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JENNIFER CARTER, PH.D. PRESIDENT'S NEWSLETTER COLUMN SPRING 2011

One of the many aspects I've enjoyed this year as President of Division 47 is the opportunity to meet sport psychologists and encounter new questions and dilemmas. Shawn Mason from Johns Hopkins University emailed me a great question:

How do sport psychologists handle licensing issues when they work with athletes that travel extensively (e.g. golf)? Can they travel to events in a professional capacity where they don't hold a state license?



Excellent question, Shawn! It got me thinking how often I've traveled with teams out of state without really considering licensure laws, and my ignorance was one reason I wanted to highlight this issue. Many Division 47 members also travel internationally as well as work over the phone or internet with athletes.

Another aspect I love about Division 47 is our really smart and cool Executive Committee. So naturally I turned to them for their thoughts on this question.

Amy Athey pointed out most states have temporary practice guidelines (e.g. five days or less per year) wherein psychologists can work in another state without having to apply for permission from the state board. As with almost any licensing issue, the most prudent response would be to contact your state board to find out what your state's laws dictate (the gold standard). Many of us deal with last minute travel requests, so contacting your state board long before the request would be ideal.

Jack Watson added that we need to consider if the activity we'll be doing would meet the state's definition of practicing psychology. If so, most states allow a licensed professional to practice in another state for a limited time period (e.g. five to thirty days) and some states do not require permission for that time period.

Gloria Balague commented how our work via phone and internet across state lines also presents licensure issues. Steve Portenga noted the Society of Consulting Psychology (Division 13) faces similar dilemmas and has been working with APA to address these concerns. The President of the Society of Industrial & Organizational Psychology (Division 14) Eduardo Salas also contacted me about the unique work we do, working with individuals and organizations, across a broad geography.

And that brings up yet another reason this year has been so enjoyable: the amount of information and support available from APA. Steve and Gloria notified me about the "[Model Act for State Licensure of Psychologists](#)" that serves as a guide for drafting state licensing laws, "synthesizing APA policies bearing on the education, training, and practice of professional psychology". Section "E" addresses "Interstate Practice of Psychology".

It appears that interdivisional programming will be a focus for future conventions, and our overlap with quite a few APA divisions (including 13 and 14 as well as 12—Clinical and 17—Counseling) presents bountiful opportunities for collaboration.

Finally, I'm hoping to utilize my two areas of overlap (sport psychology and eating disorders) to create a special information center at apa47.org focusing on athletes and eating disorders. Please contact me at

Jennifer.Carter2@osumc.edu if you have information to share. Here are examples of the information I seek:

- Links to your university's Eating Disorder Policy like: ehe.osu.edu/sportsnut/policy/ED.pdf
- Guides for Coaches like the NCAA Handbook "Managing the Female Athlete Triad"
- Research Compilations such as: aedweb.org/content/navigationmenu/getinvolved/signs/athlete_resources.htm
- Or other resources: nationaleatingdisorders.org/nedaDir/files/documents/handouts/Athletes.pdf

Hope your spring has sprung, and see you in D.C. for the APA Convention August 4-7!

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PRESIDENT ELECT
Gloria Balague, Ph.D.

Happy Spring everyone! Winter has been rough in Chicago, so the promise of nice weather is very reassuring right now!

During the month of January I had the opportunity to attend a "Leadership Development" conference organized by APA. Besides getting to know all the president-elects of the other divisions I also met the current President (Melba Vazquez) and the President-Elect (Suzanne Bennet Johnson). I came away from the conference energized and I thought of all the opportunities we have at our disposal to give our field and our division more visibility. Let me share some of the things I felt were more relevant:

President-elect Suzanne Bennet Johnson described her presidential initiatives and I believe that they match our division interests very well:

Interdisciplinary science and practice: Our field is really an interdisciplinary one and it may be a good idea to emphasize collaboration with other sciences in our projects and presentations

Obesity: Obesity is a national health problem, but few divisions are as well suited to offer pathways to solutions as ours! Many groups can recommend exercise but we can talk specifically about how exercise should be presented and taught to ensure higher compliance rates. Our work cuts across age groups, with interventions at the prevention level and at the intervention level. Think about this area in terms of funding and presentations.

Engaging the future generation, or caring for young professionals: We need the involvement of graduate students, recent Ph.D.'s and those who are still

establishing themselves. We want your input and we want you to be involved, so let us hear your voice!

APA is also in the process of reinstating some proposals, like the Grants for Interdivisional Projects, which were abandoned due to the financial crisis. We could be cooperating with many other divisions: Adult Development and Aging (think Master's athletes!), Clinical Neuropsychology (Head injuries?), Health Psychology, Educational Psychology (Coaching Education?), Group Psychology, Rehabilitation Psychology...

Let's try to expand our sights and generate ideas that will keep us in the forefront of APA. Please send me your comments or ideas at gloriab@uic.edu

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JOIN THE DIV 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.

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EDITOR'S COLUMN

Steve Portenga, Ph.D.

I hope by now everyone is starting to get a glimpse of spring. Or at least for our friends in the Midwest and on the East Coast, there's hope of thawing out on the horizon. As many of our thoughts turn to spring and new starts, it's time again for new candidates for the Executive Committee. And while your thoughts may also be turning to spring cleaning, let's hope that metaphor is not a better fit (right Mike & Amy)!

Please take the time to vote for President-Elect and Member at Large this year. Your voices matters! Remember: No voting = no complaining.

In this edition of the newsletter we have reports from the Education and Science Committees. The Science Committee is welcoming a new chair in Mark Aoyagi, Ph.D. In following one of the charges of the science committee, they have started reviewing model training programs. Look for ongoing reviews of programs that have established themselves as exemplars in the training of future sport and performance psychologists in future editions.

Mark for calendars now for the upcoming APA Annual convention in Washington D.C. August 4-7. This year is Division 47's 25th Anniversary and we will be celebrating throughout the week. We are planning two special symposiums on the future of education and on the state of practice. In addition to all of the great programming, Jen Carter will give her Presidential Address and don't forget Ray's Race on Saturday morning.

Things are also gearing up for the divisions new journal. At this years convention, there will be a launch and reception for the new APA Journal titled Sport, Exercise, and Performance Psychology. More info on the journal, including submission directions, can be found at apa.org/pubs/journals/spy/index.aspx.

It is my hope that the newsletter continues to grow as a source for information regarding the science, training, and practice of sport and performance psychology. I hope to include thought provoking articles related to these areas in future issues. If you have a topic that you would like to see addressed in a future issue, please let me know.

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DIVISION 47 2011-2012 ADVERTISING AND INSERTION SCHEDULE

Div47News is the official newsletter Division 47 (Exercise and Sport Psychology) of the American Psychological Association. DIV47News is published three times a year – Spring Fall, and Summer – and has a circulation of about 1000 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:

Steve Portenga, Ph.D.
Division of Athletics & Recreation
University of Denver
2201 E. Asbury Ave., Rm 1312
Denver, CO 80208
Phone: 303-960-5711
Email: steve.portenga@du.edu

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

Full Page (8 1/2 X 11 inches)	\$600
Half-Page (8 1/2 X 5 1/2 inches)	\$350
Quarter-Page (4 1/4 X 5 1/2 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, which can be found on the back page of each previous newsletter.



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APA DIVISION 47 DISSERTATION AWARD

Division 47 of the American Psychological Association invites the submission of applications for the annual Dissertation Award. This award recognizes outstanding student research that has the greatest potential for making a significant contribution to the theoretical and applied knowledge base in exercise and sport psychology. The application consists of an abstract of no greater than 1,500 words with references (the references will not be counted against the 1,500 word limit) organized as follows:

Title of dissertation, name of student and student's advisor along with their contact information.

- a) Introduction
- b) Review of Literature
- c) Methodology/Statistics
- d) Discussion
- e) Contribution to Science and Practice

Additional Requirements:

1. Both the student applicant and dissertation advisor must be a member of Division 47 at the time of application.
2. Confirmation of the completion of the dissertation and the degree by December 31, 2011.

