



## From the President ...

**Judy Van Raalte, Ph.D.**



After making my airplane reservations for Hawaii to attend our annual convention, I contacted a former student now working in Honolulu. At first she seemed glad to hear from me. She said she was happy to help with whatever favor I would be asking of her. I explained that during the APA convention we were planning a sport psychology giveaway-athon. Division 47 would offer free top-notch sport psychology

programming to local teams and athletes. Her response was not what I had hoped for or expected. Instead of, "What a great idea. I'll get right on it," she said, "I hope all the sport psychologists you're thinking of are NOT mainlanders." I have been called a lot of names in my day but I have never been called a "mainlander" in a totally disparaging tone. I admitted that, most, okay all, of the sport psychologists who had volunteered for the giveaway-athon so far are from the lower 48. Big sigh from her end. I could hear it all the way down in Massachusetts and we were communicating by e-mail. "A number of our coaches have had bad experiences with mainland sport psychologists. They would probably really prefer someone else," she said as kindly as she could. I knew I was getting kissed off, but I didn't give up, "I've got a free presentation for them from Dan Gould, one of the best speakers and best known sport psychologists in the world." My best enthusiastic voice. Great idea. Great big long pause. Very long pause.

Diversity. It is one of the issues that we in exercise and sport psychology know that we need to address. This conversation reminded me that now would be a good time to take another long hard look at diversity in our field. I think it is fair to say that exercise and sport psychology could be more diverse and more sensitive to diversity issues. But how does our field become more diverse? The basic steps are easy: 1) recruit, 2) admit to graduate school, 3) train, and 4) retain a diverse group of students and professionals.

In the United States we generally think of diversity as meaning racial diversity. The Hawaiians, however, were concerned about geographical diversity. Exercise and sport psychology is a new field in parts of the world but it is clearly growing. The International Society of Sport Psychology has held meetings recently in India and China and has a meeting planned for Morocco. In Slovenia, a new journal that includes sport psychology content *Kinesiologia Slovenica* is now in its second year of publication ([www.sp.uni-lj.si/kinsi](http://www.sp.uni-lj.si/kinsi)). In the last several years, I have worked with graduate students in sport and exercise psychology from Israel, Japan, and Spain (and that's just here at Springfield College). I've even trained students from New Jersey. If we can bring some Hawaiians on board during the convention we may be able to argue that we are doing quite well on geographical diversity.

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As a field we have also paid attention to issues of diversity related to sexual orientation. Steve Heyman, one of our division's first presidents, was an avid writer and advocate for gay, lesbian, and bisexual issues in our field. We continue to have researchers and practitioners who pay special attention to these concerns. Diversity of age is something that we, as a division, manage pretty well. We continue to draw new students into the profession and are able to retain our "experienced" professionals.

Regarding sport psychologists with disabilities, the numbers seem to be small. On the other hand, we seem to have a growing contingent of practitioners offering services and writing about their experiences with athletes with disabilities in everything from wheelchair soccer to tennis, skiing, and track and field. I hope that the practitioners working in these roles will consider taking a moment to encourage interested athletes to consider sport psychology as a possible profession.

*I think it is fair to say that exercise and sport psychology could be ... more sensitive to diversity issues.*

*But how ... ?*

As for racial and ethnic diversity, I think that we still have a long way to go. We seem to have a predominantly Caucasian membership. Are we doing all we can to make sure that all potential members of all racial and ethnic groups are recruited and welcomed? I am sure our field would be enhanced by increased diversity and awareness of diversity issues.

So what should we do? Let's start with recruitment. Making the field available and appealing to students is one way. Recruiting existing professionals into the field is another. Educating ourselves is also important. If you have some thoughts, research, experience, or interest in diversity issues, please consider presenting at and/or attending the National Multicultural Conference & Summit (NMCS) in 2005. The NMCS will convene January 27-28, 2005 at the Hollywood Renaissance Hotel in Hollywood, CA. The Call for Papers, the theme for the 2005 gathering, and other information related to the 'Summit' can be found at: [www.multiculturalsummit.com](http://www.multiculturalsummit.com) or [www.multiculturalsummit.org](http://www.multiculturalsummit.org). This is a great chance to showcase your research, clinical service, and education and training relative to multicultural practice, round up some students and interested professionals, and have a great time. The 'Summit' will have keynote speakers, a difficult dialogues section, workshops (many with CE credit) and ample time to confer with colleagues regarding professional and more social matters.

What is happening with our sport psychology giveaway-athon in Hawaii? We've made good connections and have a series of workshops planned to reach out to the community. We are trying to work with local psychologists to enhance our programming. We may not have a Division 47 member in every sport...yet... but with time, recruitment, training, and retention, we will soon. Aloha.



## Wise Words from President- Elect Frank Webbe, Ph.D.

### Div. 47 – My Home Away from Home

As I begin to write this essay, I am waiting for a flight at Washington National Airport, having just attended the APA Division Leadership Conference. The conference brought together the presidents-elect from the 55 APA Divisions so that we could 1) meet each other and the APA staff with whom we will be working, 2) receive an education in APA-101 so that we know better what we will be doing and how we will be doing it, and 3) brainstorm for the future regarding how we might strengthen the Divisional system so as better to serve all our members. This was the first time that I felt like an APA “insider.” Given the current efforts by Democratic presidential candidates to distance themselves from the seat of power (“I am not a Washington insider” etc.), I am hoping that this feeling is neither misplaced nor one that

will taint me for the future. Quite honestly, I have known many of our APA leaders in other contexts, and this meeting reinforced my previous sense that these are very sincere and motivated persons, working diligently for us. Perhaps the most resounding message that I heard was the willingness and desire of APA leadership and staff to hear what we members wanted from our professional organization. As president-elect, I want the members of Division 47 to know that your elected leaders are equally willing and desirous to hear what you want from us and from your Division.

For me, Division 47 is my identity Division. I belong to two others where I participate, Teaching (2) and Neuropsychology (40), but 47 is the one that has truly felt like home to me over the years. The people and the events in Division 47 are the reasons that I attend the annual APA Convention. I have made more professional friends for life among Division 47 members than any other subset of APA. But I am always cautious about generalizing my own thoughts or experiences. I never think of myself as peculiar but experience has shown me that I cannot use myself to make conclusions about many others. So, my request to you is that you let me know your feelings about the Division. Why is it home to you, or why not? What would you like to see more of or less? Do you enjoy and profit from the Division’s communications to you, from the programs at the annual

convention, from the projects that the Division leaders have placed high in priority (such as the proficiency effort)? What could we do to make the Division a better home for you? Do you want to get more involved in Division or APA activities but don’t know how to crack the seeming shell that separates you from the “in” group? My email address is [webbe@fit.edu](mailto:webbe@fit.edu). While my incredibly energetic colleague, Judy Van Raalte, shepherds the Division as President over the next several months I have the time to hear from you, respond, and plan the activities for my presidential year. I figure that once August rolls around, I’ll have less opportunity to initiate new plans as I respond to the immediacy of the president’s role. So, please help me in the preparation to build on Judy’s accomplishments and move *your* agenda forward. For example, planning for the 2004 Convention in Honolulu is pretty much cast in concrete. But the 2005 Convention in Washington, D.C., is a blank slate. Tell me what you want and I will communicate that to our executive committee, our new Program Chair, David Conroy, and to the APA leaders. Do you want more professional workshops; more scientific sessions, shorter sessions, longer sessions, a hospitality suite, more posters, less posters, a golf tournament and/or tennis tournament? Let me know. We can’t be all things to all people, but the loudest voices will definitely get my ear.

## Dr. Bruce Ogilvie, the ‘Father of Applied Sport Psychology,’ Dies at Age 90

By Diane L. Finley, Ph.D.

The field of sport psychology lost a pioneer on July 13, 2003, when Dr. Bruce Ogilvie passed away. Ogilvie helped to regenerate the academic discipline of sport psychology as well as the practice of the field. Most of us first encountered him in the pages of our introductory sport psychology textbooks. We learned that he was known as the “father of applied sport psychology,” that he was a clinical psychologist who supported himself as a wrestler while completing his doctorate at the University of London. We read that he moved to California and became a professor at San Jose State University where he created sport psychology training programs and revived the discipline. We know he published extensively and that he was a popular professor. He worked with national teams including parachute, aerobics, and race car driving. He was a fixture at the Olympics, working with various teams and individual athletes. He was a fellow in numerous professional associations including the American College of Sport Medicine, the Association for the Advancement of Applied Sport Psychology and the American Psychological Association. We can find this information and volumes more in various

biographical references, websites and books. Yet, it does not really tell us about Bruce who was not only one of the preeminent practitioners and academicians in sport psychology but also one of the most generous teachers and mentors in the field.

I first met Bruce at the Western Psychological Association meeting in Kona, Hawaii, in 1991. I had known of Bruce from books and journal articles and from attending his presentations. We were leaving the hotel to go to lunch when we saw Bruce walking up the driveway. We debated inviting him to join us but decided to take the plunge. He seemed genuinely delighted to join us and then we sat with him for a couple of hours listening spellbound to his tales about his work and his life. He was generous in answering all of the questions we had and he made us feel like colleagues, rather than students. That lunch began a friendship which was carried on through snail mail, e-mail, and contact at various professional conferences. Bruce was always willing to listen and to answer questions, including those practical sorts of questions that the books do not address. He always made me feel as though my experiences were equal to his

and that he was truly interested in what I was doing. Along the way, I got to know his wife, Diane, who was also a gem. Observing their relationship and the depth of their love for and admiration of each other was truly a treat. Diane was as generous in spirit as Bruce, even inviting me to stay in her hotel room when we left the Calgary AAASP conference a day early.

I was truly saddened when I heard of Bruce’s passing. Not only have I lost a friend but our field has lost one of the true treasures. Our field is richer for his contributions.

*Dr. Finley is a professor in the Department of Psychology at Prince George’s Community College in Largo, Md.*

**Editor’s Note:** The Executive Committee unanimously approved the renaming of the Distinguished Contributions to Applied Exercise and Sport Psychology as a Professional Practice award to the Bruce Ogilvie Award for Professional Practice. For more information on this year’s winner, go to page 9.

# The Editor's Corner: Spring Forward, Live Your Dream

Robert J. Harmison, Ph.D.

As I sit down to write my column for this newsletter, I'm struck by how much has not changed since the Fall newsletter. Perhaps that is because you are receiving the Spring issue just a few months after receiving the Fall issue! Please accept my sincerest apologies for the delay in the Fall issue getting to your doorstep. A number of you responded to me personally about the delay, wondering if there were problems with your membership, mailing information, etc. Simply put, I ran into several unanticipated hurdles in securing the appropriate postage permit to mail the newsletters, resulting in the newsletters being mailed about two months later than originally planned. Now that we have leaped over those hurdles and they are on the track behind us, hopefully you are receiving the Spring issue in a more timely fashion.

Also, perhaps it appears to me that not much has changed because it remains rather hot here in the desert. In fact, just the other week we approached 100 degrees – and it is only mid-March! However, I am told it beats being buried in the snow. Hopefully, as many of you are reading this, especially those of us who reside on the northwestern side of the planet, you are preparing for a wonderful summer of fun and frolic.

