSI CHI National Council Member? Y/N Sponsor or Exhibitor Y / N

Org. Name: ___________________________ APA Status: Member _____ Fellow _____ Assoc _____ Stud. Affiliate _____ APA Member # ____

I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Running Psychologists, Division 47 and the American Psychological Association, the City of Chicago, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, and recording, or any other record of this event for any legitimate purpose. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

_________________________________________ Signature /Date

_________________________________________ Suanne Shocket
9625 Surveyor CT., Suite 210
Manassas, VA 20110-4408
Email: sshocket@compuserve.com

Make Check payable to: Running Psychologists. Receipt before Aug. 16th: $20 (Student fee: $10), On-site: $25/$14, Div 47 Members only: $10

Sponsored by: APA Insurance Trust PSI CHI American Psychological Association Division 47

The annual race and walk for the 2002 Chicago Convention of APA will be held on Saturday morning, August 24th, at 7AM. The start/finish area will be by the lakeshore in the Grant Park area, a short walk from the hotels and convention center. The out and back run will parallel Lake Michigan and turn back near the Shedd Aquarium.

Trophies will be awarded to the overall men and women’s winners and to the top three in each 5-year age group, from under 25 to over 74. The top three male and female finishers who are Division 47 members will receive awards. The top three finishers who are current Psi Chi members will also receive awards, as well as the top three current or past Psi Chi National Council members. To honor our sponsors who make the race possible and the exhibitors at our meeting who provide the excellent raffle prizes, the highest finishing male and female sponsor and exhibitor will receive awards.

Pre-registration will run until August 16th - which means that the entry form and fee must be received by that date. Please give us all the requested information including age and gender so that the race numbers can be labeled appropriately and save us time in determining your category for the results. THE ENTRY FEE FOR PRE-REGISTERED RUNNERS IS $20.00, which includes a commemorative shirt, raffle chance, and post-race refreshments. PAST AUGUST 16TH, CONVENTION AND DAY-OF-RACE REGISTRATION FEE IS $25.00. Pre-registration for students is $10.00 and convention/day-of-race student registration is $14.00. PLEASE pre-register to help us avoid too many convention and day-of-race registrations. Make your check payable to: Running Psychologists.

Division 47 members receive a discounted race entry of $10 as a value-added benefit of division membership. If you are an APA member and wish to apply for division membership with this entry form, check the box on the form above and remit the discounted entry fee ($10) plus the Division dues ($22 for members, $8 for student affiliates). We will forward your application to APA for processing.

The 5th Annual Pre-Race Pasta Dinner will be held on Friday evening, August 23rd, at 6:00 - 8:00 PM at Gioco’s Restaurant, near McCormick Place. Please mark your entry form to reserve a place at the party. You may prepay when you pick up your race materials at the convention. Restaurant name and directions will be available at that time.

You may pick up your race number, shirt, and raffle ticket at the business meeting of Running Psychologists on Friday morning at 8AM (see the program for room number) or at the APA Division Services booth in the McCormick Place Convention Center, beginning Friday morning.
The Seven Secrets of Successful Coaches is written in an easy-to-understand style and directed primarily toward coaches, although Janssen and Dale recommend that CEOs, business managers, teachers, and parents can benefit from this book as well. I would add that anyone in a position of influence over others (e.g., sport psychology consultants) could adapt the principles covered in this book, allowing them to be more effective in their relationships with others. Thus, the book is suitable for graduate level students and makes for a nice supplemental text for courses that focus on the social psychology of sport or the psychology of coaching. The book contains 14 chapters, and each chapter includes “Questions for Reflection” and “Key Points” to assist in the application and learning of the main ideas. In addition, at the end of most chapters are insightful and revealing comments from selected coaches regarding what one needs to do to be a successful, credible coach.

Although not divided into sections, the book can be organized into three parts. The first part of the book encompasses chapters one through six, and basically presents the authors' philosophy on what it takes to be a successful, credible coach. Chapter one prompts the reader to adopt the mindset that coaches must win games along with the respect of their athletes to be considered successful. Chapter two presents a helpful comparison between what the authors describe as a “credible” versus a “corruptive” coach. This discussion seems rather poignant given the difficulties that several coaches (e.g., Bobby Knight) have recently experienced attempting to motivate athletes with the old command and control style of coaching. Chapter three discusses a persuasive case for coaches benefiting from the development of respecting, encouraging, and trusting relationships with their athletes. Chapter four describes the dilemma that many coaches face, which is “Should I coach with my head or my heart?”. The authors are able to successfully discuss in laymen's terms a concept from the contingency theory of leadership (Fiedler, 1967), namely coaches being task-oriented or person-oriented in their style interacting. Chapter five identifies typical developmental stages that coaches encounter as they proceed in their careers. Although it is somewhat unclear as to the methods utilized by the authors to arrive at such conclusions, the stages give a rough idea of how credible coaches develop differently compared to the average coach. Finally, chapter six outlines the steps that coaches can take to become a credible coach, including several good suggestions regarding self-assessment and asking for and receiving feedback from athletes.