Applications should be sent electronically to Mark Aoyagi at maoyagi@du.edu, by February 15, 2011. The abstracts will be judged (blind review) by a panel of professionals in exercise and sport psychology who are members of Division 47. The awardee will be notified of their selection before March 30, 2011, so plans can be made to attend the annual convention to receive the award (which includes a plaque and a monetary gift), and to present their research.

Further information can be obtained from the Division 47 website at: apa47.org/aboutDisAward.php.

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CONGRATULATIONS TO

DR. CARLY ANDERSON

DR. ANDERSON IS THE 2010 DIVISION 47 DISSERTATION AWARD RECIPIENT FOR HER RESEARCH

"TEST OF AN ETIOLOGICAL MODEL: DEVELOPMENT OF DISORDERED EATING IN FEMALE COLLEGIATE GYMNASTS AND SWIMMERS/DIVERS".

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CANDIDATE STATEMENT PRESIDENT ELECT

Jim Bauman, Ph.D.

Biography: I have an undergraduate degree in pre-physical therapy, a master's degree in education, and a Ph.D. in Psychology. I am a licensed psychologist in Washington and California.

I began my work, as a sport psychologist, in the Athletic Department at Washington State University (1989-1999). I worked with track and field athletes preparing for the Barcelona and Atlanta Olympic Games. I also began working with the US Ski Team.

After 10 years at WSU, I accepted a position as a Senior Sport Psychologist with the US Olympic Committee (1999-2009). I worked directly with hundreds of athletes preparing for and competing at two Winter Olympic Games, three Summer Olympic Games, and multiple National Championships, Olympic Trials, World Cups, Pan American Games, World University Games, and World Championships. From 2002 thru the present, I developed a working relationship with the Navy Special Warfare School (SEALs).

After 10 years with the USOC, I accepted a full-time sport psychologist position within the University of Washington's Intercollegiate Athletic Department. I have continued as the consulting sport psychologist for USA Swimming in preparation for the 2012 London Olympics.

My professional work includes publications, television/radio appearances, presenting sport psychology workshops at national and international conferences, and teaching graduate coursework in sport psychology.

I have a unique blend of academic training and more than 20 years of providing applied sport and human performance services, on a full-time basis, over a full-range of athletes, sports, and levels of competition. To date, I have worked with more than 60 different sports.

Position Statement: Like Abraham Lincoln, my first "campaigns" were not successful, but persistence and a common sense message seem to be qualities that are respected by nearly all constituents' casting votes. So, in that spirit, I am requesting that you consider my persistent message and cast your vote accordingly.

My Message: Within Division 47, there is a significant membership representation at nearly every college/university across our great nation. Yet, with that foothold in athletics, we have not taken advantage of that presence at the level that I think we can. Therefore, my focus, if elected, would be twofold:

1. Continue to support the much needed initiatives of our past presidents

2. Challenge and encourage our established members in creating more applied sport psychology practicum, internship, and fellowship opportunities

As I initially explored the possibility of pursuing a career in sport psychology, I learned early on that the academic opportunities, practicum, internships, fellowships, and mentoring in sport psychology was either non-existent or difficult to obtain. Although mentors were around, finding a place to be mentored and a person to mentor me was a challenge. Now, as our field seems to be moving toward encouraging licensure as a psychologist with a concurrently strong understanding of sport science, opportunities to obtain supervised experience are becoming a necessity in our training.

I have been a full-time sport psychologist for more than 20 years. That experience has spanned ten years at Washington State University, ten years at the US Olympic Committee, and now two years at the University of Washington. I have developed an appreciation for the needs of athletes, coaches, and administrators from youth sports thru the highest levels of competition. I have also developed an appreciation for the needs of young professionals who need mentoring and supervision.

Since leaving the USOC and returning to a full-time sport psychology position in an intercollegiate athletic department, I receive regular requests from graduate students looking for applied sport psychology practicum, internships, and/or fellowship opportunities. All have remarked that they are struggling to find opportunities to gain more supervised experience.

The field has evolved over the years where we now have a multitude of exceptional applied sport psychologists in private practice, counseling centers, and athletic departments. Although the demand for qualified and experienced sport psychologists is growing, the opportunity for quality supervised experience continues to lag behind what is required to meet the needs of new practitioners in their professional development. In less than two years at the UW, I have already created a pre-doctoral practicum in the athletic department. That position provides me with an additional resource to deliver sport psychology services and it provides the young professional with an opportunity to gain supervised and applied experience in collegiate athletics. This can be easily duplicated.

It is time for us more senior members to respond to a problem that we have all faced in our own professional development. If you agree, I appreciate your vote!

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CANDIDATE STATEMENT PRESIDENT ELECT

Trent Petrie, Ph.D.

Biography: Trent A. Petrie, Ph.D. received his doctorate in Counseling Psychology from the Ohio State University in 1991. He currently is a professor in the Department of Psychology at the University of North Texas, and has served as the Director for the UNT Center for Sport Psychology and Performance Excellence since its inception in 1997. Trent has worked in the field of sport psychology since 1987, helping athletes, coaches, and sport teams at all competitive levels. He is a licensed psychologist in Texas, a Fellow and Certified Consultant, AASP, and a member of the 2008-2012 USOC Sport Psychology Registry. His research focuses on psychological antecedents and consequences of injury, eating disorders and body image, academic success of student-athletes, and professional training in sport psychology. Trent has published over 70 articles, book chapters, and books, given over 100 presentations at national and international conferences, and received grants from the NCAA and AASP to support his work. His book, coauthored with Drs. Doug Hanks and Eric Denson, is entitled "Academic and Life Skills for College Student-Athletes" and was published in its third edition by Wadsworth in 2010. He has served on the executive boards of the APA Division 47 and AASP. A former athlete at Ohio State University as an undergraduate, Trent remains physically active through running and activities.

Position Statement: Thank you for the chance to again be considered for President of Division 47. My initial involvement with the division occurred during the 1990s, when I served as newsletter editor and then as secretary/treasurer. Through these positions, I was part of important divisional changes, including the development of its initial website, expansion of the newsletter, and the development of the proficiency statement. Although I have not served on the executive board for a decade, I have remained involved in the division and our annual conference each year. I look forward to being able to contribute more directly to our division's growth and help guide it into the next decade if I am elected to serve on the board once again.

There are perspectives, experiences and values that are important to me and these will guide the work I would do if I am elected president. Over the last 13 years, I have been fortunate to serve as the Director of UNT's Center for Sport Psychology, which is an interdisciplinary group of

students and faculty that represent the parent disciplines (exercise science, psychology) of our field. Through these experiences, I have seen how we can bridge artificial gaps that exist within our field so we can work together to provide interdisciplinary training and conduct integrative research.

If elected president, I would continue to work to expand and improve existing programs within the division, such as our journal and updating and expanding the proficiency in sport psychology. Both of these will require considerable work and attention to ensure their initial and continued success. I see the Giveaway-athon, which was started by Dr. Judy Van Raalte, as an excellent example of how we, as sport psychologists, can contribute to the communities we visit and I would work to add to the wonderful programming that has been done throughout the years.

My major focus, though, would be to work closely with the Education Committee on issues related to the current sport psychology training opportunities that are available within clinical and counseling psychology programs, because these programs represent key avenues for increasing our connection with the discipline of psychology and encouraging more involvement in our field from future psychologists. I also want to focus on how we, as a division, can continue to bring more currently practicing psychologist under our umbrella and provide them with the additional training and experiences that will make their work more effective. Finally, I want to see how our division can take a leading role in the development of position statements, such as on creating a body-healthy sport environment, which could then be published in our journal.

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CANDIDATE STATEMENT MEMBER AT LARGE

Mark Aoyagi, Ph.D.

Biography: Dr. Mark Aoyagi is the Director of Sport & Performance Psychology and Assistant Professor in the Graduate School of Professional Psychology at the University of Denver. Mark has worked with several Division I athletic departments as well as youth, professional, and Olympic athletes. He is a licensed psychologist in the state of Colorado, a Certified Consultant, AASP (Association of Applied Sport Psychology) and is listed in the United States Olympic Committee (USOC) Sport Psychology Registry. Mark is active in several professional organizations including the American Psychological Association, International Society for Sport Psychology, and the Association for Applied Sport Psychology; and has several publications and national conference presentations on the topics of sport psychology, team effectiveness, models of sport psychology practice, and ethics among others.