I hope you will find this issue both enjoyable and informative. Please make special note of the candidates running for the Division 47 Executive Committee positions and remember to exercise your right to vote. Eddie O'Connor presents an interesting article on payment

for sport psychology services, and I'm looking forward to members' responses to his submission. Diane Finley offers some touching thoughts to remember the passing of the much beloved Bruce Ogilvie. Also, scattered throughout the newsletter are congratulatory notes to a number of our members – please join me in recognizing their accomplishments and contributions to Division 47 and the field of exercise and sport psychology. Lastly, start preparing and getting excited for the APA Convention this summer. Some programming highlights are offered to wet your appetite, along with a reminder to register for the annual Ray Race. And did I mention that it was in Hawaii?

By way of the announcement department, I am actively looking for an Associate Editor to coordinate future book reviews and gather professional news and announcements for the newsletter. If you are interested, please contact me and I will provide you with the necessary details.

Finally, for this issue I've decided to relive a time when I still had dreams of playing professional basketball floating in my head. Enjoy as you whistle "Sweet Georgia Brown" with the antics of the Harlem Globetrotters dancing in your mind....



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## Professional News and Announcements

### Workshops and Conferences:

"Developing Your Knowledge, Skills, and Practice in Sport Psychology," an intensive workshop, will be conducted June 18-19, 2004, by Dr. Jack Lesyk of the Ohio Center for Sport Psychology. The program is designed for mental health and sport science professionals and students who are interested in starting or expanding practices in sport psychology. Psychologist participants will earn 13 APA CEU's. For additional information, contact Dr. Lesyk at (216) 575-6175 or [jjlesyk@SportPsych.org](mailto:jjlesyk@SportPsych.org). You can also visit [www.SportPsych.org](http://www.SportPsych.org).



The National Football Foundation Center for Youth Development through Sport at Springfield College is hosting a Summit on Youth Development through Sport during March 2005 in Springfield, Mass. Leading educators, researchers, and representatives of the major sport fields, including the NBA, NFL, PGA, and LPGA, will present information about their youth sport initiatives. For more information on being a presenter or attendee, please contact Kelly O'Brien at (413) 731-3408 or [kaobrien24@yahoo.com](mailto:kaobrien24@yahoo.com).

### New Books and Journals:

*Sport Psychology Library Series: Basketball* by Kevin L. Burke and Dale Brown (2003; Fitness Information Technology). For more information, visit [www.fitinfotech.com](http://www.fitinfotech.com).

*Sport and Exercise Psychology: A Critical Introduction* by Aidan P. Moran (2004; Psychology Press/Routledge). For more information, visit [www.psypress.com](http://www.psypress.com).

*Focused for Fastpitch* by Gloria Solomon and Andrea Becker (2004; Human Kinetics). For more information, visit [www.humankinetics.com](http://www.humankinetics.com).

*The International Journal of Sport and Exercise Psychology* (formerly the *International Journal of Sport Psychology*) publishes empirical and theoretical contributions in the science of physical activity, human movement, exercise, and sport. It is aimed at enhancing the knowledge (theoretical and practical) in these fields. For more information, go to [www.m-m-sports.com](http://www.m-m-sports.com) and link to Sport, then Journals.

# Insurance Pays Sport & Health Psychologists

by Eddie O'Connor, Ph.D.  
GRSportsCenter: A division of RehabPros

Did I get your attention? I hope so. Over the last two years, some exciting things have changed for sport and health psychologists regarding insurance reimbursement. Traditionally, an athlete would have to have a diagnosed mental disorder to bill insurance for psychological services such as relaxation training and imagery. The CPT (Current Procedural Terminology) coding upon which insurances base reimbursement previously separated psychiatric interventions that required a psychiatric diagnosis from other medical codes. This created a false division between psychological and medical treatment in the care of physically ill patients. This paradigm ignored the valuable role health psychology and behavioral medicine plays in the treatment of medical disorders for *everyone*, including those who may be adjusting quite well. We have known for years the positive impact mental skills can have on health conditions and behavior change (e.g., enhanced healing from injury; Ievleva & Orlick, 1991), but the out-of-pocket cost made accessing these services unlikely. As a result, many athletes rehabilitating from injury (for example) did not receive the psychological services that could improve their recovery. This is no longer the case.

The Health & Behavior Assessment/Intervention codes avoid the inappropriate labeling of a patient as having a mental health disorder by addressing the "psychological, behavioral, emotional, cognitive, and social factors important to the prevention, treatment, or management of physical health problems" (American Medical Association, 2003, p. 292). Issues of compliance, coping, skill building, health promoting behaviors (e.g., weight loss), and education typically have not been paid and interventions such as biofeedback are covered by a smaller set of insurance providers. The new codes now expand the type of assessments and interventions afforded under insurance to individuals with health problems (e.g., psychological skills in acute sports medicine). Health & Behavior codes are funded through medical benefits (not mental health) and allow for better coverage of services.

The new codes are (American Medical Association, 2003, p. 292):

**96150** Health and behavior assessment (e.g., health focused clinical interview, behavioral observations, psychophysiological monitoring, health-oriented questionnaires), each 15 minutes face-to-face with patient; initial assessment

**96151** Re-assessment

**96152** Health and behavior intervention, each 15 minutes, face-to-face; individual

**96153** Group (2 or more patients)

**96154** Family (with the patient present)

**96155** Family (without the patient present)

Several important considerations must be kept in mind when using these codes:

1. These codes are used when there is *an established medical diagnosis* and are *billed under this medical diagnosis*. A psychiatric diagnosis is not needed, nor can these codes be billed under a psychiatric diagnosis.
2. You cannot bill psychiatric (e.g., 90806) and health (e.g., 96152) codes on the same day.
3. If both psychiatric and health and behavior services are provided, bill for the predominant service and document accordingly.
4. There is not a separate testing code. Psychological testing is included in the assessment and reassessment codes.
5. Notice that biofeedback is inclusive under the therapy codes. This should improve reimbursement for these services that have often had difficulty being covered by some third party payers.
6. All codes are billed in 15-minute units. For sessions that fall between units, round up or down to the nearest increment (e.g., 50 minutes = 3 units; 55 minutes = 4 units) and document your time.

These codes were first listed in the CPT 2002 manual and Medicare in most states is paying. Other insurance companies (e.g., Blue Cross/Blue Shield, HMOs) are following, but vary across state and company regarding reimbursement rates, limitations, and coverage. Washington Medicare, for example, allows a maximum of 4 units per assessment and 8 units per intervention code. You should check with

each individual company regarding their usage guidelines for the Health and Behavior codes.

These codes are "on trial" by Medicare and will be coming up for re-evaluation in 2004 or 2005 (Dr. Jim Georgoulakis, APA representative to the AMA's Relative Value Update Committee [RUC] via Diane Pedulla, personal communication, October 2, 2003). In order for them to continue to be an option, providers must illustrate their need and utility through usage. The more they are used, the more valuable they will be perceived and their rate of reimbursement may be increased.

These codes are a major step forward in the biopsychosocial model of health care. Despite the empirical support for the utility of psychological interventions in sport injury rehabilitation, such interventions are not yet standard practice in clinical sports medicine (Brewer, 1998). We can hypothesize that this is due in part to the lack of financial support for psychological interventions from insurance companies in mentally "healthy" athletes. Not only will our athletes, health and exercise clients benefit from this holistic perspective, but also services may now be more easily accessed and paid for by insurances.

If you have difficulty billing these codes, you can call the American Psychological Association, Practice Directorate's Government Relations Office at (202) 336-5889. For more information, please visit [http://www.apa.org/practice/cpt\\_2002.html](http://www.apa.org/practice/cpt_2002.html) and for answers to frequently asked questions, including Medicare reimbursement rates, visit [http://www.apa.org/practice/cpt\\_fa.html](http://www.apa.org/practice/cpt_fa.html).

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- Ievleva, L., & Orlick, T. (1991). Mental skills to advanced healing: An exploratory study. *The Sport Psychologist, 5*, 25-40.

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Eddie O'Connor, Ph.D. is the Director & Chief Psychologist of the PEAK, Pain & Headache Programs at RehabPros and Sport Psychologist for GRSportsCenter in Grand Rapids, MI. He may be reached at [Edmundo@rehabpros.com](mailto:Edmundo@rehabpros.com) or (616) 233-3482.



# 2004 APA Convention: A Sneak Peek

by Christopher Janelle, Division 47 Program Chair

## Invited Address: Thursday, July 29, 9 a.m.-9:50 a.m.

*Diane L. Gill, Ph.D., Professor & Director of UNCG's Center for Women's Health & Wellness*  
*Ruth L. Hall, Dept of Psychology, The College of New Jersey*  
*William D. Parham, Ph.D., Student Psychological Services, UCLA*

### "Multicultural Issues and Competencies in Exercise and Sport Psychology"

The distinguished panel will present perspectives concerning multicultural issues for women of color in sport and exercise settings, considering the interacting influences of racism, misogyny and homophobia in sport, as well as the role of gender and culture in influencing women's physical activity and health. The presentations will also focus on cultural competencies for professional practice with participants in athletics and physical activity programs.

## Invited Speaker: Steven R. Heyman Memorial Address

### Friday, July 30, 1p.m.-1:50 p.m.

*Daniel Gould, Professor of Kinesiology, Michigan State University*

### "The Professionalization of Youth Sports: Psychological Implications"

Dr. Gould is Professor and Director of the Youth Sport Institute at Michigan State University, where his current research interests focus on the relationship between stress and athletic performance, sources of athletic stress, athlete motivation, youth sport issues, and sport psychological skills training use and effectiveness. He has over 100 scholarly publications and over 50 applied sport psychology research dissemination-service publications. He has co-authored several books including *Foundations of Sport and Exercise Psychology* with Robert Weinberg and *Understanding Psychological Preparation for Sport* with Lew Hardy and Graham Jones. Dr. Gould is regarded as one of the world's top sport psychologists and he will discuss recent work in the area of psychological considerations in youth sport.

## Symposium: Saturday, July 31, 3 p.m.-3:50 p.m.

*Kate F. Hays, Ph.D., The Performing Edge, Toronto, ON, Canada*  
*Robert J. Harmison, Ph.D., Argosy University/Phoenix, Phoenix, AZ*  
*Shane M. Murphy, Ph.D., Western Connecticut State University, Danbury, CT*  
*Linda H. Hamilton, Ph.D., New York City Ballet Wellness Program*  
*Randall P. White, Ph.D., Executive Development Group, Greensboro, NC*

### "Peak Performance Consulting Across Domains: Similarities and Differences"

This symposium is designed to explore the commonalities and differences between three different performance domains: sports, business, and the performing arts. Each presenter has been working within the particular domain as well as across domains for a number of years. The first presentation focuses on the use of psychological skills for peak performance in athletes, specifically through the use of the emotion profiling technique and an applied relaxation strategy. The use of peak performance training among business professionals and performing artists is also considered. The second presentation addresses performance management consulting in business settings. A three-step model of performance management uses current information from self-regulation research. Similarities and contrast with sports performance consulting are described. The third presentation concerns the challenges involved in performing arts consultation (dance, music, and drama). Artistic constraints as well as opportunities, occupational stresses as well as mental skills training, are discussed.