The second part of the book consists of chapters seven through thirteen, and each chapter elaborates on one of the seven characteristics of credible coaches as identified by the authors based on their interviews and experiences with a number of high-profile and successful coaches. Chapter seven focuses on the importance of coaches being character-based in order to build a sense of trust in their athletes. The chapter highlights the simple, but often overlooked benefits of communicating in a direct and honest way and behaving in a professional, ethical manner. Chapter eight discusses the necessity of coaches not only being competent but also lifelong learners and willing to admit when they have made a mistake. The including of several stories and quotes from well-respected coaches who adopt this approach adds tremendously to the powerful effect of this characteristic. Chapter nine describes the credible coaching characteristic of being committed and having a passion for coaching. The several pages devoted to the issue of maintaining a healthy balance between career pursuits and other important life priorities are a nice addition. Chapter ten makes a case for coaches to be more caring toward their athletes. Based on my experience consulting with elite-level coaches, this would appear to be the most challenging characteristic to which many coaches would attempt to adhere. However, Janssen and Dale provide good reasons, examples, and exercises to help coaches with what might be a difficult task for some. Chapter eleven deals with how coaches can build confidence in their athletes as the primary means by which to motivate them. This also can be a difficult task, yet the authors offer steps on how to do so along with ideas for successfully correcting and criticizing athletes as well as tips for dealing with challenging athletes. Chapter twelve underscores the important aspect of communication and encourages coaches to take a less autocratic approach in dealing with athletes. Lastly, chapter thirteen discusses the need for coaches to be consistent in their coaching philosophy and organization, ability to manage their mood and control their emotions, and handling of discipline.

The final part of the book consists of only chapter fourteen and provides a brief wrap-up to the book's main concepts. In addition the authors provide a challenge to the readers to invest their time wisely and determine what type of legacy they would like to leave and whom they would most like to influence. Tied nicely into this discussion are a couple of references (e.g., Stephen Covey) should the reader be interested in exploring this idea further. Despite the apparent usefulness of the book to coaches, sport psychology consultants, students, and others, several shortcomings should be noted. From a theoretical perspective, the book is somewhat limited due the authors’ approach of identifying a group of credible coaches and determining what common traits exist among them that allow them to be successful. The scholar is me wonders are the coaches saying who possess the same traits and behave in the same manner yet are not as successful or perceived as credible? Also, is this the only path to being successful and credible? On a related note, Janssen and Dale argue that coaches need to be more person-oriented in their approach, yet some research does suggest that a task-oriented approach can be more effective. Also, the book seems to outline what it takes to be a successful, credible coach at the college-level, although it is noted that a professional football coach, a director of player personnel for a professional hockey team, and a professional basketball scout were listed among the group of coaches that were interviewed for the book. Regardless, the book does seem to be targeted more toward coaches who play a major role in the development of their athletes, both on and off the field of play. Overall, The Seven Secrets of Successful Coaches is a book that offers insights into a group of highly successful and credible coaches. The book would be a good addition to any library and might be particularly helpful when providing consultation to coaches with regard to their leadership and decision-making styles.
Heather Hausenblas, Ph.D.  
Member-at-Large

**Biography:** Heather Hausenblas is an Assistant Professor in the Department of Exercise and Sport Sciences and the Director of the Exercise Psychology Laboratory at the University of Florida. She received her Honours B.A. from McMaster University (1993) and her Ph.D. from The University of Western Ontario (1998). Heather is on the Editorial Board for the Journal of Applied Sport Psychology, and she serves as a Guest Reviewer for seven other journals. She has co-authored/edited the following three books: Group Dynamics in Sport, The Handbook of Sport Psychology, and Psychology of Physical Activity and Exercise. She has published over 25 articles in refereed journals, and she has presented over 60 papers at professional meetings. Her research interests include theoretical models applied to explain and predict exercise adherence/adopter, group cohesion in sport and exercise environments, exercise dependence, and the relationship between physical activity and body image/eating disorders.

**Position Statement:** It is an honor to be nominated for the position of Member-at-Large for Division 47. I am a member of APA and Division 47, and I have presented at the conference several times. I have also been a program committee member for Division 47. In addition, I have had experience in other organizations, such as serving as the Editorial Assistant for Journal of Applied Sport Psychology. I plan to continue my professional contributions with memberships in APA, AAASP, NASPSPA, and the Society of Behavioral Medicine.