Mark earned a Ph.D. in Counseling Psychology with an emphasis in Sport Psychology from the University of Missouri in 2006 and was the Sport Psychology Post Doctoral Fellow at the University of Southern California. Prior to that, he completed a B.S. in Exercise and Sport Science and a B.S. in Psychology from the University of Utah in 1999 and a M.S. in Kinesiology, Sport Psychology emphasis from Georgia Southern University in 2001. He was the recipient of the 2005 AASP Student-Practitioner Award for excellence in applied sport psychology. Mark played rugby, football, baseball, and wrestling competitively, and now enjoys a variety of recreational sports and outdoor activities.

Position Statement: As Division 47 enters its 25th year, it is a fascinating time to be considered for membership on the Executive Board. It is with knowledge of the historical perspective, investment in the present, and a clear vision for the future that I humbly accept the great honor of running for Member-at-Large. I am ready to serve. I have grown, learned, and benefitted tremendously from my time in Division 47, and I hope to begin to repay this debt of gratitude in whatever small way I can by representing the many members who have given so generously of their time to me. In speaking with past and current Members-at-Large, I have gained an excellent understanding for what the position entails, and am prepared to fulfill these duties to the best of my effort and ability. I have attended

the past four APA conventions and presented six times during this span, and am currently serving as Chair of the Division 47 Science Committee, a member of the Public Interest Committee, a member of the Practice Committee, and as a Program Reviewer.

As Member-at-Large of Division 47, my primary goal would be to represent the interests of the constituent members of the Division. Recalling my interactions with Division 47 as a graduate student and early professional, it was easy to trust in the effective leadership of the organization, and thus unfortunately it was difficult to imagine how I might contribute. I want to reach out to the membership, youthful and experienced, and demonstrate how they can make a difference and do have a voice in the organization. I will accomplish this by making myself available as frequently and as easily as possible, whether through email (maoyagi@du.edu), phone (303-871-3882), conversations at the conference, or any other means necessary, I want members to feel their voices will be heard and their opinions are valued.

Similarly, as in our democratic system of government, to be effective participants in the leadership of Division 47 it is essential that the membership be apprised of the discussions, policies, and procedures that will shape the future of our profession. To this end, I will provide regular updates via the Division 47 listserv of relevant information as appropriate. I believe a well-informed constituency will result in greater involvement and investment in the present and future of the Division.

Finally, I will approach my role as a member of the Executive Board with the perspective of being a facilitator. I have performed the administrative aspects of my position at the University of Denver with the attitude that my job in the role of director is to remove any bureaucratic barriers or impediments so that my talented colleagues can utilize their skill sets to their maximum potential. I believe this has prepared me to serve a similar role on the Executive Board where I can volunteer for any tasks that would interfere or otherwise distract from the capability of the Board to focus on the important issues facing our profession. That being said, I will not sit idly by during the Executive Board meetings, but rather will be an avid listener and thoughtful contributor representing both the majority opinion of the constituency and my own perspective.

I appreciate your consideration and hope you will join me in actively participating in the future of Division 47.

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CANDIDATE STATEMENT MEMBER AT LARGE

Carmen Tebbe, Ph.D.

Biography: I grew up in Illinois and attended the University of South Carolina Spartanburg on a volleyball scholarship. I earned my master's degree from Wake Forest University and doctorate from the University of North Texas. I have been with Psychological Resources for OU Student-Athletes (PROS) since August 2006, initially as a pre-doctoral intern, then post-doctoral fellow, Assistant Director (October 2008), Director (April 2010) and am currently the Associate Director of Academics and Student Life (February 2011). My primary responsibilities include leadership over (8) staff members, providing counseling, performance enhancement, and team-building services, coordination of our psycho-educational assessment program, clinical supervision of (3) non-licensed counselors/trainees, CHAMPS/Life Skills Coordinator, oversight of the Student Athlete Advisory Committee, supervision of our Registered Dietician, oversight of the Reading Improvement Program (supervision of Reading Specialists providing services to student-athletes diagnosed with a Reading Disorder), and development of a High Risk Team that focuses on providing comprehensive services for student-athletes with severe learning deficiencies. My work with academically at-risk student-athletes ultimately led to my participation in the N4A and I was the recipient of the 2008 N4A Region IV Professional Promise Award. I am also involved with AASP and an invited member of the Division IA Athletic Directors Task Force for Student-Athlete Development, which is charged with the mission of informing Athletics Directors and NCAA on pertinent issues regarding student-athlete development and mental health. In addition, I serve as an adjunct faculty member teaching an undergraduate Applied Sport Psychology course and graduate level College Student-Athlete Development course.

Position Statement: I am honored to be nominated for the Member at Large position. As I contemplated this position statement, I reflected on how professional organization participation has affected my career. As a lost senior student-athlete having no idea what to do with my psychology degree, I wandered into a sports psychology poster session at a regional conference because I saw the words "sports" and "psychology" put together. The light bulb went off and the subsequent exposure to the field led to my thesis research and decision to attend a

counseling psychology doctoral program, specializing in sports psychology. Before my pre-doctoral internship, I attended an AASP session by Dr. Nicki Moore on services at OU and ultimately ended up deciding to apply to the site. I already had my list of internship sites to apply, but once again I had no idea what I didn't know and fortunately conference attendance opened up another surprising path. Professional organization participation has greatly influenced my knowledge of the field and allowed me to develop a network of colleagues to consult with and improve my skills. Many of my opportunities and development have been a result of professional organization participation and service, and I believe it's time to increase the service part and am excited to see what this path may hold.

My career has not been diverse in setting; however, I do believe I can add valuable insight into the intercollegiate athletics setting. I have held multiple roles at OU and I believe my experience from leading PROS and in different aspects other than traditional psychological services has led to a keen understanding of the nuances of providing services for a major Athletics Department. I may not have breadth of experience in multiple settings (or multiple Athletics Departments for that matter), but I do believe I offer depth in experience with my multiple roles here at OU. Another strength I believe I offer is related to supervised training. A daily challenge for our program is balancing excellent service delivery with rich training experiences and being able to prioritize both without compromising the other. There are very few training opportunities in the intercollegiate athletics setting and we are proud to offer this experience. I have been very fortunate to have strong training/mentorship in the field and believe solid training is imperative for our field to grow. I believe the training program perspective could be helpful as Division 47 continues to focus on addressing the lack of supervised training opportunities.

In summary, it is an honor to be nominated for this position, and if elected, I promise to serve the Executive Board and membership to the best of my ability. I have been serving on the Division 47 Practice Committee and would look forward to the opportunity to serve the membership in a greater capacity. I am a hard worker and a quick learner and I believe these qualities would make me successful in this position.

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2011 APA DIVISION 47 PROGRAM OVERVIEW AND HIGHLIGHTS: WASHINGTON, DC AUGUST 4-7, 2011

Ah, 1986, back when gas was \$0.89/gallon (I could not locate the “cents” symbol as it is no longer relevant), Top Gun was “tops” at the movies, Magnum P.I. was running amok in Hawaii, IBM introduced its first laptop computer weighing in at a mere 13 lbs, the Human Genome project officially started, oh and a small division of dedicated professionals was added to the APA Convention (which was ironically in Washington, DC- in case you forgot!). Yes, amazingly, the 2011 APA Convention in Washington, DC marks the 25th Anniversary of the D47! To celebrate, we have several special events and programs including:

- Drs. Aoyagi and Van Raalte will deliver an Invited Symposium titled, “Future Education in Sport Psychology for Practitioners.”
- An Invited Symposium featuring several surprise guest speakers for the Steven R. Heyman Memorial Keynote titled, “State of the Art in Sport Psychology Science to Practice.”
- Division 47 25th Anniversary Celebration and Social
- Launch and Reception for the new APA Journal titled Sport, Exercise, and Performance Psychology (Dr. Martin, Editor).