## You Won't Want to Miss:

- ✓ **Social Hour: Friday, July 30, 6 p.m.**
- ✓ **Division 47 Awards Ceremony: Saturday, July 31, 3 p.m.**
- ✓ **Business Meeting: Saturday, July 31, 4 p.m.**

## Take Ad-venture:

### Division 47 2003-4

## Advertising and Insertion Schedule

*ESPNews* is the official newsletter Division 47 (Exercise and Sport Psychology) of the American Psychological Association. *ESPNews* is published twice a year – Spring and Fall – and has a circulation of over 1,000 professional and student-affiliate members. The membership of Division 47 is diverse, representing academics and practitioners from both psychology and exercise science.

For each issue of the newsletter, Division 47 will accept advertising from individuals, professional organizations and businesses. For further inquiries about advertising or to place an advertisement with the division, please contact:

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Department Head, Sport-Exercise Psychology  
Argosy University/Phoenix  
2301 W. Dunlap Ave., Ste. 211  
Phoenix, AZ 85021  
(602) 216-2600 x217

Rates for placement of an advertisement in one issue of the newsletter are:

Full Page (8 ½ X 11 inches)  
\$600  
Half-Page (8 ½ X 5 ½ inches)  
\$350  
Quarter-Page (4 ¼ X 5 ½ inches)  
\$200

Payment for an advertisement is due at the time of ad submissions. Deadlines for advertisements are the same date as other newsletter submissions. That date can be found at the end of each newsletter.



## APA Division 47 Committee Chairs

A huge congratulations goes out to the following: **David Conroy** has been appointed Program Chair for Division 47 for the 2005 and

2006 conventions. **Jack Watson** has been appointed as Practice Committee Chair for Division 47. Last but not least, **Gershon Tenenbaum** has been appointed as Division 47 representative to the APA Committee on International Relations in Psychology.

# Meet the Candidates: President



**Penny McCullagh, Ph.D.**, began in the field of sport psychology over 30 years ago while an undergraduate at SUNY Brockport. She had the good fortune to get involved in sport psychology and motor learning research as an undergraduate and was urged by professors to carry on in the field. McCullagh completed a master's degree at the University of Washington and a Ph.D. at the University of Wisconsin in 1976. Upon graduation, McCullagh taught sport psychology,

motor learning, and research methods at University of California at Davis. From there she went to the University of Colorado where she moved through the ranks to associate professor and had an active research program and mentored many graduate students in sport psychology. McCullagh is currently a professor and department chair at California State University Hayward.

Over the years, McCullagh has been involved primarily in research and teaching but has a strong interest in practice. She has compiled over 40 refereed publications and have made over 100 presentations in sport and exercise psychology. Her primary research has been in the area of observational learning. Along with colleagues, she has examined the influence of watching others on both sport and movement skills as well as psychological behaviors. Their participant pool has ranged from young children to elite athletes. Bandura has long recognized that modeling is "one of the most powerful means of modifying attitudes, patterns of thought, and behavior" yet it is always surprising to McCullagh that the sport psychology texts do not typically acknowledge the topic. She was very pleased to have a chapter in the recent Van Raalte and Brewer text, *Exploring Exercise Psychology*, on modeling and hopes this will spark more interest in the topic from a research perspective as well as noting how modeling can be used as a viable intervention technique. Her interest in practice stems from work with youth sport organizations, ballet dancers, and elite athletes.

McCullagh has been a Fellow of Division 47 for 10 years, and a Certified Consultant of AAASP for the same. She is also a Fellow of the Research Consortium of AAHPERD, AAASP, and the Academy of Kinesiology and Physical Education.

**Position Statement:** I am honored to be nominated for the position of President of Division 47, APA. I have been a member of Division 47 for approximately 15 years and was awarded Fellow status 10 years ago so it is apparent that I have a long-standing interest in the Division. Over the last few years I have seen vibrant efforts to enhance the visibility of the Division. Kate Hayes worked diligently on a sport psychology proficiency for APA. Judy Van Raalte has focused on public outreach efforts and current President Frank Webbe is focusing on membership issues. So now that there is a way to determine proficiency of sport psychology consultants, and now that everyone knows who we are, and there are lots more of us, what is left to do?

In my usual style, I will be short, because I am. All of the current initiatives must continue and be supported. We must strive to identify all those who have an interest in sport psychology and then provide outreach services not only to the public but to the entire APA membership. For example, current president Frank Webbe noted in the newsletter that Division 47 was one of the friendliest in APA. I venture to say however, that many APA members do not have much of an understanding about what we do. How can we educate them – maybe invite them to our fun social or better yet, try to insure that we bring in exciting keynote or symposium speakers that will draw people to the Division. There are numerous individuals who have years of sport psychology practice experience and our members could benefit from this expertise. I was in charge of Division 47 programming for the Centennial Conference in Washington, DC. I organized a symposium called "Sport Psychology: The First 100 Years". My intent with this symposium was to demonstrate that sport psychology is

not neophyte. As result of that symposium I was the Special Editor for an issue of *The Sport Psychologist* in 1995 dealing with the historical aspects of sport psychology. My purpose was to have a written document that detailed some of the major influences on the development of our field. As a recent Program Chair for Division 47, I was also on the first cluster program committee for APA. The first time was a difficult one because everyone was very territorial about their program slots and didn't want to lose division program time by having thematic clusters. While I think the clusters were a good attempt, I think we still have a long way to go to get real cooperative programming. Perhaps Division 47 could enhance this notion, by doing some truly integrative sessions with even one other division so we could have more cross fertilization. I intend to support and advance both research and practice of exercise and sport psychology. At APA individuals from other divisions often migrate to Division 47 because they have athletes or exercisers as clients. I believe that Division 47 can help its members gain knowledge about the long history of the field and the years of research that have been published in sport and exercise psychology. Because journals such as the *Journal of Sport and Exercise Psychology*, *The Sport Psychologist*, and *Journal of Applied Sport Psychology* are outside mainstream psychology, they often go unnoticed but hold primary information necessary for understanding principles in the field.

Over the last 15 years I have held numerous offices in professional organizations. I was Newsletter Editor for the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) as well as President of that organization. I was Social Psychology Chair and President for the Association for the Advancement of Applied Sport Psychology (AAASP) and a Program Chair for Division 47. As my record indicates, I like to serve the profession and would look forward to doing so again. I also believe my close connection with other sport psychology associations will be beneficial to Division 47.



**Paul Lloyd** is a 1978 graduate from Saint Louis University with a Ph.D. in psychology and 2002 recipient of the outstanding alumni award as a graduate of the organizational psychology program. For many years, he has served as a professor of psychology at Southeast Missouri State University in Cape Girardeau, Missouri. He holds appointments to the undergraduate, graduate, and honors faculties. Paul has extensive administrative/managerial experience at the University as director of the Center for Health Professions, as chairman of the Department of Psychology, and as director of the Missouri London Program at the University of London's Imperial College. During 1991-1992, he was a visiting scholar at the Cooper Institute in Dallas, Texas. During the fall of 1998, he was a visiting senior consultant with the Corporate Development Group in Denver, Colorado. He has dozens of articles, chapters, conference presentations, and seminars to his credit.

Paul is president of Lloyd & Associates, a psychological consulting group, specializing in lifestyle enhancement, program evaluation, and organizational development. Consultation clients include medical centers, governmental agencies, mental health centers, businesses and universities. Paul is licensed as a psychologist and he is a Fellow of the American Psychological Association (APA) through its Societies of The Teaching of Psychology, Consulting Psychology, General Psychology, and International Psychology. Dr. Lloyd is a charter Member of the APA Division of Exercise and Sport Psychology and Member of the Society of Industrial-Organizational Psychology. Also, he is a Fellow of the American Psychological Society (APS). Paul also served on the editorial boards of two psychology journals: *The Psychologist-Manager Journal* and the *Consulting Psychology Journal: Practice and Research*.

(continued on page 7)

# Meet the Candidates: President (cont.)

Paul's impact on the field of psychology is seen through his service in leadership roles in professional organizations. He recently served on the Board of Directors of three national and one international professional associations: he served six years as an elected member of the American Psychological Association Council of Representatives, which is its governing body and equivalent to the Board of Directors in the private sector; Past-President and Executive Board member of the American Psychological Association Society of Consulting Psychology; Past-President of the Society of Psychologists in Management (SPIM); former Treasurer of the International Council of Psychology (ICP), which has NGO consultative status with the United Nations; and past Board member of the geropsychology section of the International Association of Applied Psychology (IAAP).

In addition, Paul served three terms as National President of Psi Chi, The National Honor Society in Psychology, twice chaired the APA Committee on Undergraduate Education, served as a member of the APA Board of Educational Affairs for four years and was editor of the Consulting Psychology Bulletin for eight years. Paul has served in numerous leadership positions in the Missouri Psychological Association including as Editor of The Missouri Psychologist and Board member, and has been active in several regional psychological associations.

On the international level, Paul chaired an international consortium of professional associations designed to facilitate professional contacts for psychologists traveling internationally by arranging the hospitality of psychologists/hosts offering home stays and/or office visits for ten years. He has participated in four conventions of the ICP: Banff, Tokyo, San Francisco and Amsterdam. Also, he has participated in the International Congress of Applied Psychology and the International Congress of Psychology in Kyoto and Brussels, respectively. As noted above, he was a member of the ICP Board of Directors and served two terms as Treasurer.

**Position Statement:** For those of you who I have not had the pleasure to meet, let me introduce myself. Let's start with my connection to the APA Division of Exercise and Sport Psychology. I was part of the interest group chaired by Bill Morgan that established Division 47 and am a charter member. About this time, I had the privilege to spend a year as a visiting scholar at the Cooper Research Institute in Dallas, Texas. My work there has strongly influenced my research in, teaching of and practice of psychology. This has led to numerous APA Division 47, ACSM and international presentations. My research in the field of exercise and sport psychology deals mainly with the study of psychological factors related to health, fitness and longevity. My scholarly works include chapters on Evaluation of Preventive and Rehabilitative Exercise Programs published by the American College of Sports Medicine; Organizational Consulting on Healthy Lifestyles and Guidelines for Education and Training at the Doctoral and Post-Doctoral Level in Consulting Psychology/Organizational published in the Handbook of Organizational Consulting Psychology. My committee work in Division 47 has been as a member of the Practice Committee, with a special interest in Peak Performance as related to Positive Psychology, and by serving as an APA program reviewer a couple of times. Also, I am a long time Running Psychologist.