My broad background in sport and exercise psychology will enable me to effectively represent the interest of the members of Division 47. I am highly organized, responsible, energetic, enthusiastic, and motivated individual. Through my experiences, I have developed an understanding of professional organizations, and I have the skills necessary to successfully fill this position should I be elected.

Sport and exercise psychology has experienced rapid growth in recent years and faces many challenging issues. I would be delighted to serve Division 47 as we face these challenges and opportunities of the new millennium. I appreciate this opportunity to apply as Member-at-Large for Division 47 and thank you for your consideration.

Gregory A. Dale, Ph.D.  
Member-at Large

**Biography:** Greg Dale, Ph.D. currently holds a dual position at Duke University. He is an associate professor in the Department of Health and Physical Education where he teaches sport psychology/performance enhancement and sport ethics. He also serves as a sport psychology consultant for the coaches and athletes in the athletic department. He received his B.S. degree from Stephen F. Austin State University, his M.A. degree from Teachers College/Columbia University, and his Ph.D. from the University of Tennessee/Knoxville. Before coming to Duke, Greg was an associate professor at Winthrop University where he taught sport psychology, motor learning and psychology of coaching. He initiated and was the original director of the NCAA CHAMPS Life Skills program for student-athletes at Winthrop. He has also taught and coached at the middle and high school levels in New York City and San Antonio, Texas.

In addition to being a member of APA and Division 47, Greg is a member of AAASP where he is currently serving as Chair of the Organization/Outreach Committee and a member of the Intervention/Performance Enhancement Committee. He has served as a member of the Continuing Education Committee as well. He also belongs to AAHPERD and currently serves as Chair of the Youth Sport Coalition within that organization.

Greg’s research interests include gender differences in coach-athlete communication, coaching behaviors, and stress and coping strategies of athletes and coaches. He has published several articles in the sport psychology literature. He recently coauthored the book, The Seven Secrets of Successful Coaches: How to Unlock and Unleash Your Team’s Full Potential and is currently writing a chapter in an edited text for USA Track and Field. He also writes a bi-monthly sport psychology newsletter for the coaches at Duke called, Blue Devil Coach’s Corner.

In addition to his work with the athletes and coaches at Duke University, Greg consults with athletes and coaches at the professional level from a variety of sports including baseball, basketball, football, golf, soccer, tennis and track and field. He is an AAASP Certified Consultant. He is listed on the USOC Sport Psychology Registry, and he is a member of the sport psychology staff for USA Track and Field.

**Position Statement:** It truly is an exciting time to be in the field of sport psychology. As I write this position
statement the Winter Olympics are in full swing in Salt Lake City, and several of our colleagues are there serving as integral parts of support staffs for the athletes and coaches. It is encouraging to hear several of the athletes discuss the importance of the psychological aspect of their performance—not because we need reassurance of that fact, but because it provides further support for the need of qualified people to provide the services these athletes can trust.

This type of media attention is only going to increase in the coming years and more and more people are going to want to “jump on the sport psychology bandwagon.” Believe it or not, there is one very successful NCAA Division I head coach who uses a personality instrument designed by a salesman with no formal sport psychology training. This salesman essentially “sold” this coach on the benefits of the instrument. Like this coach, many other coaches and athletes are looking for anything they feel will provide them with an advantage. As the demand for our services increases, we must have clear standards for someone calling him/herself a sport psychologist or sport psychology consultant. The Proficiency in Sport Psychology that Division 47 has been formulating over the last few years is a huge step in that direction. I believe this proficiency is vital for the ultimate credibility of our field.

Along with this proficiency standard comes the need to more effectively market our organization and the qualified professionals within it to athletes, coaches, parents and administrators of national governing bodies. As chair of the Organizational Outreach committee within AAASP, I feel I can offer creative ways for Division 47 to more effectively “spread the word” about these services.

Last, but certainly not least, it is important to continue pursuing avenues that will increase the diversity of our organization that meets the ever-growing diversity of those who seek our services. It would be an honor to serve in the position of Member-at-Large. If elected, I will work diligently to further the initiatives of Division 47.

**Professional News and Accomplishments**

**Conferences & Workshops**

Springfield College’s Athletic Counseling program will be hosting the **19th Annual Conference on Counseling Athletes** from June 21-23, 2002. For more information, please contact Miki Oyler, Conference Coordinator, at 413.748.3325.

The Ohio Center for Sport Psychology will conduct an intensive workshop, “Developing Your Sport Psychology Practice,” May 10-11, 2002 in Beachwood, OH, a suburb of Cleveland. Psychologist participants will earn 13 APA CEU’s for completing the workshop. For more information, contact Jack Lesyk, Ph.D. at 216.575.6175 or check the Center’s website at www.sportpsych.org.