In addition to the above special programming, this year’s program comprises a mix of clinical, research, and educational symposia, conversation hours, papers, and posters. The complete program (along with co-listed programs) will be featured in the summer newsletter and will appear on the D47 website once it is finalized by APA later this spring. Until then, I have included a few D47 teasers to whet your appetite for the 2011 APA Convention:

- Dr. Rod Dishman from the University of Georgia will deliver the ACSM Exchange Lecture on exercise adherence.
- Dr. Jennifer Carter will present her Presidential Address titled, “It’s All About Relationships.”
- Dr.’s Galluci, Beilock, DeCaro, and Janelle and colleagues will present a symposium titled, “Choking Under Pressure: Explicit Monitoring, Distraction, and Cognitive Efficiency.”
- Dr. Gershon Tenenbaum will receive this year’s Award for Distinguished Contributions to Science.
- Paper Sessions on Psychology of Injury, Behavioral Sport Psychology, and Social Psychology of Sport.
- Ray’s Race on Saturday morning. It would be great to see more D47 participants (no pressure though!) this year.

In addition to the above D47 programming, we are co-listing 35 programs with other Divisions. Below is a small sample of the excellent co-listed programs for the 2011 Convention:

Division 2- Teaching of Psychology

Being Inclusive: How to Incorporate Diversity Topics in Psychology Coursework.

Division 18- Psychologists in Public Service

Tailoring Interventions for the Complex Needs of Combat Service Members and Veterans with Mild Traumatic Brain Injury and Their Supportive Others

Division 31- State, Provincial and Territorial Psychological Association Affairs Programs

Telehealth and Telepsychology Licensure: Barriers and Possible Solutions as Psychology Adopts the PsychoTechnologies

Division 38- Health Psychology

Invited Clinical Grand Rounds: “The Science and Practice of Behavioral Weight Control: Motivating and Facilitating Behavior Change to Promote Weight Loss and Maintenance”– Delia Smith West, PhD

Division 40- Clinical Neuropsychology

Invited address Robert Stern, Ph.D.- Chronic Traumatic Encephalopathy: The Synergy of Science and Journalism in Creating Culture Change- Alan Schwarz , William Barr, Ph.D. (discussant)

Division 45- Society for the Psychological Study of Ethnic Minority Issues

Emerging research on psychological implications of race-based mascots, nicknames, and logos in sport

Finally and perhaps most importantly, I would like to thank the following members of the 2011 Program Review Committee

who took time out of their busy schedules in December and January to review D47 program submissions: Mark Aoyagi, Amy Athey, Kimberlee Bonura, Laura DiPasquale, Tami Eggleston, Scott Goldman, Elizabeth Loughren, Renee Newcomer Appaneal, Cassandra Pasquariello, Steve Portenga, Troy Rieck, Sherry Schweigert, Christine Selby, Steven Wininger, and Amanda Visek. All of the reviewers did an excellent job, and are to be commended for their participation in this important endeavor. As a wise Division Program Chair once said, “There is no peer review without your peers.” Thanks to everyone who reviewed!

The 2011 APA Convention in Washington, DC is sure to be an exciting and memorable convention for D47 and its members. Additional information about the 2011 APA Convention Program will be forthcoming soon from APA as they finalize the program, release hotel information, and inform presenters of specific dates/times for their programs. In the meantime, please contact me at akontos@pitt.edu should you have any questions about the convention or programming. I look forward to seeing you in DC for the big 25th for D47!

Cheers,

Anthony P. Kontos, Ph.D.
APA D47 Program Chair

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REPORT BY KAREN COGAN

COUNCIL OF REPRESENTATIVES REPORT

February 18-20, 2011

The Council of Representatives met February 18-20, 2011. Due to work commitments I was unable to attend, but Diane Finley graciously agreed to represent the interests of Division 47. Thanks, Diane! She did a stellar job, and I’m told she got into a “mess of a discussion” as a result of my instructions to her about one of the agenda items. Hey, I’m willing to take the blame if it will help.

Here are the highlights from the meeting:

Overall, APA continues to be financially sound. All real estate holdings have tenants, and in spite of market volatility, APA’s investments have performed well. APA is exploring new revenue streams, including many related to electronic publications.

Related to finances, there was substantial discussion about dues restructuring. The Council approved a decrease of \$40 in dues for 2012 and eliminated the dual membership discount (e.g., discounted dues for those who also hold membership in other professional societies such as APS). The Council also approved some changes to the Life Status/Dues Exempt status, which is a bylaw change and would go to the membership for a vote in the fall. The Council postponed a vote on the issue of dues structure for the Canadian Psychological Association until the August meeting of Council.

The Convention Task Force reported on potential changes to the convention. The proposal focuses on reducing the total hours of programming and emphasizing collaborative or interdivisional programming. Each division will have a minimum number of program hours, and additional hours will be allocated based on division membership numbers. Let’s keep our membership moving upward to ensure that we have a solid program of sport psychology topics.

Other agenda items that may be of interest to Division 47 members include the following:

1. APA has launched the Good Governance Project (GGP). The GGP is a yearlong process of gathering information about APA governance to formulate a plan for the future of APA governance. Member input will be solicited so please respond if contacted.
2. The revised Principles for Quality Undergraduate Education in Psychology were approved. These principles are relevant for anyone teaching and can be accessed at the Education Directorate website.
3. Several sets of guidelines were approved: Psychological Practice in Health Care Delivery, Psychological Practice with Lesbian, Gay and Bisexual Clients, Practice of Parenting Coordination and Assessment of and Intervention with Persons with Disabilities.

4. A Taskforce was formed to develop Guidelines for Telepsychology. The guidelines that are developed would likely have implications for D47 practitioners who use technology to work with athletes from a distance.
5. Council approved continued support for the Center of the History of psychology at the University of Akron. Now that the Center has moved into a new building, efforts are underway to digitize much of the historical information so that it will be available to everyone online.

Hopefully this gives you a better understanding of what goes on in a Council meeting and how APA is working for you. Happy Spring!

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STUDENT REPRESENTATIVE COLUMN

BY LAURA DiPASQUALE M.Ed.

AND CASSIE PASQUARIELLO, EdM

We hope this newsletter finds you well as we move into the middle of the semester. At the Division 47 Executive Committee meeting in January we discussed many new opportunities for student members to get involved with Division 47. Although we are still working out the details for some of these opportunities, we anticipate that students will soon be able to write a column for the newsletter, get involved with the new Division 47 journal which will be out in 2012, and participate in a mentorship program. We are excited about these new opportunities and will keep students informed as we work out the details.

At this year's APA convention, Division 47 celebrates its 25th year and will be launching a new journal. As student reps we hope to have more students than ever at the convention, as we are the future of the exercise and sport psychology field. We hope you can attend join us at the convention in Washington D.C. to help celebrate these achievements. Special programming for Division 47 students will include a Speed Mentoring breakfast on Friday August 5th from 8:00-9:00 am. During Speed Mentoring, students will have the opportunity to sit with exercise and sport psychology professionals representing various areas of the field and ask questions about career interests, professional development, networking, and other topics of interest. We will also host a happy hour for Division 47 students on Saturday August 6th at a local bar or restaurant. We will post information on the location of Speed Mentoring and the happy hour along with names of the mentors on the Division 47 website (apa47.org/studInvolvement.php) and send emails to students once as soon as these details are finalized.

The convention provides many opportunities for students to get involved with the division. Each year, Division 47 hosts Ray's Race, a 10K race. Ray's Race is a hallmark of convention and we encourage students to either run in it

or volunteer to help work the race. The race is an excellent opportunity to congregate with professionals and students. In addition to Ray's Race, students may participate in the annual Giveaway-a-thon, where you would have the opportunity to work with sport and exercise psychology professionals providing sport psychology services to the Washington D.C community. For more information on either of these opportunities, please visit the Student Involvement page of the Division 47 website (apa47.org/studInvolvement.php).

Many of the Division 47 committees (e.g. Science, Education, Public Interest, & Membership) are looking for students to serve on them. If you are interested in joining a committee, please email Laura (lauradipasquale@my.unt.edu) or Cassie (pasquarielcd@vcu.edu).