The bio-sketch details my educational and employment history, leadership roles in professional associations, professional recognitions and other stuff that I hope establish my credibility as a candidate for president-elect. However, it is only with the encouragement of Division 47 members and friends that I decided to have my name placed in nomination. It is truly with humility and huge respect for past Division 47 leaders who have accomplished so much that I do this. This is certainly not a fork in the road of my professional life that I anticipated. But here I am. So, just what talents do I have that may persuade you to vote for Paul Lloyd? I am a long time member and past-president of the Society of Consulting Psychology (APA Division 13), and this past year completed my second term on the Council of Representatives. Over the years, I have learned how APA works and what it takes to make a difference. If you think that this experience

would be helpful to Division 47, I will be happy to accept the challenges and responsibilities of being your Division 47 president.

What do I see as important goals for Division 47? I think that it is important that we do not hide our light under a bucket. Let's highlight the role of exercise and sport psychology in achieving performance excellence in sports, but also outside the world of sport. Creating opportunities for students is an especially viable way to spread our influence in a meaningful way, and to build the base of our membership for the next generation. Let's build and broaden the avenues of communication among our members, throughout APA, and other venues with related interest, especially, as noted, students and the citizens who are our clients. Let's plan how we can form shared interest groups within our membership, and improve communication among our members between meetings. For example, there is the cross-over between consulting and sport psychology, and the role of performance enhancement in many different arenas. I expect that you will readily agree that exercise and sport psychology remains a well kept secret for many within APA and outside of APA. Are there ways that a Division 47 Public Information officer can serve to better inform the media and public about what Division 47 has to offer? Strengthening the Division 47 website and linking it more places on the Internet would be one idea.

Another issue that is important for Division 47, and most areas of applied psychology, is professional competence. How is this measured? Who should be permitted to call themselves a Sport Psychologist? Perhaps it is time to move from proficiency status to developing education and training guidelines and practice guidelines.

My leadership style is one of team building and consensus seeking. I truly believe that organizations flourish when we recognize and build on each others' talents. So, my goal as president would be to help each other experience success and to share the abundant benefits of the many different areas of exercise and sport psychology.

## And the Winner is... Open Call for Division 47 Award Nominations

### Distinguished Contributions to Education and Training in Exercise and Sport Psychology

This award recognizes a sport psychologist or training program, that over time, has consistently provided significant contributions to education and training in sport and exercise psychology. Alternatively, the award may recognize a sport psychologist or training program that has made a single major contribution to the field. The Awards Committee will consider a wide range of individuals/programs with differing accomplishments including those who make traditional contributions, provide innovations or who are involved in developmental phases of programs that influence education and training. Criteria for the award include: 1) influence on educating and training students; 2) important research on education or training; 3) development of effective materials for instruction; 4) establishment of workshops, conferences, or networks of communication for education and training; 5) achievement and leadership in administration that facilitate education and training; and 6) activity in professional organizations that promote excellence.

To be considered for the award, the individual must be a current member of Division 47. A letter of nomination outlining specific and consistently excellent contributions, a current vita, and the names, addresses, emails and phone numbers of three sport psychologists familiar with the nominee's work must be sent to Past-President Kate Hays who chairs the Awards Committee. Kate's contact information may be found on the back of the newsletter. All nominations must be received by December 31, 2004.

# Meet the Candidates: Secretary/Treasurer



**Vincent J. Granito, Jr., Ph.D.**, has an eclectic background of teaching, coaching, consulting, and research. He currently teaches in the Psychology Department at John Carroll University, and the Social Sciences and Human Services Department at Lorain County Community College (Exercise Psychology, Introductory Psychology, Personality Theories, Social Psychology). He teaches social skills, violence prevention, and sportsmanship workshops for the Society for the Prevention of Violence. He obtained

his M.A. in Consulting Psychology specializing in Sport Psychology from John F. Kennedy University, and his Ph.D. in Psychology from the Saybrook Graduate School. He has served Division 47 in the past as the National Student Representative, and as a member of the Education Committee. He has also served as a member of the Development Committee of the Association for the Advancement of Applied Sport Psychology, and is on Jack Lesyk's consulting staff for the Ohio Center for Sport Psychology. Granito has published articles in the professional literature within the field, and presented at sport psychology conferences throughout the country and abroad, including several APA conventions. He developed a set of injured athlete support groups called the Performance Enhancement Groups (PEG) for injured athletes, and served as a facilitator for these groups at the University of California at Berkeley and Davis, and John Carroll University. He is currently working with several colleagues from John Carroll University and the Cleveland Clinic researching the risk factors to athletic injuries. He also is the head coach of a women's basketball team at the high school level.

**Position Statement:** What an honor to be nominated for this position and to run against Diane Finley who I consider a trusted friend and colleague. This is a great time to be involved with Division 47 and the field of sport psychology. I am very enthusiastic about the field and the direction of the division. The acceptance of the Sport Psychology Proficiency is going to create a world of opportunities for individuals to provide sport psychology skills, to shape current educational formats, and secure the well being of the populations we serve. Division 47 is now positioned itself to become a leader in establishing sport psychology competencies, and historically we may look back on this time period as a significant junction in the field. The impact the proficiency will have on the field of sport psychology will be contingent on the education of members of the division, and members of APA who have not been members in the past. Also, members of other organizations (e.g., AAASP) are going to have questions about the proficiency. Continuing education will need to be established to train both members without a background in sport psychology and current students. This is a necessity to show others how to take advantage of this opportunity. The division will also need to educate people who will be served by the proficiency such as athletes, coaches, parents, trainers, and administrators. If elected, I will work toward this end.

Division 47 has always had an eclectic mix among our members. We have professionals from psychology, sport sciences, and medicine. Additionally, the membership is made up of professionals who engage in research, consulting, clinical work, and teaching. It is important to make sure that the needs of all these individuals are being met. This is going to be more critical in the future because we may add members to the division who have come from diverse background. Members of the executive committee will need to be sensitive to this change in membership. I am excited to see how Division 47 and the American Psychological Association can inspire the lives of people, especially in challenging times. As we draw toward the 20<sup>th</sup> Anniversary of Division 47 (August 2006), it is great to see the changes our organization has made to the field of sport psychology. I would consider it an honor to try to continue these positive changes, and be more responsible for a more active role in the division.

**Diane Finley** is a Professor of Psychology at Prince George's Community College, outside of Washington DC, and is also an adjunct at University of Maryland University College. She has taught a variety of courses including Sport Psychology, Introduction to Psychology, Research Methods,



Developmental Psychology and Social Psychology. Previously she has taught at several liberal arts colleges and universities at both the graduate and undergraduate levels. Diane received her B.A. from the College of Notre Dame, her M.A. from Louisiana State University and her PhD from the University of Maryland College Park. She is a National Certified Counselor and is license-eligible in Maryland. She is very involved in distance education and is a specialist

in online teaching and learning. She is also active in the psychology community and is President-Elect of the Council of Teachers of Undergraduate Psychology. She serves on the Science and Education Committees of Division 47 and on the Instructional Research Awards Task Force for Division 2, the Society for the Teaching of Psychology. Her research has focused on gender differences in spatial ability, cross-cultural attitudes towards sport participation and teaching psychology. In addition to teaching, she has a small consulting company, Performance Consultants, in which she works with individuals, companies and boards of directors. In her spare time, you can find Diane at the ballpark watching the Bowie Baysox, the AA affiliate of the Baltimore Orioles, play baseball or at Camden Yards watching some of the former Baysox play for the big leagues.

**Position Statement:** With new developments on the horizon for sport psychology, now is an exciting time to become more involved with Division 47 and with the whole field of sport psychology. With the proficiency approved, the Division is in a position to become a major force in bringing sport psychology to the general population and to increase the overall profile of the profession. I believe that one of our most important tasks for the next year is to decide how to implement the proficiency by drawing up guidelines for training and education. This is an enormous task, not to be undertaken lightly, and one that has serious consequences for the discipline. I see the Secretary-Treasurer position as a support in that task. I served on the Board of a non-profit for ten years and saw the support that positions such as secretary lend to the work of an organization. I am organized and would be able to provide that support.

I think that the Division must also continue the initiatives begun this past year to increase the visibility of sport psychology and expand those projects both within the psychology community and with the general public, particularly with underserved populations. I believe my experiences have given me a unique perspective and will enable me to bring some different insights into the work of Division 47. I currently teach at a suburban/urban community college with a primarily minority population, most of whom are first generation college students. The population at this workplace has allowed me to use some of my sport psychology skills with a population who has had little previous contact with sport psychology. It has shown me that we need to do more to reach out to these populations and that there are places for people to use their sport psychology skills. These populations also have much to offer sport psychology and they can provide places to share our talents.

I believe that the Division must continue outreach efforts with other sport psychology organizations and that we also need to increase outreach to other divisions within APA. We have much in common with many other divisions and many Division 47 members are active in other Divisions but I do not think we have maximized those connections. Doing so would help the Division educate other psychologists about what sport psychology is and would help raise our profile within APA. We must continue to build the bridges to other sport psychology organizations such as AAASP and continue to minimize the differences between the groups. We have more commonalities than differences and the more united the field of sport psychology is, the stronger we will appear to those outside of the field.

None of these tasks will be easy but Division 47 has an enormous pool of talent and if we tap that talent I am confident that we can achieve these goals and more. I am honored by the opportunity to further serve Division 47 and the field of sport psychology. I see the position of Secretary-Treasurer as an important communication link and record keeper within the organization and would do my best to perform the duties of the office in an efficient manner and to represent the Division in a positive light.



# Meet the Candidates: Members at Large



**Jennifer Carter, Ph.D.**, is the Sport Psychologist for the Ohio State University Athletic Department and Sports Medicine Center. Jennifer first learned about the applications of psychology to sport as she won the Honda Award while competing as a swimmer at Kenyon College. After earning her masters and doctoral degrees in counseling psychology from the University of Notre Dame, Jennifer pursued a sport psychology specialization by completing a predoctoral internship at

Washington State University and a postdoctoral fellowship at Ohio State.

Jennifer has worked with a diverse group of high-school and college sports teams to enhance their performance through the development of mental skills. She also sees athletes for personal counseling. Because of the multiple perspectives that Jennifer brings to her work (athlete, psychologist, sport psychologist), she approaches her collaboration with athletes from a holistic, wellness model. In particular, Jennifer enjoys working with high school and collegiate athletes because of the remarkable developmental growth (e.g., individuation) that occurs with this population.

Jennifer is a licensed psychologist in Ohio and she divides her time among performance enhancement consultation, personal counseling, supervising sport psychology postdoctoral fellows and doctoral students, and research. With regard to the latter, she is particularly interested in body image/eating disorders, and the characteristics of student-athletes seeking sport psychology services. Jennifer has presented findings from these areas at the past four APA conventions. She has served as a reviewer for APA conference research submissions, and she has been a member of APA since 1999.

**Position Statement:** I feel quite honored to be nominated for the Member-at-Large position. As a relatively young professional, I believe that I can bring an abundance of energy and effort to the Executive Committee! I am passionate about collaborating with athletes to reach new heights in their sport performance and personal lives, and I hope to translate this passion into effective service for Division 47.