**Books**

New Harbinger announces the publication of **Move Your Body, Tone Your Mood** authored by Kate F. Hays. The book is available at www.newharbinger.com or toll free at 800.748.6273.

Fitness Information Technology, Inc. announces the publication of **Foundations of Exercise Psychology** authored by Bonnie Berger, David Pargman, and Robert Weinberg. To order, contact FIT at 800.477.4348 (or 304.599.3483), email at fit@fitinfotech.com or at www.fitinfotech.com.

Wadsworth Publishing announces the publication of **Sport Psychology** (3rd ed.) authored by Arnold LeUnes and Jack Nation. The book is available from Wadsworth at www.wadsworth.com or toll free at 800.354.9706.

**Who’s Taking New Positions**

Starting May 1, 2002, Maria Kavussanu will be working as a lecturer at the University of Birmingham. Currently she is a lecturer at Loughborough University. She received her M.Sc. from the University of North Carolina at Greensboro in 1992 and Ph.D. from the University of Illinois at Urbana Champaign in 1997.

The National Football Foundation Center for Youth Development through Sport at Springfield College began full time operation this past January. The Center will provide support to the NFF’s Play It Smart program through curriculum development, research, training, and outreach functions. The NFF Center currently consists of three full-time staff members: Al Petitpas, Ed.D, Allen Cornelius, Ph.D., and Kelly O’Brien, M.Ed. and four graduate associates. You can contact the Center toll free at 866.532.2289 or by email at nffcenter@spfldcol.edu.

**2002 Division 47 Dissertation Award Recipient**

**Congratulations to Roland Carlstedt**

Dr. Carlstedt is the recipient of the 2002 APA Division 47 Dissertation Award. Dr. Carlstedt’s dissertation, completed under the direction of Auke Tellegen, Ph.D. at Saybrook Graduate School, is entitled “Line Bisecting Test Reveals Relative Left Brain Hemispheric Predominance in Highly Skilled Athletes: Relationships Among Cerebral Laterality, Personality, and Sport Performance.” Look for Dr. Carlstedt’s presentation at APA Convention in Chicago and for the written summary of his dissertation in the fall issue of the newsletter.
For both healthy and chronically diseased individuals, the self-regulation of health behaviour is suggested as central to initiating and motivating actions to promote a healthy lifestyle and prevent disease (Bandura, 1986). One of the central aspects of the process of self-regulation is the perception of control. Indeed, control is necessary for successful initiation and maintenance of a number of health behaviours (e.g., physical activity, healthy eating, or safe sexual practices; see review by Godin & Kok, 1996). The health behaviour of physical activity provides the opportunity to examine self-regulation and issues of control in particular. As a behaviour that is not always under one’s volitional control (e.g., in diseased populations many factors may influence activity involvement), participation in physical activity relies heavily on the presence of control within the individual.

From a public health perspective, inactivity is as great a risk factor as smoking (Craig, 1998). Although increased physical activity is one remedy for the risk-related effects of inactivity, motivating the previously sedentary to initiate and maintain activity or the moderately active individual to increase physical activity remains a problem. Dishman’s (1988) work has revealed that in normal or asymptomatic populations, adherence to physical activity programs drops to approximately 50% within the first six months. Meichenbaum and Turk (1987) also highlight the problems seen in adherence to health behaviour in general (including physical activity), and have suggested a number of determinants (i.e., personal, environmental, or task) that may be related to the problem of non-adherence.

While adherence to physical activity is a huge problem within healthy or asymptomatic populations, this adherence issue becomes even more complex when one is dealing with a symptomatic or unhealthy population. Specifically, failure to self-regulate or control adherence to physical activity may be related to specific, personal physical determinants among the chronically diseased. Indeed, physical limitations could restrict the control of exercise among those who could obviously benefit from a regular program of physical activity. In particular, the physical symptomatology of the disease per se may constrain activity, even when the participants are motivated, perceive the benefits, and have a supportive environment to promote the physical activity behaviour. The role of control thus becomes even more central to determining the initiation and continued motivation of adhering to the health behaviour of physical activity for chronically diseased populations (Bandura, 1986; Madux, Brawley, & Boykin, 1995). For example, if individuals do not perceive to have control over their activities of daily living because of their chronic condition, the odds of having control over being physically active are diminished. Alternatively, if the individuals’ control is enhanced, this may be reflected in greater involvement in a physical activity program and the accrual of important benefits (e.g., improvement in health-related quality of life—HRQL).