We also received confirmation that our application for a Division 47 student listserv has been approved. The listserv should be up and running shortly. We hope students will use this listserv to communicate with one another regarding graduate school, research, conferences, clients, future career plans, and networking. As student reps, we will also be using the listserv to communicate news and updates to students. Check the Division 47 website in the next few weeks for information on how to join the listserv.

Finally, Division 47 student reps will also be working with the student reps from the Association of Applied Sport Psychology (AASP) to maintain an up-to-date list of internship sites that offer training in sport psychology. The current list of internship sites will be listed on the Division 47 website shortly and we will continue to refine the list to provide students with the most up-to-date and accurate information about internships within sport and exercise psychology.

We look forward to your involvement in Division 47 and are here to support you in navigating your professional development in Exercise and Sport Psychology. Please email us to get more involved.

All the Best,

Laura and Cassie

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OPEN CALL FOR 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 Dr. Gloria Balague, Division 47 President-Elect (see back of newsletter for mailing address). Dr. Balague, in consultation with the current co-student representatives, will select the new student co-representative. Announcement of the new student representative will be made at the APA Convention.

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CONGRATULATIONS TO GERSHON TENENBAUM, Ph.D.

Dr. Tenenbaum is this year's winner of the APA Division 47 Award for Distinguished Scientific and Research Contributions to Exercise and Sport Psychology. Gershon's research will be a featured session at the APA Convention in Washington, DC.

Dr. Tenenbaum is a graduate of Tel-Aviv University and the University of Chicago in research methodology and statistics is the Benjamin S. Bloom Professor of Educational Psychology at the Florida State University, USA. He is a



former director of the Ribstein Center for Research and Sport Medicine at the Wingate Institute in Israel, and coordinator of the Graduate Program in sport psychology at the University of Southern Queensland in Australia. From 1997-2001 he was the President of the International Society of Sport Psychology, and since 1996-2008 he was the Editor of the International Journal of Sport and Exercise Psychology. He published extensively in psychology and sport psychology in areas of expertise and decision-making, psychometrics, coping with physical effort experiences, and recently the linkage of emotions-cognitions-motor systems. Gershon received several distinguished awards for his academic and scientific achievements, and is a member and a fellow of several scientific and professional forums and societies.

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DIVISION 47—EXERCISE AND SPORT PSYCHOLOGY

MID-WINTER EXECUTIVE COMMITTEE MEETING

THE CENTER FOR BALANCED LIVING-COLUMBUS, OHIO

JANUARY 15-16, 2011

January 15, 2011

Officers and Board Members present for the meeting: Jennifer Carter (President), Gloria Balague (President-Elect), Michael Sachs (Past-President), Amy Athey (Member-at-Large), Jack Watson (Member-at-Large), Karen Cogan (Council Representative) Doug Hanks (Secretary-Treasurer), Anthony Kontos (Program Chair), Steve Portenga (Newsletter Editor), Heather Ciesielski (President, Running Psychologists), Cassie Pasquariello (Student Representative), Laura DiPasquale (Student Representative); Guests: Jeff Martens (Editor, Journal of Sport, Exercise and Performance Psychology), Jack Lesyk (President-Elect, Association for Applied Sport Psychology, Bonnie Berger via conference call (President, Association for Applied Sport Psychology

January 15, 2011

President Jennifer Carter called the meeting to order at 12:30 pm.

Officers, Board Members, and guests were introduced.

Standing Committee Reports:

Education Committee: Discussion that all committee liaisons to the Executive Committee (EC) needed to be updated. EC encouraged committee chairs to send committee information directly to the listserv. There is now an “Introduction to Sport Psychology” PowerPoint presentation on the Division’s website. The EC and division members were encouraged to sign-up with APA media services.

Membership Committee: Discussion on how to best welcome new members to the division.

Motion made by Anthony Kontos to recognize new member and affiliates in the newsletter and on the website. Michael Sachs seconded. Motion passed unanimously. Motion made by Michael Sachs that the senior student-representative (in consultation with the junior student-representative) be given a vote on the EC. Seconded by Jennifer Carter. Motion passed unanimously. President will explore the changes necessary in the by-laws to make this change. Discussion about the relationship of the by-laws to the Policy and Procedures (P&P) Manual.

Practice Committee: The committee reported on their discussion of the definition of sport psychology, sport psychology competencies, compliance issues, and their communication with ACSM regarding the creation of a certification process that would include a written examination. It was suggested that ACSM might have the history and resources (including psychometric expertise) to successfully create the exam. The Practice committee will discuss partnering with the Science and Practice committees to continue this exploration. Discussion about locating outside grant funding including the APA Education Directorate. Jack Watson will replace Jennifer Carter as the Practice Committee liaison to the EC.

Motion made by Karen Cogan to support the pursuit for grant proposals. Seconded by Michael Sachs. Motion passed unanimously.

Public Interest Committee: The committee will explore ways to increase African-American/Minority involvement. Gloria Balague will be the new liaison to the EC for this committee.

Motion made by Jennifer Carter to add to the Public Interest Committee’s charge to address issues related to gender, minority, diversity, ethnic, sexual orientation, and disability. Gloria Balague seconded. Motion passed unanimously.

Discussion that the organization for the Giveaway-a-thon in Washington, D.C. needed to start soon in order to gain momentum. Suggested D.C. liaisons included Jessica Mohler, Amanda Visek, and Diane Finley. The EC will forward other names to the committee’s chair, Scott Goldman.

Science Committee: Mark Aoyagi is the new chair of this committee. Mark is forming the committee for this year’s dissertation award, which has a February 15 deadline. Discussion that the date for the deadline for the dissertation award may need to be changed in order to get the award into the Division 47 Convention Program. Motion made by Jennifer Carter to move the deadline for dissertation award submissions to January 8. Seconded by Karen Cogan. Motion passed unanimously.

Distinguished Scientific and Research Contribution to Exercise and Sport Psychology: Motion made by Jack Watson that the

P & P should be modified to read that nominees should be nominated by colleagues prior to the mid-winter meeting or by the EC at the mid-winter meeting. Seconded by Jennifer Carter. Motion passed unanimously. Discussion about nominees for this year's award by the EC. The Science Committee was tasked to find out where past dissertation award winners are. Jennifer Carter will contact the committee's chair. Anthony Kontos was appointed as the Science Committee's liaison to the EC.

2011 APA Convention Program:

Program Chair Anthony Kontos reported that overall the admissions were excellent. There were 66 total acceptances and three of the symposiums will be submitted for CEUs. Discussion concerning the Division 47 25th Anniversary panels. Acknowledgement that the panels should reflect a balance of generations, historical perspective, and focus on what is advancing the field forward.

Motion made by Michael Sachs that the Dissertation Award be named after William Morgan, founder of Division 47. Seconded by Doug Hanks, Motion passed unanimously.

Discussion on how the Division 47 Social Hour could acknowledge past-presidents, EC members, and the history of the Division.

Running Psychologists Section Update:

Heather Ciesielski summarized the results and outcome of the 2010 Ray's Race in San Diego. Heather has been in contact with three potential race companies in Washington, D.C. and is considering three different race locations. Due to the location of the convention in D.C., the race will be off-site and will require buses to transport runners. Call for sponsorships are currently going out. New for this year, an advertisement for Ray's Race was included in the APA packet for potential exhibitors.

Election Nominations:

Discussion of potential President-Elect and Member at Large candidates.

Journal of Sport, Exercise, and Performance Psychology:

Journal Editor, Jeff Martens reported that submissions started on January 1, 2011. The first issue of the journal will come out in approximately one year. There will be a "zero" issue available in August at the APA Convention for promotional purposes. This issue will have sport, exercise, and performance psychology-related articles that have been previously published in other APA journals. Discussion concerning the journal as a mechanism for CEUs.

Affiliate Memberships:

Discussion that a mechanism needed to be added to the Division 47 website so affiliates can join the division.

Conference Call with Association for Applied Sport Psychology Representatives:

President Bonnie Berger (off-site) and President-Elect Jack Lesyk (on-site) representing AASP. Three collaborative opportunities were identified: 1) increasing the number of sport psychologists in athletic departments. Rick McGuire and Steve Portenga are working on this initiative, 2) developing more mentorship opportunities including internship sites for graduate students, and 3) eating disorders and exercise.