While working as the Sport Psychologist for Ohio State's Athletic Department over the past five years, I have started to build an understanding of what it takes to be a peak performer, and how we can foster these traits in athletes. Although my training and experience consists mostly of the interface between counseling and sport psychology, sport science continues to inform and enhance my work. I am impressed by the diversity of interests represented in the division, and I believe that our differences simultaneously enrich and challenge our field. It is exciting that the Education Committee is moving forward in establishing a Sport Psychology Proficiency, which will address some of the challenges we face.

An important mission of Division 47 is sharing and expanding on solid research and practice applications so that we can consult more effectively in the sport world. I have enjoyed quite a few benefits from meeting and collaborating with the many excellent professionals in our field, and I look forward to giving back to the division. My hopes as a potential Member-at-Large are to support the division's goals of implementing the sport psychology proficiency, educating the public about our field, consulting with the NCAA and other organizations, and mentoring students. Maybe one day I will be brave enough to enter the Rat Race at APA, or perhaps I will have the opportunity to serve the division as a Member-At-Large. Regardless, I look forward to greater involvement with the division in the future! Thank you for your consideration.



**Christopher Janelle** is Associate Professor in the Department of Exercise and Sport Sciences and the Director of the Performance Psychology Laboratory at the University of Florida. He earned his B.A. in psychology from Miami University (Ohio: 1991), his M.S. in sport psychology from Springfield College (1993), and his Ph.D. in sport and exercise psychology from the University of Florida (1997). Chris serves as Section Editor for the *International Journal of Sport and Exercise Psychology*, and is a

reviewer for the other major journals in the field. He has authored or co-authored over 30 book chapters and articles in refereed journals. He also co-edited the *Handbook of Sport Psychology*, and he has presented over 60 papers at professional meetings worldwide. His research interests primarily surround the interactive nature of emotion and attention as related to human performance and health issues, and he is currently funded by the National Institute of Mental Health (NIMH) for his work in these areas.

**Position Statement.** I am truly honored to be nominated for the position of Member-At-Large for APA Division 47. I have been a member of APA and Division 47 for more than a decade now, and have actively presented at the annual conference since joining APA. APA Division 47 has always been a focal point for my professional service endeavors. I was fortunate to serve as student representative for Division 47 from 1997-1998, and then was a member of the Program Committee prior to serving as the Program Chairperson for the past two years. In addition to membership in APA, I am also an active member of several other professional organizations including AAASP, NASPSPA, ISSP, and the Society for Psychophysiological Research (SPR).

According to the APA Division 47 policies and procedures, the duties of the members-at-large will be assigned by the president on behalf of the executive committee and the division. Historically, members at large have served as chairs of ad hoc committees, the membership committee, review of policies and procedures, review of the division web site, and photographer at division events at the annual convention.

Despite my horrendous photography skills, I believe my eclectic background in both sport and exercise psychology domains, and as a researcher, teacher, and consultant in these related fields, has prepared me well to wear whatever hat seems to fit (or might be bestowed by the organization). Indeed, the member-at-large positions appear to have been created with such adaptability and flexibility in mind. Though a dilettante at heart, I am a highly motivated and organized individual who will devote all available resources to completing projects in a timely manner. As may be obvious from my past experience, my passion for Division 47 in particular, along with a broad-based vested interest in seeing the field of sport and exercise psychology continue to blossom in an appropriate manner, motivate my desire to continue to serve the organization. As we continue to face the challenges of balancing the various spheres of interest in the field, I sincerely appreciate the nomination for the Member-at-Large position, I feel I have the skills necessary to successfully fill this position should I be elected, and I sincerely thank you for your consideration.

## Bruce Ogilvie Award Winner



Congratulations to Kate Hays for winning the 2004 Bruce Ogilvie Award for Professional Practice (formerly the Distinguished Contributions to Applied Exercise and Sport Psychology as a Professional Practice award)!





**Division 47: Sport and Exercise Psychology  
Presents**



**The 26<sup>th</sup> Annual Running Psychologists'  
APA 5K "Ray's Race and Walk"  
Saturday, July 31, 2004**

The annual race and walk at the 2004 Honolulu Convention of APA will be held on **Saturday** morning, July 31<sup>st</sup>, in beautiful Kapiolani Park at 7AM. The Park is about a 15-minute walk from most of the major hotels. Maps and additional information will appear in the APA Monitor, the Division 47 web site (www.APA47.org), and in your convention packet.

Trophies will be awarded to the overall men's and women's winners and to the top three in each 5-year age group, from under 25 to over 75. The top three male and female finishers who hold membership in Division 47 will receive awards. The top three finishers who are current Psi Chi members also will receive awards, as will the top three current or past Psi Chi National Council members. To honor the exhibitors at our meeting who provide excellent raffle prizes for us, a special award also will be given to the highest finishing male and female exhibitor.

Pre-registration will run until July 23<sup>rd</sup> - 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 July 23<sup>rd</sup>, 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*.**

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**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 block on the form below 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.**

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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 main Convention Area, beginning Thursday morning. The 7th Annual Pre-Race Pasta Dinner will be held on Friday evening, July 30<sup>th</sup>, at 6:00 - 8:00 PM. Please mark your entry form to reserve a place at the party.

**Sponsored by: APA Insurance Trust - Psi Chi - American Psychological Association - Division 47**

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Member \_\_\_\_\_ Sponsor \_\_\_\_\_  
Exhibitor \_\_\_\_\_ Student \_\_\_\_\_  
Friend/Dependent \_\_\_\_\_

**2004: The Run for Diversity - The 26<sup>th</sup> Annual APA "Ray's Race and Walk"**

NAME: \_\_\_\_\_

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AGE ON July 31<sup>st</sup>: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ GENDER: \_\_\_\_\_

CURRENT DIVISION 47 MEMBER? Y / N

SPONSOR OR EXHIBITOR Y / N ORG. NAME: \_\_\_\_\_

PSI CHI MEMBER? Y / N PAST OR CURRENT PSI CHI NATIONAL COUNCIL MEMBER? Y / N

**I WANT TO JOIN DIVISION 47 Y / N 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 Honolulu, 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 \_\_\_\_\_

Make Check payable to:  
***Running Psychologists***  
Receipt before July 23<sup>rd</sup>: \$20  
(Student fee: \$10)  
On-site: \$25/\$14  
**Div 47 Members only: \$10**

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**Please return to: Suanne Shocket, 9625 Surveyor CT., Suite 210, Manassas, VA 20110-4408; Email: sshocket@compuserve.com**

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# Match Play: Co-Student Representatives Reflect on APA Internship Process

by Jessica Mohler and Amy Athey

Over the course of the past six months, many graduate students prepared applications, interviewed and waited patiently for the APA Internship Match process to occur. As well, we were two of the 3,258 fourth year graduate students who applied, interviewed, and waited, and we were two of the 2,428 who were matched. Therefore we thought we would take this opportunity to reflect on our experiences in order to help future students with this process. Many of you are aware that there are different possible internship sites including Veteran Administration hospitals, public schools, private and state hospitals, and college counseling centers, just to name a few. Each internship site offers its own set of experiences with major and minor rotations thereby giving students the opportunity to gain experience and competence within a specialty area. One of the specialty areas that seem to be growing among internship sites is sport and exercise psychology, and you might be surprised where you can find these opportunities. The first sites we assumed that offered sport and exercise psychology experiences were college counseling center internships and this was true. Although the experiences varied from specific rotations within the athletic department to simply the ability to pursue the experiences on your own time, many college counseling centers had some relationship with the athletic community at their respective schools. While the majority of sport psychology experiences are offered through college counseling centers, we also found several sites that you may not expect to offer experiences with either performance enhancement or exercise psychology. These sites include veterans' administration hospitals and military settings. We found that both of these settings provided supervised experiences in the use of exercise in mental health as well as some opportunity for performance enhancement. Even if you decide that you do not want to pursue a specific sport and exercise experience during your internship year, your background in the specialty area and membership in this division may differentiate you from other applicants and give you an advantage in the application process. If your degree does not require an internship year for completion of

your doctorate, there are still practicum opportunities available for undergraduate and graduate students. The best way to find out about these opportunities is by becoming a member of the list serve, and the Association for the Advancement of Applied Sport Psychology (AAASP) is in the process of developing a list of these sites.



Some hints and resources that we found helpful during our search for an APA accredited internship position:

1. Be ready to move. Having geographic flexibility is helpful in the search for an internship that matches your training goals.
2. Attend conferences and become an active member of the American Psychological Association, Division 47. This creates opportunities to meet people who have already gone through this process, as well as professionals of some of the centers you may be applying.
3. Talk to professionals you know who are in the field. They may be able to direct your efforts and put you into contact with internship sites that you had not thought of by yourself. Word of mouth is a great tool in the search for the right site.
4. Use the APPIC website, but do not stop there. Although some sites acknowledge that sport psychology is either a major or minor rotation, check out the site's website for further information. If you do not find out your answers there, call or email the training director. Asking the right questions will prevent you from applying to the wrong sites and ultimately save you time.
5. Lastly, take a deep breath and do not forget to take care of yourself throughout the process.

Have a wonderful spring and we plan on seeing everyone in Hawaii!

## Act Now: Division 47 Student Representative Nominations

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:

1. 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.
2. Write a column in the spring and fall issues of the division's newsletter.
3. Assist the President in the selection of the new student-affiliate.
4. Work with the program chair to plan a student meeting and/or student-affiliate sponsored presentation at the annual convention.
5. Act as a liaison between student members and the Executive Committee on ideas, problems, concerns and suggestions.
6. Sit on committees of the division and/or assist the committee chairperson in the selection of a student for the committee.
7. 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) 1-2 page statement of interest in the position, and (b) a current vita to Jessica Mohler (see back of newsletter for mailing address). Applicant information will be forwarded to Dr. Frank Webbe, President-Elect of Division 47, who in consultation with the co-student representatives, Amy Athey and Jessica Mohler, will select the new student co-representative. Announcement of the new student representative will be made at the APA Convention.

# CENARD:

## Argentine National Training Center for Elite Athletes

By Science Committee Chair Shelley Wiechman, Ph.D.

The Centro Nacional de Alto Redimiento Deportivo (CENARD) is the Argentine equivalent of the Olympic Training Centers in the United States. It is government funded and staff works with selected elite level athletes and coaching staffs of national teams that will represent Argentina in international competition. The Center also works with talent prospects in a wide variety of sports including soccer, track and field, basketball, volleyball, field hockey, rowing, judo, golf and tennis. The Center has worked with a number of Women's Tennis Association and Association of Tennis Players tour players.

The Sports Medicine Division of CENARD is administered by Dr. Albert Fenili, a psychologist. This Division is divided into two sections. The section on Medical Assistance which involves clinical medicine, trauma, cardiology, physical therapy, nutrition, dentistry and psychology. The Assessment unit includes physiology and biomechanics. The Psychology Department was established in 1990 by Dr. Patricia Wightman. Two full-time sport psychologists and one part-time sport psychologist are employed in the Psychology Division. Consultants are also used on an as-needed basis.