Using self-efficacy theory (Bandura, 1986, 1997) and the theory of planned behaviour (Ajzen, 1985, 1991) as theoretical frameworks, the primary objectives of the series of studies in this dissertation were to (a) determine the relationship between activity level, efficacy, and indices of well-being in Study 1; (b) identify the usefulness of the theory of planned behaviour, and in particular perceived behavioural control or self-efficacy, for predicting physical activity intentions and behaviour in Study 2; and (c) investigate an intervention designed to manipulate social cognitive constructs within the theory of planned behaviour in Study 3. All three studies examined individuals with Fibromyalgia (FM). FM is a chronic disease that is characterized by widespread pain and accompanying fatigue, which fluctuates over time. Previous literature has highlighted the importance of efficacy for functioning more effectively with this condition, however very little of this work has been guided by theory. Utilizing the framework of self-efficacy theory (Bandura, 1997) in Study 1, FM participants reported their efficacy for being physically active and for coping with their FM symptoms, as well as their physical activity levels and functional ability level. Both types of efficacy predicted physical activity frequency and functional ability status. Specifically, the more active FM individuals and those who functioned better on a daily basis had higher levels of efficacy or confidence in their ability to both be active and cope with their FM pain. This study provided the first examination of efficacy in relation to a frequency measure of physical activity and supports the physical activity literature findings for both healthy and symptomatic populations.

The purpose of Study 2 was to examine additional social cognitive predictors of physical activity frequency. The theory of planned behaviour (Ajzen, 1985) provided the framework to assess perceived behavioural control (efficacy) along with affective (attitude) and social (subjective norm) components for predicting physical activity intentions and behaviour. This prospective design revealed that physical activity intentions were predicted by perceived behavioural control, while both...
intentions and perceived behavioural control predicted physical activity behaviour. These results are supportive of the direct hypothesis of the TPB. While these results are again supportive of the general physical activity literature, the relative weaker roles of both attitude and subjective norm were somewhat surprising. In particular, the weaker role of attitude was inconsistent with past physical activity research both in healthy and diseased populations. Study 3 attempted to further examine the importance of these three TPB variables for understanding physical activity and FM in an intervention-based design. Utilizing a group discussion format, attitudes, perceived behavioural control, and subjective norm towards physical activity were targeted within “positive” and “negative” conditions. The results revealed that this short-term intervention was effective at changing all three targeted variables. Specifically, at the post-manipulation measurement, FM individuals in the positive condition had significantly higher attitudes, perceived behavioural control, and subjective norm towards physical activity compared to the FM individuals in the negative condition.

Together, the results of this series of three studies support the importance of perceived behavioural control for understanding physical activity involvement in FM individuals. Additional social cognitive variables, including affective or social factors may also play an important role, however it is apparent that conceptual and measurement issues must be addressed in future research. Utilizing a strong theoretical framework will aid the progression of FM and physical activity research and will ultimately enhance future interventions.

Editor’s Note: Dr. Culos-Reed presented her dissertation at the APA Convention in San Francisco. She can be reached via email: nculosre@ucalgary.ca. Dr. R. Renee Newcomer, the dissertation award co-recipient, was not able to attend the convention and present her dissertation.

Division 47 Listserv

Division 47 has its own listserv for members and those interested in the field of exercise and sport psychology. The list is specifically for postings on issues, questions, information, and findings concerning research and professional practice issues in exercise and sport psychology.

To join the list and receive email posting from list members, send an email message to: listserv@lists.apa.org. Leave the subject line blank. In the body of the message type: “subscribe div47” and send the message. If you use a signature file with your message, please remember to remove it for this message. You will receive acknowledgement from Majordomo when your subscription has been approved. Subsequently, to send a message to the list, simply address your message to: div47@lists.apa.org. Please use care and consideration in your messages.

Currently, the Division 47 list administrator is Doug Hirschhorn, M.S. To reach Doug, send an email to: dhirschhorn@schonfeld.com.

Congratulations to Carole Oglesby!

Carole is this year’s winner of the APA Division 47 Award for Distinguished Contributions to Exercise and Sport Psychology in the Public Interest. Carole’s presentation will be a featured session at the 2002 APA Convention in Chicago.
Body Dysmorphic Disorder and Body Image Issues...No Longer Restricted to Females