Motion made by Jack Watson that the P & P will state that the senior student representative will create and maintain an internship list in conjunction with the senior AASP student representative as part of their position responsibilities. The internship list will be updated on each website annually. Seconded by Michael Sachs. Motion passed unanimously.

Motion made by Jack Watson that the P & P will reflect that the Division 47 President-Elect position responsibilities will include establishing and maintaining a collaborative relationship with the AASP President-Elect in a effort to create shared initiatives that promote the field of sport and exercise psychology. Seconded by Amy Athey. Motion unanimously passed.

Council Representative Report:

Karen Cogan updated the EC on two lawsuits filed against APA and American Psychological Association Practice Organization. A Bylaws Amendment that would guarantee a seat to each Division and SPTA was defeated, as it did not reach a 2/3rds majority. Karen suggested that the amendment was defeated due to its language rather than its content. Daren shared the Report of the APA Task Force on the Psychological Effects of War on Children and Families Who Are Refugees From Armed Conflict Residing in the United States. A reminder that nominations for APA Boards and Committees are occurring. Diane Finley will attend the Mid-Year Council Meeting for Karen on February 18-20.

Meeting was adjourned at 6:40 pm.

January 16, 2011

President Jennifer Carter called the meeting to order at 9:30 am.

Secretary-Treasurer's Report:

Doug Hanks reported that the transition of the secretary-treasurer's responsibilities are still in transition. Current invoices are up-to-date. Discussion that a 2011 budget needs to be determined, however, the information to complete that task was not available for the mid-winter meeting. The budget will be discussed via a conference call. Michael Sachs requested that Division Services be contacted to discuss how much money should be held in reserve. It may be that there is surplus money to spend on Division 47 initiatives.

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APA Division 47: Exercise and Sport Psychology

Presents

THE 33RD ANNUAL RUNNING PSYCHOLOGISTS APA RAY'S RACE 5 K RUN AND WALK

"CELEBRATING RAY"

Washington, D.C.

Saturday, August 6, 2011 at 7:00 AM

Sponsored by: American Psychological Association; APA Insurance Trust; Blackwell Publishing, Pearson Assessments; Worth Publishers; International Association of Applied Psychology; Psi Chi; APAGS; Divisions 47, 19, 20

****New this year! All registration for Ray's Race this year will be done through Active.com.**

Fees: Pre-Registration (before 8/1/2011):

Regular entry: \$25
Students or Division 47 members, \$20.

Convention site registration:

All participants: \$30

Registration fee includes race entry, t-shirt, refreshments, awards & raffle entry.

- Pre-registration is strongly recommended. T-shirts guaranteed only to pre-registrants.

Prizes will be awarded to the top 3 overall winners in 5K for runners and walkers, as well as age group awards and special categories (Division 47, Exhibitors, Psi Chi, and APAGS).

On-site registration will be available at the APA Division Services booth in the Convention Center on Thursday, August 5th, and Friday August 6th until 5 pm.

Join us for a pre-race pasta dinner on Friday, August 6th! (See Active.com for details)

Race t-shirts and race numbers can be picked up at Division Services.

Race Location: Capital Crescent Trail in Washington, D.C. (Transportation will be provided from conference hotels).

Questions? Email: Heather Ciesielski, Ph.D. at hciesielski@mcw.edu.

Special thanks to the D.C. Road Runners Club!

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SCIENCE COMMITTEE REPORT

BY MARK AOYAGI, CHAIR

As the new Chair of the Science Committee, I wanted to take a moment to update the Division 47 membership on our committee members and goals/objectives. The committee is comprised of: Jon Hammermeister, Sharleen Hoar, Jon Metzler, Judy Van Raalte, Kristin Frevert (student), and Shawn Zeplin (student). It is a dynamic group and I am excited to work toward the directives of the Science Committee with them.

One of our primary objectives is to partner with the Division 47 Practice Committee to actualize the scientist-practitioner model. Specifically, the Practice Committee is working on developing practice competencies and the Science Committee will gather existing evidence and propose future research to support and validate the competencies.

Related to the practice competencies, the Science Committee would also like to contribute to a greater scientific understanding of optimal performance. In particular, the APA Proficiency in Sport Psychology refers to, “training in the development and use of psychological skills for optimal performance of athletes” (American Psychological Association, 2011); however, there are no empirical theories of optimal performance in the existing sport psychology literature. Most sport psychology teachings and textbooks focus on atheoretical techniques and interventions. There have also been a number of models of sport psychology service delivery developed (see Aoyagi & Poczwardowski, 2011a for a review), and while these models organize techniques and interventions in specific patterns or for specific purposes, they too lack an overarching theory of optimal performance. Artur Poczwardowski and I are currently editing a book (Aoyagi & Poczwardowski, 2011b) in which many of the leading practitioners will be describing their theories of optimal performance. This should allow for a consistent understanding of these theories so that empirical research can explore their efficacy.

As is hopefully evident, I am excited to be chairing the Science Committee during such an important time in the progression of exercise and sport psychology. It is our intention to ensure that science will solidify its proper place as the foundation upon which the profession of sport psychology is built.

References

American Psychological Association. (2011). *Public description of sport psychology*. Retrieved from apa.org/ed/graduate/specialize/sports.aspx

Aoyagi, M. W., & Poczwardowski, A. (2011a). Models of sport psychology practice and delivery: A review. In S. D. Mellalieu & S. Hanton (Eds.), *Professional practice issues in sport psychology: Critical reviews*. Book in preparation.

Aoyagi, M. W., & Poczwardowski, A. (Eds.). (2011b). *The chronicle of expert approaches to sport & performance psychology: Applied theories of optimal performance*. Book in preparation.

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SCIENCE COMMITTEE MODEL TRAINING SITE REPORT

In keeping with our charge to: “Collect information on model training sites and/or training and research sites that are engaged in noteworthy activities, report these for mention in the Division newsletter and archiving on the website”, the Science Committee would like to recognize the Springfield College Athletic Counseling program as a model training site.

Athletic Counseling Program At Springfield College

1. **What is the name of your program?** Athletic Counseling
2. **When was your program created?** 1981
3. **What significant markers have there been for your program?**
 - a. The Athletic Counseling program was the first of its kind designed to train graduates to be academic athletic advisors or athletic counselors working in a variety of settings.
 - b. The Athletic Counseling program has sponsored a conference to bring well known speakers from the US and abroad to Springfield for over 25 years (the first conference was held in 1983). Dr. Al Petitpas has attended (and hosted) each of these conferences.
 - c. In 2007, the Athletic Counseling program faculty and staff in conjunction with other Springfield College faculty created the Center for Youth Development and Research. The center was created to provide consultation, training,

- evaluation, and research for organizations that promote and foster youth development services and research.
- d. Faculty in the program have worked with students and faculty at Springfield College and other institutions on research projects and grants funded by such organizations as the Amelia-Peabody Foundation, The First Tee, Montreal Alouettes, National Basketball Association, National Football Foundation, National Football League, National Institute of Arthritis and Musculoskeletal and Skin Diseases, National Institute of Mental Health, Project Rebound, and the United States Tennis Association.

4. What, if any, were significant contributions to the field of Psychology which derived from your program?

- a. The Athletic Counseling program faculty authored the sports counseling competencies for the American Counseling Association.
- b. The Athletic Counseling program is one of the only programs to provide graduate level training from a psychological perspective for students interested in working with athletes.
- c. Athletic Counseling faculty have been honored by the American Psychological Association's Division of Exercise and Sport Psychology (Division 47), winning national awards for Distinguished Contributions to Applied Exercise and Sport Psychology (Al Petitpas 2000), Distinguished Contributions to Exercise and Sport Psychology in the Public Interest (Judy Van Raalte, 2006), and Distinguished Contributions to Science and Research in Exercise and Sport Psychology (Britt Brewer, 2007).
- d. Athletic Counseling faculty have held leadership positions in national and international organizations including Judy Van Raalte (past-president of the American Psychological Association's Division of Exercise and Sport Psychology, past Vice-President of the International Society of Sport Psychology, current Chair, Sport Psychology Council) and Burt Giges (past president of the Association for Applied Sport Psychology).
- e. Athletic Counseling faculty and students have authored hundreds of peer reviewed journal articles, presented research at professional conferences on 6 continents, and authored and edited books. They have also produced a line of videos for sport psychology practitioners and competitive athletes available at vbvideo.com.