The Psychology Department works in an interdisciplinary manner with all other divisions the help athletes reach their potentials. The Center has had success as their athletes have performed well in international competitions such as the Pan American Games and the Olympics.

Part of the mission of CENARD is research. Three current projects that would be of particular interest to sport psychologists include 1) crosscultural factors influencing coach-athlete relationships and

performance, 2) psychological assessment of enhancement qualities in the Olympic Team, and 3) a longitudinal assessment of the POMS (Profile of Mood States) and its relationship to sport outcomes.

Recent Publications include:

- Finley, D.L., Wightman, P., Giscafne, N. & Giesenow, C. (2001). Symposium on Sport Psychology in Argentina. Presented at AAASP Conference Orlando, FL
- Finley, D.L., Wightman, P., & Giscafne, N. (1999). Women and participation in sports, Part II. Presented at AAASP Conference in Banff, Canada
- Finley, D.L., Wightman, P., & Giscafne, N. (1998). Women and participation in sports. Presented at AAASP Conference in Cape Cod, MA
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### Staff:

Dr. Albert Fenili, Director  
 Dr. Patricia Wightman,  
 Head of the Department of  
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### For More Information:

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## APA Division 47 Fellows

Robert Ammons	Jerry May
Michael Asken	Penny McCullagh
Robert Colligan	Andrew Meyers
Thomas Collingwood	Bruce Ogilvie
Steven Danish	William Parham*
Irene Deitch	John Raglin
Deborah Feltz	Arthur Resnikoff
Raymond Fowler	Robert Singer
Diane Gill	Ronald Smith
Ruth Hall*	Frank Smoll
Kate Hays	Robert Sonstroem
Daniel Kirschenbaum	Charles Spielberg
Daniel Landers	Judy Van Raalte
Frank Landy	Robert Weinberg
Michael Mahoney	Arno Wittig

\* Congratulations to **Bill Parham** and to **Ruth Hall**, each of whom is a Fellow of APA and is now officially a Fellow through Division 47!

## Call for APA Division 47 Fellow Applications

In addition to the guidelines of the American Psychological Association, consideration for Fellow status in Division 47 is based on: 1) significant contributions to exercise and sport psychology in scholarly activity and/or service, and 2) continuous membership in Division 47 for a 3-year period prior to nomination.

The Fellows Committee is chaired by the Division 47 immediate past-president who is currently Kate

Hays, Ph.D. If you are interested in becoming a Fellow, or would like to nominate someone whom you believe has earned that honor, then please contact Dr. Hays for more information. Her contact information can be found on the back of the newsletter.



# Looking Ahead Positively:

## What the 2004 Positive Psychology Summit Can Offer Sport Psychologists

by Paul Lloyd, Ph.D., and Sandra "Sam" Foster, Ph.D.

The Third International Positive Psychology Summit will be held Thursday, Sept. 30, – Sunday, Oct. 3, 2004, at the Gallup Building in Washington, DC. Some of the 40 plus speakers and topics include:

- Vint Cerf (considered the father of the Internet)
- Albert Bandura, Stanford University, "An Agentic Perspective on Positive Psychology"
- Maria Kopp and Arpad Skrabski, Semmelweis University (Hungary), "Positive Psychology and Physical Health in a Changing Society"
- Suzanne Segerstrom, University of Kentucky, "Optimism and Health: Bright and Dark Sides"
- David Spiegel, Stanford University, "Feeling and Healing: Can Positive Emotions and Moods Affect Cancer?"
- James W. Pennebaker, The University of Texas at Austin, "The Value of Negative Experience in Positive Psychology"
- Roy Baumeister, Florida State University, "Is There Anything Good About Men?"
- Fred Luthans, University of Nebraska, "Positive Psychological Capital Management"
- Gian Vittorio Caprara, University of Rome, "La Sapienzam" (Italy), "Personal Determinants of Positive Thinking"

A Web site for registration will open in mid-March. We will post the registration URL on our Division 47 listserv when the web site is set up. If you would like a longer list of confirmed speakers, please send an e-mail to [PLloyd@semo.edu](mailto:PLloyd@semo.edu).

The Positive Psychology Summits began three years ago in Lincoln, Nebraska when sixty-five behavioral scientists, including division member Paul Lloyd, were invited as participants in the First

Positive Psychology Summit held at The Gallup Organization world operations center. This was a launching pad for what is now referred to as the Positive Psychology movement. It was here that The Psychologist-Manager Journal special issue on Positive Psychology edited by Don Clifton had its inception. Another hallmark was the American Psychologist special edition on Positive Psychology edited by Marty Seligman and Mike Csikszentmihalyi that was published the next year. Along with Ray Fowler, editor of the American Psychologist and APA CEO, these four psychologists have been the prime movers of what today is a well built foundation for scientific inquiry into what are the parameters of a purposeful, happy and meaningful life.

Since 2000, the Positive Psychology Summits have convened at the new Gallup World Headquarters in Washington DC, home to the Gallup Positive Psychology Center. In October 2003, participants and presenters represented more than sixty countries. Division 47 Fellow Ron Smith presented his work on Positive Youth Sports to an enthusiastic audience. He made clear the intersection between positive psychology and interventions in sport psychology.

Please read the Practice Committee report in this issue for more information on positive psychology and peak performance. The European Institute this July is another opportunity to sample what positive psychology can offer sports psychology.



## APA Education and Training Awards

The Board of Educational Affairs is requesting nominations for the following awards. All nominations must include a letter of nomination citing the award for which the nomination is made and outlining the contributions of the nominee, two letters of support and a curriculum vitae. Send nominations and supporting materials to Shirley Matthews, Education Directorate, APA, 750 First Street, NE, Washington, DC, 20002. The deadline for all award nominations is June 1, 2004.

\* **Distinguished Contributions to Education and Training in Psychology** recognizes psychologists who have engaged in teaching/training as the primary employment during their career. Psychologists will be selected for this award on the basis of their documented positive influence on the education and training of students; engagement in important research in education and training; development of effective materials for instruction; establishment of workshops, conferences or networks of communications for education and training; achievement and leadership in administration that facilitates education and training; and activities in professional organizations that promote excellence.

\* **Distinguished Contributions of Applications of Psychology to Education and Training** recognizes psychologists for evidence-based applications of psychology to education. In order to be considered for this award, the candidate must demonstrate a contribution to new teaching methods or the solution of learning problems through the use of research findings or evidence-based practices. Particular emphasis will be placed on the use of psychological knowledge to improve learning in educational settings (including pre-kindergarten to 12th grade) and/or in communities.

For more information, contact Sharon Leiss, Project Manager, Education Directorate, at (202) 336-618 or [sleiss@apa.org](mailto:sleiss@apa.org).

# Book Review: Guided Performance Enhancement for All Athletes

*The Mental Athlete*

By Kay Porter (2003). Published by Human Kinetics: Champaign, IL (ISBN 0-7360-4654-2, U.S. \$16.95, 211 pp.)

Reviewed by Jack C. Watson II, Ph.D., Assistant Professor

Sport and Exercise Psychology Program, West Virginia University, Morgantown, WV

*The Mental Athlete* is an updated version of the popular book with the same title written in 1986 by Kay Porter and Judy Foster. This current edition is intended to provide readers with a method for overcoming the mental and psychological roadblocks that keep them from achieving peak performance. It attempts to accomplish this by helping readers understand the effect that their minds have upon performance, and provides several simple suggestions for gaining control over one's mind. The author, Kay Porter, Ph.D. is a sport psychology consultant with many years of successful experience working with athletes from all ages, sports and levels of competition.

This book is divided into 10 chapters. Although not structured specifically in this way, this reviewer sees the book as consisting of four distinct parts. The first part of this book consists of the first three chapters, which focus on hooking the reader into understanding the importance of mental skills training and assessing their current skills. The second part of the book consists of Chapters four, five and six, which describe what Porter identifies as the five mental tools for mental training. The third part of this book consists of Chapters seven and eight. These chapters provide methods for utilizing the five mental skills previously discussed to help overcome specific problems experienced in sport. The final part of this book consists of Chapters nine and ten, which focus on nontraditional uses of mental skills training for children, females and life.

In Chapter One, Porter sets the stage for the development of a mental training program by providing information about what mental skills are and why and how they have an effect upon performance. She also makes an effort to help readers identify their own limiting beliefs. Chapter Two is focused on identifying the five mental tools (i.e., keeping mental logs, goal setting, positive self-talk/affirmations, relaxation techniques and visualization/imagery) that are expanded upon later in the book to improve psychological abilities. In Chapter Three, the author provides some basic assessment instruments for emotional talent and mental skills, and provides guidance for developing action plans for dealing with weak areas.

In Chapters Four, Five and Six, Porter describes all five of the mental training tools identified in Chapter Two and provides activities to help readers improve upon their current skills in these areas. Chapter Four focuses on the first three mental training tools (mental log keeping, goal setting and positive affirmations). The author provides guidance for keeping and utilizing a mental log. Goal setting is also discussed briefly, and a plan for setting and monitoring effective goals is outlined. Finally, self talk is discussed, and individuals are provided with exercises to help them identify negative thoughts and turn them into positive affirmations. Chapter Five provides brief descriptions of several relaxation techniques that can be effective for relieving tension and promoting centeredness. Chapter Six focuses on the use of visualization by athletes, which is described as being the most important of the mental training tools. Exercises are included to help readers understand how they learn best, and how to

utilize these individual learning skills to help devise a plan for creating effective images. Several visualization scripts are also provided for different sports and sporting issues to give the reader some guidance in this process.

In Chapters Seven and Eight, the focus is on using the previously mentioned mental skills to help identify and deal with the common problems that all athletes experience during performances in their careers. These problems include attention, burnout, motivation, negative self-talk, fear, anger, pressure, illness and fatigue. In most cases, basic suggestions are given for dealing with these issues, and these suggestions often utilize visualization scripts.

Chapters Nine and 10 also focus on common problems experienced by athletes (i.e., coping with injury and aggression). However, these chapters also introduce nontraditional topics such as coaching young athletes, being a female athlete, dealing with eating disorders and establishing a mental training approach for life.

There are several prominent strengths to this book. First, the author incorporates several very nice examples of mental toughness and skills from popular athletes to help stress important points. Porter also provides many useful techniques, called "Mental Trainers" to help the readers better understand their own mental skills and develop and track new mental skills to achieve better performances. These mental trainers are generic enough to be effective with different athletes across many sports.

For the most part, this book does a very nice job of providing insight to athletes to help them improve their performance. However, this reviewer does have several criticisms of this book. The primary criticism of this book revolves around the last two chapters. The issues discussed in these chapters seemed scattered, and the content was at times too basic to provide much help. A second criticism of the book was that it had a very strong emphasis upon the use of visualization, and at times may have neglected other methods of helping athletes achieve their goals. A third criticism is that this book may have simplified some issues a little too much, making it seem as if mental training is an easy task. This criticism could have been easily alleviated by providing information about when, where and how to search for and identify competent sport psychology professionals.