For years there has existed societal pressure for women to look a certain way and represent an ideal image presented by the mass media – tall and slender, with an hourglass figure. However, more recently it has become accepted for women to voice their concerns and recognize that this is not the only way to be. A relatively new problem, though, seems to be evident with regard to males. Males are now becoming bombarded with images of what represent the perfect male body - having a V-shaped torso, muscles rippling, and nary an ounce of body fat. These figures are seen everywhere from television commercials to magazine advertisements to urban billboards. While it has become accepted for women to talk about the problems they face concerning the way they look, it remains, by and large, taboo for men to discuss body issues that may be causing them distress. There exists anecdotal evidence of this male fixation with body image at any large gym – individuals running on the treadmill for minutes on end in hopes of becoming leaner, ‘pumping iron’ to bulk up and become more Herculean, wearing skimpy amounts of clothing while constantly observing oneself in the mirror, or wearing layers of clothing due to being ashamed of how one looks or as a means to shed away those unwanted pounds. These behaviors can be commonly observed at most gyms and are not restricted to the stereotyped male in their 20s and 30s. The aforementioned behaviors can be witnessed in males from as early as their teen years to those in their 50s. In the book, The Adonis Complex: The Secret Crisis of Male Body Obsession (Pope, Phillips, & Olivardia, 2000) the authors introduce the term muscle dysmorphia. They defined individuals with muscle dysmorphia as an excessive preoccupation with body size and muscularity (p. 10). This preoccupation is often accompanied by feeling ashamed of looking too small when they’re actually big (p. 11). Muscle dysmorphia has also been called bigorexia nervosa and reverse anorexia. Although not in the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV), the authors of The Adonis Complex list the diagnostic criteria for muscle dysmorphia as follows:

A. Preoccupation with the idea that one's body is not sufficiently lean and muscular. Characteristic associated behaviors include long hours of lifting weights and excessive attention to diet.

B. The preoccupation is manifested by at least two of the following four criteria:

1. The individual frequently gives up important social, occupational, or recreational activities because of a compulsive need to maintain his or her workout and diet schedule.

2. The individual avoids situations where his or her body is exposed to others, or endures such situations only with marked distress or intense anxiety.

3. The preoccupation about inadequacy of body size or musculature causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

4. The individual continues to work out, diet, or use ergogenic (performance enhancing) substances despite knowledge of adverse physical or psychological consequences.

C. The primary focus of the preoccupation and behaviors is on being too small or inadequately muscular, as distinguished from fear of being fat as in anorexia nervosa, or a primary preoccupation only with other aspects of appearance as in other forms of body dysmorphic disorder.

Dissatisfaction with the appearance of oneself can lead to numerous pathologies including depression, anxiety, anorexia, bulimia, body dysmorphic disorder, and muscle dysmorphic disorder. Many of the problems that arise concerning one’s appearance are related to the influence of the media in today’s society. Through television, radio, commercials, magazine advertisements, the Internet, and other forms of media we are constantly bombarded with what physical perfection should look like. The messages we receive are apparent: the ideal man is fit, lean, and muscular. “Fit by Friday–leaner, stronger, stress-free in five days,” reads the headline of Men’s Fitness. “Solid Muscle! This workout will work for you,” boasts Men’s Health. A young hard-bodied male cheerfully smiles next to the headlines, “The abs of Antonio,” and “How you can be the big man on campus” in Health and Fitness. “Fast muscle!” is posted in large red letters next to “Get the Girl,” in MH-18. The underlying meaning in these headlines is that the ideal male is physically solid, strong, and capable as opposed to flabby, incapable, and weak. The assumption is that the ideal male has a perfect muscular body, and this perfection allows him to conquer any challenge, including women.

The American media perpetuates an ideal image of males that defines masculinity in terms of generally unrealistic and unobtainable standards; it also sends bogus messages about the potential benefits of obtaining these standards. The importance placed on image in American society has been the topic of controversy for some time. A plethora of literature (e.g., Stice, Mazotti, Krebs, & Martin, 1998; Stice, Shupak, Shaw, & Stein, 1994) indicates that media images may negatively affect female body image. It is important to ask what role the media plays in influencing male body image. Essentially, the ideals portrayed in American mass media may lead men to internalize the ideal body stereotype. This internalization produces heightened body dissatisfaction that in turn may lead to more serious pathologies such as those previously mentioned.

Thus, the question arises, “What can researchers and practitioners contribute to this area of study?” Future research endeavors should begin by focusing on constructing scales and assessment measures specific to males. In addition, the scope of research must extend beyond...
that of the Caucasian college students to ethnic minorities. One potential research question might involve Latino males and body image. Given the “machismo” norm established within the Latino subculture, it would be important to assess the degree to which body image dissatisfaction and societal pressures for masculinity or muscularity relate to eating pathology. A second variation may extend to African-American males or Asian-American males. Because each subculture perpetuates its own “norms” for what is appropriate, it would be interesting to assess the effect of mass media on body image.

An avenue for future research may involve examining the impact of mass media on boys, adolescents, and gay and heterosexual males. Presently, the vast majority of body-image research focuses on females. Therefore, the knowledge base for each of the aforementioned populations is lacking. A study conducted by Stice et al., (1994) examined the direct relation of media exposure to eating disorder symptomatology in females. The study could be replicated using boys, male adolescents, gay males, and heterosexual males in order to gain a clearer understanding of the relationship between mass media exposure and eating disorder symptomatology.