A sampling of published books include:

- Brewer, B. W. (Ed). (2009). Sport psychology: Olympic handbook of sports medicine. Oxford: Wiley-Blackwell.
- Van Raalte, J. L., & Brewer, B. W. (Eds.) (2002). Exploring sport and exercise psychology, 2nd Ed. Washington, DC: American Psychological Association. (a third edition of this book is in the works)
- Fazio, R. J., Van Raalte, J. L., & Burke, J. M. (2002). Living with loss: The journey through September 11th. Closter, NJ: Hold the Door for Others, Inc.
- Van Raalte, J. L., & Silver-Bernstein, C. (1999). Sport psychology library: Tennis. Morgantown, WV: Fitness Information Technology.
- Petitpas, A., Champagne, D., Chartrand, J., Danish, S., & Murphy, S. M. (1997). Athlete's guide to career planning. Champaign, IL: Human Kinetics.

5. What aspects of your curriculum make you a model training program? Athletes at all levels are faced with increasingly difficult academic, psychosocial, and athletic challenges. The goal of the Athletic Counseling Program is to provide graduate students with a preparation in counseling, psychology, and the sport sciences that will enable them to provide support services to athletes in a variety of settings. The core competency of the Athletic Counseling curriculum is counseling skills. All students gain applied experience in practicum lab classes in both general and athletic counseling and extensive supervised fieldwork experiences. The Athletic Counseling program is updated and modified annually based upon trends in the field and feedback from past and current students and colleagues. The Athletic Counseling Graduate Program offers students:

- Intensive study of the various psychosocial factors affecting athletes at all levels of participation;
- Counseling and career development preparation in classroom, laboratory, and on-the-job settings;
- Exposure to the latest in motivational and skill enhancement techniques;
- Research opportunities in the areas of sport psychology and athletic counseling;
- Practical knowledge in the use of sports as a tool to enhance life skills.

6. What aspects of your practica/field placements/applied work (including supervision) make you a model training program? Athletic Counseling students and faculty work with individual athletes, teams, and sports organizations. In their first year, most athletic counseling students are paired with a second year mentor to work with teams and athletes. This format allows first year students to gain applied experience early in their training and enables second year students the opportunity to serve as both athletic counselors and site supervisors/mentors. All Athletic Counseling students participate in group supervision with AASP certified consultants, who are listedw in the United

States Olympic Committee (USOC) sport psychology registry. All Athletic counselors keep detailed records of their applied work, and regularly present case studies. By the end of their training, most Athletic Counselors have gained experience working with men's teams and women's teams, individual sports and team sports, teams on the Springfield College campus and teams off campus, college age teams and teams in other age groups, sports that they know a lot about and sports that are new for them.

- 7. What direction is the program going; let's say 5 years from now?** The Athletic Counseling program offers a master's degree (or Certificate of Advanced Graduate Study) in psychology. The program has adapted training and curriculum to meet the changing needs of students and the job market. For example, courses have been added to address professional issues in athletic counseling and provide training in lifeskills and performance enhancement in recent years. Trends in the field include increased opportunities working with athletes but also military personnel, business executives, and people in other high pressure occupations.

Springfield College plans to offer students a Psy.D. degree in Counseling Psychology with concentrations in Athletic Counseling, Clinical Mental Health Counseling, and Marriage and Family Therapy starting in the fall of 2012. Five years from now we expect to see our first Psy.D. graduates gainfully employed in the workplace.

If you have suggestions for a future Model Training Site Report, please contact Mark Aoyagi at mark.aoyagidu.edu.

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BOOK REVIEW:

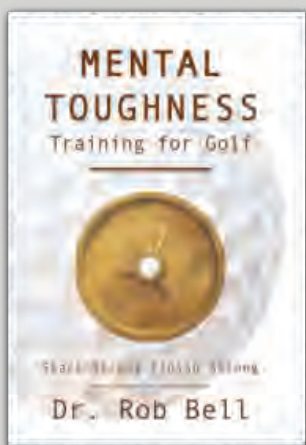
MENTAL TOUGHNESS TRAINING FOR GOLF

By Rob Bell, Ph.D.

Reviewed By Jessica Dale, M.S.W.

Jessica.Dale@du.edu

The book, "Mental Toughness Training for Golf," by Dr. Rob Bell adeptly introduces mental toughness training concepts and practices to golfers as well as golf coaches. The short book is impeccably organized into concise sections and does a wonderful job teaching through inspirational quotes and interesting anecdotes related to mental toughness.



Dr. Bell starts the book with the definition and rationale for mental toughness, which encompasses "coping with struggle" and "performing well under pressure". He suggests that struggle is essential to success because it encourages the perspectives of gratitude and inconvenience. Although these are intriguing ideas that may be vital core philosophical perspectives for any athlete, further exploration of these ideas would be a welcome addition.

As the foundation of mental toughness, Bell proposes Four C's: control, commitment, challenge, and confidence. He incorporates practice sections to reinforce mental toughness concepts, which include recommendations by significant individuals in golf and other sports. For example, in "Practice: Finish Strong," Auburn's Head Golf Coach Mike Griffin suggests counting the last three holes thrice in the scores in order to emphasize a strong finish. The practice exercises are included throughout the book to support the mental toughness training and are the most distinctive and indispensable feature of the book.

According to Bell, there are five paths to confidence: past performances, physiological states, imagery, modeling, and verbal persuasion. Bell encourages the creation of positive memories through writing out the details (i.e. thoughts and feelings) of each shot: a seemingly simple

task that could impact a golf game tremendously. Editing a highlight film with particular, positive clips of an athlete's performances is advised as a method of modeling. This is an excellent use of modern technology that relates to the millennial generation.

The book concludes with a section on becoming a mentally tough golf team that would be especially interesting to collegiate players and/or coaches. This is an aspect of golf (and other individual sports played at the collegiate level) that is often overlooked in other golf sport psychology books.

Overall, the book, "Mental Toughness Training for Golf" is a brief and effective book that provides the golfer and the golf coach with the tools for mental toughness in golf. It does so through exceptional anecdotes, exercises, advice, and quotes from significant experts, coaches, and players in golf as well as other sports.

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EDUCATION COMMITTEE REPORT

BY ED ETZEL, CHAIR

The Education Committee (EC) is always seeking interested professionals and students to serve as an EC members. Please contact the EC Chair on this matter. Recently, the EC communicated with editor of our new journal concerning offering CEUs for readers of the new journal. Input on this suggestion are welcome. Members are reminded of the APA Online Academy apa.org/education/ce that offers abbreviated training to include Power Point slides on topics of interest. Currently, some interesting offerings to include: Foundations of mindfulness, Ethics of self-care, Spiritual practices in psychotherapy, Perfectionism and stress coping - among many other topics for CE credit. The Chair facilitated the compilation of a list of useful "core" readings for interested D47 members and others. Any D47 members who might want to suggest some of their own recommended resources are welcome to send them to edward.etzel@mail.wvu.edu. These resources will likely be posted on the D47 web site in the future. Be well! - Ed Etzel

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CALL FOR NOMINATIONS

BRUCE OGILVIE AWARD FOR PROFESSIONAL PRACTICE

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

To be considered for the award, the individual must be a current member of Division 47. A letter of nomination outlining specific contributions, a current vita, and the names, addresses, emails, and phone numbers of three sport psychologists familiar with the nominee's work must be sent to the Past-President who chairs the Awards Committee. All nominations must be received by December 31, 2011.

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DIVISION 47 COMMITTEES

Education Committee

Edward F. Etzel, Ed.D.
West Virginia University
Email: Edward.Etzel@mail.wvu.edu

Educates students, professionals and the public in a variety of sport psychology issues including how to become active in the Division, how to become trained in sport psychology, the basic elements that should be included in curricula for graduate training in sport psychology, and appropriate post-doctoral training in the field.