Make no mistake about it, even though this is a sport psychology book, it should not be thought of as a textbook for students or professionals. This book was written for the layperson, with little or no understanding of sport psychology. Even though many of the techniques discussed in the book are based upon strong empirical research, the author for the most part does not discuss these findings.

Overall, I enjoyed reading this book. As a sport psychology professional, I did not learn a lot from this book, but I would consider using portions (especially Chapter Six) with clients to help them learn more about specific techniques. Furthermore, I do believe that this book was well written and at an appropriate level for most athletes who have not had much exposure to the field of sport psychology.



# The Practice (Positive Psychology/Performance Enhancement) Committee Report

By Founding Chair Sandra "Sam" Foster, Ph.D., and Incoming Chair Jack Watson, Ph.D.

Dear colleagues,

I am writing from Italy where preparations for the 2006 Winter Olympics are well underway in Turin, called Torino here. Athletes and their supporters seem very excited to be hosting the games in this beautiful region of the Alps.



This column will be my last as Founding Chair of the Practice Committee, having been appointed in December 2001 by then President Kate Hays who asked that I focus on positive psychology (PP) and performance enhancement. I am glad the committee has been able to respond to this agenda. Now it seems fitting to have another Chairperson take on the responsibilities and set a course for addressing practice

issues of concern to the division. Jack Watson, a committee member, is incoming chair and will be introducing himself at the end of this article.

Committee member Paul Lloyd and I attended the Positive Psychology Summit in October 2003 (See related article on page 13). A conference highlight for us was a conversation with Mihaly Csikszentmihalyi and meeting one of his protégés, Antonella Delle Fave, MD, a researcher at the Università degli Studi in Milan. Her Flow research with Italian rock climbers (written with her husband, Fausto Massimini, and their colleague, Marta Bassi) was published in the March 2003 issue of *Journal of Applied Sport Psychology*.

Antonella is the main organizer for the Second European Positive Psychology Conference which takes place in July 2004 within a few kilometers of my home on Lago Maggiore. I will be presenting there, discussing the integration of positive psychology applications into coaching with business clients.

My final task as Chair was organizing the writing of a brochure on Supervision, a project of particular importance to President Judy Van Raalte, PhD. The brochure is intended to speak both to professionals providing supervision and to the students and others seeking it. At the time of this writing, the plan is to disseminate this brochure to the membership via the division website. Many thanks to Amy Athey, Jessica Mohler, and Paul Lloyd for their assistance in writing this brochure!

It has been a pleasure to have served as Founding Chair of this new committee. I wish Jack well as incoming Chair.

-Sandra "Sam" Foster, Ph.D.

## Passing the Baton: A Message from Incoming Chair Jack Watson

As I try to briefly summarize the Practice Committee goals for this coming year, I am struck by how difficult it is to make a seamless transition between two writing styles as well as two committee Chairs. I would like to begin my time as Chair of the Practice Committee by thanking Sam for leading the committee so well these past two years and for making this transition a smooth one for me. I would also like to introduce the other members of this year's Practice Committee to you. Besides myself, the other members of the committee are Jeanne Hinkelman, Jerry May, Paul Lloyd, and John Lubker. I would be understating the issue if I didn't mention that I feel that this is an excellent committee for getting some things done.

Based upon the organizational push from last year and suggestions from within the organization this year, we have established a five part agenda. This agenda will include:

- a) making sure that the supervision brochure discussed by Sam earlier in this article is guided to fruition;
- b) completing and finding an outlet for a positive psychology (PP) article which proposes the integration of PP applications into sport psychology performance enhancement;
- c) extending the knowledge of the division membership about the ethical issues related to the use of the Internet in Sport Psychology;
- d) collecting information about the existence of life enhancement programs (e.g., the First Tee program) which utilize sport psychology concepts to show the public what work the field is involved with; and
- e) putting together a practice focused presentation/workshop for next year's APA convention in Washington DC.

I believe that we are well suited to complete each of these tasks, and are looking forward to the challenges that lay ahead of us. Furthermore, if you have any ideas about additional initiatives that you believe would be best taken on by the Practice Committee, I encourage you to contact one of the members with your suggestions.

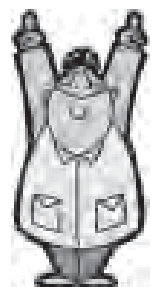
-Jack Watson, Ph.D.

Jack.Watson@mail.wvu.edu



## 2003 Dissertation Award Winner Announced

Congratulations to Tracie Rogers of Arizona State University for winning the 2003 APA Division 47 Dissertation Award. The title of her dissertation is "The Mediating Effects of Peripheral Vision in the Life Stress-Athletic Injury Relationship," and her dissertation advisor is Dr. Dan Landers. Look for a summary of Tracie's dissertation in an upcoming newsletter.



# American Psychological Association

## Division 47 Mid-Winter Executive Committee Meeting

### January 16-17, 2004

#### **Members Present:**

Amy Athey, M.A.  
Bradley Hack, Ph.D.  
Bob Harmison, Ph.D.  
Heather Hausenblas, Ph.D.  
Kate Hays, Ph.D.  
Chris Janelle, Ph.D.  
Keith McConnell, Ph.D.  
Jessica Mohler, M.A.  
Judy Van Raalte, Ph.D.  
Frank Webbe, Ph.D.

#### **I. Introductions**

The meeting convened on January 16, 2004, at 5 p.m. EST. The Committee introduced themselves to one another.

#### **II. Proficiency Update**

As Chair of the Education Committee, Dr. Hack reviewed the progress of the Proficiency in Sport Psychology. He reviewed his report outlining the options that his committee had generated for creating a sport psychology credential within the structure of APA. He reported on his conversations with APA Legal Counsel regarding the feasibility of these options. He stated that APA has highlighted a number of obstacles to developing an examination for psychologists to demonstrate proficiency in sport psychology. These include a lack of interest at this point in time from APA's College of Professional Psychology in developing such an exam, as well as an inability of Division 47 to develop the exam on its own, due to numerous APA bylaws and IRS tax laws. In response to this news, the Division 47 Executive Committee suggested that the Education Committee continue to press forward with this mission by pursuing one of the options the Committee had outlined: developing guidelines for education, training, and practice in sport psychology. The Executive Committee also suggested that the Education Committee continue with formal inquiries to APA regarding the resolution of this impasse. Dr. Hack will relay this information to his committee and will follow these missives issued by the Executive Committee.

#### **III. Convention Report** **APA Division 47**

Dr. Janelle provided the Committee with a detailed report of the planned program for the Annual Convention. He reviewed the

inclusion criteria and selection process for the Committee. The Committee congratulated Dr. Janelle on compiling an excellent program. He discussed the need to appoint a new Program Chair following this year's Convention in Hawaii. Dr. Janelle will generate nominees for the position of Program Chair and will forward these to Dr. Van Raalte and Dr. Webbe.

#### **IV. Give-Away and Tennis Tournament at the Convention**

Dr. Van Raalte reviewed her mission to provide outreach to the local community in Hawaii during the annual convention. This is the second year that the Division has coordinated a program to "Give Away" sport psychology to the local community during the Convention. The Executive Committee brainstormed ways to liaise with local psychologists to coordinate presentations to various groups of athletes and coaches. Dr. Van Raalte also reviewed a proposal to develop a tennis tournament at the Convention this year. The committee indicated initial support for this idea. Various members of the Committee will contact local psychologists to arrange for these workshops. Dr. Van Raalte will relay this information to the appropriate parties.

#### **V. Newsletter Report**

Dr. Harmison reported that his transition to Newsletter Editor has gone smoothly. He reviewed the costs for the Fall Issue and the projected costs for the Spring and Summer issues of the Newsletter. The Executive Committee thanked Dr. Harmison for assuming this role and also publicly thanked the former Editor, Dr. Doug Hanks, for his outstanding efforts over the past three years. Dr. McConnell and Dr. Webbe suggested sending a complimentary copy of the newsletter to Ray Race participants that are not Division 47 members for the purposes of recruitment. Dr. Hack suggested also including a letter from the Division 47 President and the Running Psychologists President inviting these non-member race participants to join the Division as well as providing an application for membership into this mailing. Dr. Peterson moved that the Division use monies to fund the use of 150 copies of the newsletter for this purpose. Dr. Hays seconded this motion. The Executive Committee unanimously approved this

motion. Dr. McConnell and Dr. Van Raalte will create this welcoming letter.

#### **VI. Membership Report**

Dr. Webbe reported for Dr. Lesyk. He reviewed various ideas that Dr. Lesyk and his committee had generated for member recruitment. The Executive Committee offered further suggestions to retain and recruit members and significant discussion ensued. Ms. Mohler reported that she and Ms. Athey are working with APAGS to create increased student membership and participation in the Division. They have arranged a meeting with the APAGS leadership at the Annual Convention to begin to more closely liaison with these leaders. Dr. Webbe will forward the Executive Committee's suggestions to Dr. Lesyk for implementation.

#### **VII. Website Report**

Dr. Van Raalte reviewed the numerous updates that have been made to the website by Dr. Petrie. As a result of this increased time and effort, Dr. Petrie proposed that the Executive Committee authorize a 5% increase in the budget for website maintenance. Dr. Webbe moved to renew the contract with Dr. Petrie to reflect this budgetary increase and Dr. Hack seconded this motion. Ms. Mohler suggested that we optimize the website so that it is more commonly found by search engines when people search the web for information about sport psychology. The Executive Committee unanimously approved this motion. Ms. Mohler will share these ideas with Dr. Petrie.

#### **VIII. Email List**

Dr. Van Raalte reviewed the report prepared by Mr. Hirschhorn regarding the activity on the Division 47 listserv. The consensus among the Committee was that Mr. Hirschhorn is doing an excellent job managing the listserv. Dr. Van Raalte will reappoint Mr. Hirschhorn as listserv manager.

#### **IX. Council of Representatives Report**

Dr. Parham, who was unable to attend this meeting, requested input from the Executive Committee regarding issues to bring to the Council meeting in February. The Committee agreed that the primary issue for Council

*(continued on page 17)*



## Mid-Winter Executive Meeting

(continued from page 16)

should be the problems with the Proficiency process and suggestions for resolution. An additional issue suggested for discussion is 3<sup>rd</sup> party reimbursement for sport psychology services. Dr. Van Raalte will convey this information to Dr. Parham.

### X. Finances

Dr. Hack reviewed the financial report with the Committee. All of the line items in the 2003 budget were discussed and compared to the 2002 budget. Dr. Hack reported that the Division is in very good fiscal shape and will likely finish the year approximately \$2,000 ahead of budget. Dr. Hack presented the budget for the 2004 fiscal year. Significant discussion ensued regarding various budget items. Dr. Hays moved to accept the budget and Dr. Webbe seconded. The Committee unanimously approved this budget.

### XI. Policies and Procedures

Dr. Webbe will continue to revise the policies and procedures manual and circulate it to the Executive Committee for comments in an ongoing manner. Dr. Van Raalte determined that it will be the responsibility of the Division President to distribute the Policy and Procedures and the By-Laws to new Executive Committee members.