Many other stimulating research questions pertaining to male body image, eating pathology, and the media might be investigated. What is the relationship between media exposure and body dissatisfaction in males? Does media exposure directly influence eating disorders or does internalization play a role? What factors lead to higher rates of internalization in males? Are certain types of media more likely to influence males? Are some males more resistant to body image dissatisfaction, and if so, what are the factors that lead to resilience? There is evidence that suggests that masculinity of males in the media has increased substantially since the 1930s, and that increased masculinity may be a reaction to the feminist movement. Is male body dissatisfaction related to the feminist movement and what are the implications? What are the relationships between body image and exercise dependence and exercise compulsion?

There also exist numerous implications for practice. First, it is important to note that previous research has elucidated the lack of attention given to male body dissatisfaction and eating pathologies. Thus, it is extremely important for therapists to be aware that body image, size, shape, and muscularity may serve as a source of stress for male clients. Traditionally, male eating pathology or body dissatisfaction was not a primary focus in psychology; however, this research indicates that therapists should be aware of these issues and equipped to deal with them.

Another practical implication is that the images seen in the media may play a larger role then was once assumed. Therapists should assess the degree to which clients are at risk of internalizing media messages. Male clients who compare their body to role models in the media and display a high rate of internalization may be at risk for eating disorders.

A third suggestion for practice involves pronounced attention to gay men. Because some research indicates that gay men may experience higher rates of body dissatisfaction than women (Siever, 1994), it is important for therapists to take this into consideration and assess for eating pathologies.

A further implication for therapy involves muscle dysmorphia and male body builders. An article in The Sciences states, “building a fortress of muscles is a defense against low self-esteem.” Research on muscle dysmorphia indicates that body builders are increasingly experiencing obsessional ideations about their muscles and bodies. Clinicians should be cognizant of this finding and assess for muscle or body dysmorphia and low self-esteem in certain males clients.

It is evident that the ideals portrayed in American mass media may lead men to internalize the ideal body stereotype. This internalization produces heightened body dissatisfaction that may lead to more serious pathologies such as anorexia, bulimia, body dysmorphia, muscle dysmorphia, depression, and/or anxiety. Given the high rates of eating disorders and dissatisfaction with body image, it has become clear that male body image is an important avenue for future research.

Audrey and Josh are each pursuing their PhDs at the University of Memphis. Audrey in counseling psychology and Josh in clinical psychology. They can be contacted at audreyerv9@aol.com and javondgl@memphis.edu, respectively.
Along with my fellow members of the Division 47 Science Committee (Joshua Avondoglio, John Bartholomew, and Paul Salitsky), I recently had the privilege and pleasure of reviewing submissions for the Division 47 Dissertation Award. Upon completing our evaluation of the submissions, I was struck by the thought that graduate students (and many professionals, too, for that matter) often perceive the doctoral dissertation as a culminating research experience, a final hoop to jump through on the way to the doctoral degree. For our field to survive as a science, however, it is necessary to have talented and innovative scholars view the doctoral dissertation as a point of departure, a springboard to systematic and programmatic exploration of psychological phenomena in exercise and sport. Only through the sustained efforts of promising new professionals will our discipline experience the research developments needed to advance the field and enhance the credibility of exercise and sport psychology in the scientific community. I hope that the current crop of Dissertation Award nominees will continue their research endeavors as they enter the professional arena and further enrich the scientific heritage of the field.

The laboratory profile feature initiated in the previous issue of Exercise & Sport Psychology News continues in the current issue. This issue’s profile provides a vivid illustration of how a multidisciplinary, multidisciplinary research group can function effectively within a medical school setting.

**Institution:** Boston University School of Medicine  
**Faculty:** Frank Perna and Renee Newcomer, Boston University School of Medicine, Division of Psychiatry

Faculty Contributing to Lab Projects: Len Zaichkowsky, BU School of Education, Counseling Psychology Program  
Sara Brown, BU Sargent College, Athletic Training Program

Contact: Frank Perna (fperna@bu.edu, 617.414.2030)

**Research Overview:**

One arm of the research conducted by the Boston University laboratory explores the psychological, behavioral, and psychophysiological aspects of exercise as a cognitive-behavioral intervention to retard disease progression and improve quality of life among person with chronic disease, as exemplified by their WALC (Women Actively Living with Cancer) project. The group also recently collaborated with other investigators to develop and implement an exercise adherence component to a smoking cessation intervention. The group’s other research arm concerns the role of psychological factors and cognitive-behavioral interventions to influence health outcomes among athletes, and more recently, the use of web-based instruction to educate athletic trainers regarding psychophysiological aspects of athletic injury and recognition of clinically significant sequelae. The group’s projects have been funded by the National Cancer Institute, the National Athletic Trainers Association, and by a Boston University Instructional Technology Grant.