Science Committee

Mark Aoyagi, Ph.D.
Graduate School of Professional Psychology,
University of Denver
Email: mark.aoyagi@du.edu

Determines creative ways to increase the identification of sport psychology as a science to APA colleagues, students, and the public in general. Recommends Dissertation Award recipient and generates nominations for the Distinguished Contributions to Science and Research in Sport and Exercise Psychology.

Practice Committee

Steve Portenga, Ph.D.
Division of Athletics & Recreation,
University of Denver
Email: steve.portenga@du.edu

Explores the practice roles of exercise and sport psychology, including individual and group consultation guidelines, ethical and competency issues, certification issues, practice specialty guidelines and business/practice considerations. Generates nominations for the Bruce Ogilvie Award for Professional Practice.

Public Interest Committee

Scott B. Goldman, Ph.D.
Department of Intercollegiate Athletics,
University of Arizona
Email: goldman@arizona.edu

Helps resolve issues of strong interest to the public (e.g., sport violence, problems in youth sport) and generates position statements. Coordinates the Giveaway-athon at the Convention and generates nominations for the Distinguished Contributions to Sport and Exercise Psychology in the Public Interest.

Membership Committee

Christine L. B. Selby, Ph.D.
Husson University
Email: selbyc@husson.edu

Develops strategies to maintain a vibrant membership, assists the Executive Committee in being responsive to the members, and liaison with the APA Membership Directorate.

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INTERNATIONAL OLYMPIC COMMITTEE MEDICAL COMMITTEE REPORT

BY ROBERTA SHERMAN, PH.D.

Female Athlete Triad videos have been made available by the International Olympic Committee Medical Committee (IOCMC). Recognizing the serious and potentially lifelong medical consequences of the Female Athlete Triad, the IOCMC commissioned 4 videos to be shown to athletes at the 2010 Youth Olympic Games in Singapore.

The Triad, which refers to the relationship between inadequate eating (Low Energy Availability), Amenorrhea, and Osteoporosis, is a concern for active females and athletes who do not ingest enough calories to fuel their physical exercise and have enough left over to support normal bodily processes. If this condition persists or is severe, the hypothalamus and pituitary will “turn off” the reproductive system in order to conserve energy, resulting in inadequate estrogen and menstrual dysfunction. The lack of menses and estrogen then negatively effects bone health and can cause stress fractures and eventually osteoporosis.

The IOCMC, in conjunction with a Triad and Healthy Body Image educational task force comprised of 7 international specialists (including Division 47 members, Roberta Sherman, PhD and Ron A. Thompson, PhD), worked to develop these 4 videos. The goals of the videos were to increase the athlete’s knowledge of the health implications of the female athlete triad and to educate the athlete regarding healthy nutritional and exercise habits. Each video discusses the types of problems that can occur with inadequate energy (calories) and how these problems affect both health and performance. The videos can be located on the IOC website at olympic.org/hbi.

Those Division 47 members who work with female athletes might find showing these brief videos as a useful springboard for a discussion on good health enhancing good performance.

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PROFESSIONAL NEWS

Springer Publishing announces the publication of a new book entitled “The Handbook of Sport Neuropsychology” edited by Frank Webbe. An estimated 300,000 sport-related concussions occur every year in the United States, many of which lead to short- or long-term impairment or even sudden death. Frank Webbe, one of the foremost leaders in the field, has compiled the most up-to-date, comprehensive volume on sport neuropsychology currently available. It presents, through the contributions of leading practitioners in the field, an exhaustive study of sport-related concussions and the multitude of management and treatment issues that arise from them.

The handbook is structured within a conceptual framework, which includes an overview of the field, ethical considerations, risk factors and mechanisms, diagnosis and assessment, and counseling and rehabilitation principles. It integrates research findings from a wide variety of professional and amateur sports, including football, hockey, boxing, wrestling, and others. The book also addresses collateral effects of mild and traumatic head injury such as Alzheimer's disease, Parkinson's disease, and depression. Synthesizing all the diverse facets of the burgeoning field of sport neuropsychology, this clear and concise volume will serve as a springboard for research yet to be realized. For more information please visit: springerpub.com/product/9780826115713.

12th Annual Sport Psychology Professional Training Workshop

"Developing Your Knowledge, Skills, and Practice in Sport Psychology", an intensive workshop, will be conducted by the Ohio Center for Sport Psychology, June 24-25, 2011, Friday and Saturday, at the Hampton Inn, Middleburg Hts., OH, a suburb of Cleveland.

The program is designed for mental health and sport science professionals and students who are interested in starting or expanding practices in sport psychology. Psychologists can earn thirteen APA recognized C.E.U.'s.

The workshop will be conducted by Jack J. Lesyk, Ph.D., CC-AASP, author of *Developing Sport Psychology within Your Clinical Practice*. Burt Giges, M.D., past president of the Association for Applied Sport Psychology, will be the Principal Guest Presenter.

For additional information check SportPsych.org or contact Dr. Lesyk at (216) 575-6175 or jjlesyk@SportPsych.org.

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OPEN CALL FOR DIVISION 47 FELLOW APPLICATIONS

Fellow status in the American Psychological Association is bestowed upon individuals who have made unusual and outstanding contributions to the field of psychology. (See apa.org/membership/fellows/index.aspx)

The minimum standards for Fellowship under the APA Bylaws are:

1. The completion of a doctoral degree in psychology or related field from regionally accredited institution;
2. Prior membership as an APA Member for at least one year and being a Member of the division;
3. Active engagement at the time of nomination in the advancement of psychology in any of its aspects;
4. Five years of acceptable professional experience subsequent to the granting of the doctoral degree;
5. Evidence of unusual and outstanding contribution or performance in the field of psychology; and
6. Nomination by one of the divisions in which member status is held.

In addition Division 47 requires: 1) Membership in Division 47 for a minimum of three years; 2) Substantial contribution to the field of sport and exercise psychology

THE MOST DIFFICULT JUDGEMENT THAT MUST BE MADE IN CONNECTION WITH NOMINEES FOR FELLOWS STATUS IS TO DETERMINE WHETHER OR NOT THERE HAS BEEN “UNUSUAL AND OUTSTANDING CONTRIBUTION OR PERFORMANCE IN THE FIELD OF PSYCHOLOGY.”

Examples of the criteria that have been found helpful to the divisions and to the APA Membership Committee are given below:

Number of publications, grade-level of an administrative position, academic rank or the number of public addresses or committee memberships, but are not automatic determiners. The contribution to the science or the profession of psychology should be original and, perhaps, also a contribution to society as a whole. What is most needed is information about the nominee’s contributions that will help the division and the APA Membership Committee, reach a fair and reasonable decision. Information offered by the endorser should explicate or expand upon information already available from other sources (e.g. a vitae), not simply repeat it. It is assumed that all evaluative statements will necessarily be positive.

These criteria are not intended to be exhaustive.

- The existence of relevant publications is not enough – they must report impressive work, have an impact upon others and have been refereed appropriately;
- The impact of innovations must be documented;
- Citation of the nominee’s work by others may be an important indicator of the impact of a contribution;
- Conducting and organizing workshops is not an automatic criterion, but frequent workshop leadership with positive evaluations and evidence of impact over time can be good evidence of contribution;
- Offices held in psychological associations, political and legislative activity and the like, while relevant, are rarely enough in themselves to prove contribution – endorsers must show impact beyond the local level;
- Accumulation of impact and performance over time must be demonstrated;
- Evidence of steady and continuing competence does not in itself meet the criterion of “outstanding and unusual.”

Achieving Fellow Status is an arduous process. It requires recommendation by three endorsers who are Fellows of APA. It requires a positive recommendation by the Division 47 Fellow Review Committee and the fellows on the Executive Committee. Finally the successful nominees are forwarded to the APA Fellow Review Committee who makes recommendation to the Board of Directors with final approval coming from the Council of Representatives. If you think you have the qualifications or know of someone you would like to recommend, contact Fellow Committee Chair, Ed Acevedo, Ph.D. at eoacevedo@vcu.edu

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Deadline for submission of materials for the Summer 2011 issue is June 1, 2011.

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