### XII. Running Psychologists Report

Dr. McConnell reported that the planning for the Annual Ray Race is proceeding well. He anticipates that there will be approximately 200 participants for this year's race. He stated that the Race will take place on Saturday morning at 7 a.m. during the Convention. He added that this year's race will have a theme of diversity. Dr. McConnell also reported that he has created a new listserv for this year's Ray's Race to improve pre-race communication. (Div47race@lists.apa.org).

### XIII. Nominations

Dr. Hays reviewed the upcoming open seats on the Executive Committee for the 2004 election, including President-Elect, Secretary/Treasurer, and Member-at-Large. She reported that she created a Nominating Committee including herself, Dr. Trent Petrie, and Dr. Al Petipas. The Nominating Committee is in the process of generating potential nominees for these positions. The Executive Committee suggested additional names for these positions. Dr. Hays will secure a slate of qualified candidates for these positions.

### XIV. Stationery

Dr. Hack presented his draft of the stationery for the Division to the Executive Committee for comment. Various modifications were suggested. Dr. Hack will incorporate these modifications and forward the new stationery to the Executive Committee.

### XV. Students & New Professionals

Ms. Mohler reported that she and Ms. Athey are working on numerous projects to increase the visibility of sport psychology for students at the APA Convention as well as to increase the visibility of Division 47 at the AAASP Conference. They are also working on contacting faculty of various universities to encourage student membership and participation in Division 47. They plan on writing articles in various publications geared toward students to increase visibility. Ms. Mohler and Ms. Athey will continue to their work on these initiatives.

### XVI. Awards

Dr. Van Raalte reviewed the need for nominations for this year's Professional Practice Award. The Executive Committee suggested a number of appropriate nominees. Dr. McConnell moved to rename the Professional Practice Award, the "Bruce Ogilvie Award for Professional Practice" and Dr. Peterson seconded this motion. Dr. Van Raalte will contact Dr. Ogilvie's family to ensure their approval of this action. Dr. Harmison reported that there is a call for nominations that will be published in the upcoming newsletter. Dr. Van Raalte will select a qualified recipient. The Committee unanimously approved this motion.

### XVII. Appointments

Dr. Van Raalte solicited suggestions for the position of Practice Committee Chair. It was determined that Dr. Peterson will take over as liaison for the Practice Committee from Dr. Hays, who is rotating off of the Executive Committee. Dr. Van Raalte will consider these suggestions and will appoint a qualified candidate to chair this committee.

### XVIII. Education Committee Report

Dr. Hack reported that the Committee is very active and continues to pursue its primary objective at this point in time, which is moving forward with the proficiency process (see Item II, "Proficiency Update" for further information).

### XIX. Public Interest Committee Report

Dr. Van Raalte reported that Dr. Gill and Dr. Parham are continuing on as Public Interest Committee members. The Executive

Committee suggested that this committee move forward by establishing position papers on various social issues and generated a number of potential topics for these position papers. Dr. Van Raalte will inform Dr. Parham of these initiatives and suggested directions for the committee.

### XX. Science Committee Report

Dr. Hausenblas reviewed the upcoming Sport Labs featured in the newsletter. She reported that the Science Committee will continue to review applications for the Dissertation Award. It was suggested that other final doctoral research projects (rather than just dissertations) be considered for the Dissertation Award as a means of broadening the appeal and visibility of this award. The Committee indicated initial support for this idea.

### XXI. Practice Committee Report

Dr. Hays reported for Dr. Sandra Foster. She reviewed Dr. Foster's committee report and their progress. The committee has drafted a brochure on supervision in sport psychology (see Item XXIII "Supervision Document" below) and completed a literature review of positive psychology.

### XXII. Fellows

Dr. Hays reported that she created a Fellows Committee, including Dr. Diane Gill, Dr. Bob Weinberg, and Dr. Charles Spielberger. She reported that there are three nominees for new Fellow status as well as two applicants for continuing Fellow status. She reviewed the process for attaining Fellow status. Dr. Hays will collect these nominations and forward them to the Executive Committee.

### XXIII. Supervision Document

The Executive Committee reviewed an initial draft of a document, created by the Practice Committee, outlining how to provide and obtain supervision in sport psychology. Significant discussion ensued and a number of revisions were suggested. Dr. Van Raalte will share these revisions with the new Practice Committee Chair.

Meeting adjourned at 4:30 p.m.

Minutes respectfully submitted by Bradley Hack, Ph.D., Secretary/Treasurer



# Council of Representatives Report

## Feb. 19-22, 2004

by William D. Parham, Ph.D., ABPP

The APA-CoR convened at the Capital Hilton, Washington, D.C., Thursday-Sunday, Feb. 19-22, 2004. Representatives from all APA divisions, state psychological associations, Canadian provincial associations, and boards, committees and departments within the APA participated actively in three days of meetings.

Thursday was set aside for the Council Plenary session, meetings of various caucus groups (e.g., COUNT, Women, Ethnic Minority, Child/Adolescent, State/Provincial Representatives, Rural Health, HealthCare/Health Science, Public Interest, Association of Practicing Psychologists, CAPP) and coalition groups (e.g., Coalition for Academic, Scientific and Applied Psychology, Assembly of Scientist/Practitioner Psychologists), and for Part 1 of the CSFC orientation for new Council members. Full Council meetings (e.g., 9 a.m.-5 p.m.) took up most of Friday, Saturday and one-half day Sunday morning. Planned dinners and a new member reception held at APA headquarters were offered as evening activities.

Citations were awarded to Drs. Larke Huang and Deanna Yates for their work on an Executive Order

project, Mental Health in the U.S. To access this very important work please visit: [www.mentalhealthcommission.gov](http://www.mentalhealthcommission.gov).

Candidates for the Board of Director positions and for APA President-Elect were announced and each candidate made a brief verbal and/or written campaign "pitch"/presentation.

Efforts are underway to establish a new Division of Trauma Psychology. Also, the Archives of the History of American Psychology, established at the University of Akron in 1965, submitted a request for annual funding from APA in the amount of \$60,000. A decision regarding this request is being considered.

Breakout sessions, (a) What Is Important to Your Constituency?, and (b) APA Information/Resource Exchange, occurred Friday and Saturday afternoons and both sessions were productive and achieved their goals. Issues, concerns and challenges of Division 47 were shared as part of Breakout Group Session (a) and future alliances with Divisions 13 (Society of Consulting Psychology) and 14 (Society of Industrial and Organizational Psychology) were discussed as these other two divisions share struggles (recognition as areas of specialty practice; practice restraints; licensure/certification mobility) similar to Division 47. In a closely related topic, I am recommending that the Executive Committee consider establishing "Guidelines" for sport psychology vs. "competencies" and credentials. ASME Guidelines relative to restraint of trade concerns factor heavily into my recommendation. More to come on this issue.

Sunday morning business was preempted by the APA-CoR entering into an unscheduled executive session. Attendance of all persons other than APA-CoRs was prohibited. In brief, the *Washington Post* ran a short piece entitled "The Penthouse Lobby" (see Feb. 20, 2004, Style section/C03) wherein they report erroneously that our former APA CEO, Raymond Fowler, made an annual salary of \$2,200,000. The bottom line is that Ray Fowler was not compensated annually at the rate anywhere close to the reported salary. Members of the APA Board of Directors, especially Drs.

Koocher (Treasurer) & Stern (former APA President), went to great lengths to explain to us the difficult, sensitive, and delicate nature of the negotiations surrounding the end of Ray Fowler's tenure as APA CEO. The final sum given to Dr. Fowler upon his retirement consisted of his deferred compensation, one-month salary for every year worked (because it is not possible to use earned annual leave due to the demands of the position) and a retirement package about which the Board of Directors sought outside expert advice from an independent firm, Hewitt Associates.

The following partial list of agenda items were announced as updates or discussed as issues and either passed or slated for future dialogue and action:

1. It was announced that Dr. Steven Brecker was appointed as the new Executive Director of the Science Directorate.
2. Task Force on Advertising and Children (essentially, the APA Task Force is advancing the premise that children deserve protection against advertising and that their cognitive skills and abilities influence importantly how they respond to commercial messages including advertisement on the Internet. A formal position paper from APA regarding this matter is forthcoming).
3. Resolution on HIV Prevention Strategies Involving Legal Access to Sterile Injection Equipment (essentially APP encouraged to support and promote HIV prevention strategies such as needle exchange programs, legal access to sterile syringes and syringe disposal programs).
4. APA Resolution on Children's Mental Health (The Working Group on Children's Mental Health was charged with developing APA's proactive, cross-directorate strategy to address issues raised by the Surgeon General's Conference on Children's Mental Health: Developing a National Agenda. The main premise upon which the conference was based suggests that our nation is experiencing a public crisis relative to the healthcare of infants, children and adolescent).
5. Addressing Missed Opportunities in Early Childhood Mental Health Interventions. Essentially, APA-CoR was asked to receive the report entitled "Addressing Missed Opportunities in Early Childhood Mental Health Interventions: Current Knowledge and Policy Implications." The report will be placed on the Children, Youth & Families Office website and it will be included in the APA Policy Manual.
6. Review of Responsible Spending Policy (As directed by Council, the Finance Committee is asked to periodically review and propose changes, if necessary, to the Responsible Spending Policy).
7. APA Position of Same-Sex Marriages (the APA-CoR approved the establishment of a Working Group that would develop policy recommendations on same-sex families and relationships that would prepare psychologists to respond appropriately to clients, communities, and the media).

The next APA-CoR will convene in Hawaii in the form of two half-day sessions.





## ESPNews Back-page Quiz

1. What was the name of the Distinguished Contributions to Applied Exercise and Sport Psychology as a Professional Practice award changed to recently?
2. When and where is the 2004 APA Convention?
3. Who is in the running for APA Division 47 president?
4. What is the entrance fee for Division 47 members in the 26th Annual Running Psychologists' APA 5K Ray's Race and Walk?
5. How many members have achieved Fellow status in Division 47?
6. What does CENARD stand for?
7. Who was the winner of the 2003 APA Division 47 Dissertation Award?
8. Who is the author of *The Mental Athlete*?
9. True or false: Sport psychologists can bill insurance companies for services provided.
10. What is the cost of a full-page ad in *ESPNews*?



1. The Bruce Ogilvie Award for Professional Practice  
2. July 28-August 1, in Honolulu, Hawaii
3. Penny McCullagh, Ph.D., and Paul Lloyd, Ph.D.
4. \$10
5. 30
6. The Centro Nacional de Alto Redimiento Deportivo
7. Tracie Rogers of Arizona State University
8. Kay Porter
9. True (See page 4).
10. \$600

## Join the Division 47 Listserv Today



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@bam-us.com.

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## **Deadline for Submission**

Deadline for submission of materials for the FALL 2004 issue is **October 1, 2004**. Please send all items to: Robert J. Harmison, Ph.D., Department Head, Sport-Exercise Psychology, Argosy University/Phoenix, 2301 W. Dunlap Ave., Suite 211, Phoenix, AZ 85021. You can also e-mail Dr. Harmison at rharmison@argosyu.edu.