“Researchers in our group use a variety of approaches including laboratory exercise intervention and reactivity type studies, randomized controlled clinical trials, and descriptive and quasi-experimental field studies,” says Dr. Perna. “Key findings from our group include: (a) documenting the importance of adherence and adherence counseling for exercise as a complementary therapy in chronic disease; (b) demonstrating the effect of life stress on physical recovery (i.e., cortisol) from exercise; and (c) documenting the effect of cognitive-behavioral intervention to enhance mood and cortisol recovery from exhaustive exercise and to reduce incidence of injury and illness among collegiate athletes.”

**Representative Publications:**


Teaching Mental Skills for Sport

Reviewed by Jack J. Lesyk, Ph.D.
Director, Ohio Center for Sport Psychology

In spite of a plethora of excellent sport psychology books, there remains a serious gap between our knowledge and our ability to deliver mental skills training to athletes and coaches in a practical and effective manner. This videotape narrows that gap.

Watching this tape is the next closest thing to being there. Dr. Dan Gould conducts a mental skills training group for a small group of college athletes and you become a member of this group. Dan, as many of us have come to know, is warm, engaging, sincere, active, humorous, knowledgeable, and practical. All of these qualities come across in this video presentation as the viewer becomes actively engaged in the educational process. It is clear that we are viewing the “real thing.” This is a live training session with real people, not one that has been carefully scripted or acted out for the camera.

The tape is divided into six major groups of exercises or drills, each focusing on one of the following topics: performance profiling, maintaining a balance, changing negative thoughts to positive thoughts, projecting a winning image, centering, and thought replacement. Each section is introduced by a brief lecture followed by a group participation exercise, and ending with a short wrap-up. The drills are creative, fun, useful, and nonthreatening. The purpose and lesson of each one is easily grasped by the young athletes and is ready for the viewer to use or adapt in their own work. A final section, a role-playing demonstration of how to integrate these skills into a basketball practice session was less clear than the remainder of the tape.

Technically, this is an unpretentious, “bare bones” videotape production, without musical sound track, special effects, artistic editing, or slick graphics. The sound, for the most part, is adequate, but there are a few occasions when it is difficult to hear the participants. Nevertheless, these limitations are relatively minor compared to the valuable opportunity that the video affords in enabling us to experience one of the top people in our field in action. The modest production expense makes the video available at an affordable price. This is a good value.

Overall, this is an excellent product that will be useful to students who are attempting to translate their book knowledge into practical teaching techniques, as well as to seasoned sport psychology consultants who are looking for new techniques to add to their repertoire.

Open Call for Division 47 Award Nominations

This award recognizes outstanding service delivery in either of two areas. The award recognizes the sport psychologist who has: 1) provided leadership in changing the profession, its public image, and its public acceptance, or 2) conducted applied work including assessment, consultation, instruction, and direct or indirect intervention that contributes to the development of the profession. Significant contributions of work done in professional or public arenas as a sport psychologist at the national, state, and local level may be recognized.

To be considered for the award, the individual must be a current member of Division 47. A letter of nomination outlining specific contributions, a current vita, and the names, addresses, emails, and phone numbers of three sport psychologists familiar with the nominee’s work should be sent to Past-President Diane Gill who chairs the Awards Committee. Diane’s contact information may be found on the back of the newsletter. All nominations must be received by December 31, 2002.

APA Division 47 Fellows

Robert Ammons
Michael Askken
Robert Colligan
Thomas Collinswood
Steven Danish
Irene Deitch
Deborah Feltz
Raymond Fowler
Diane Gill
Kate Hays
Daniel Kirschenbaum
Daniel Landers
Frank Landy

Michael Mahoney
Jerry May
Penny McCullagh
Andrew Meyers
Bruce Ogilvie
John Raglin
Arthur Resnikoff
Robert Singer
Ronald Smith
Robert Sonstroem
Charles Spielberger
Judy Van Raalte
Robert Weinberg

Arno Wittig

Those APA Division 47 members who would like more information on how to apply for Fellow status in Division 47 can contact Past President Diane Gill at dlgill@uncg.edu.
Deadline for Submission—
Deadline for submission of materials for the FALL, 2002 issue is September 30, 2002. Please send all items to: Douglas M. Hankes, Ph.D., Auburn University, Student Counseling Services, 118 Foy Union, Auburn, AL 36849.