

APA 47 Exercise & Sport Psychology



Div 47 News

Exercise & Sport Psychology Newsletter
Division 47 of the American Psychological Association
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Included In This Issue:

- Nominations & Awards
- Committee Reports
- Book Review (New):
Rein In Your Brain: Do-It-Yourself Mental Training for Riders and Drivers
- Give us your take! (New)



President's Column

Christine L. B. Selby, Ph.D.
Husson University

Greetings, members of Division 47. I am writing this during Game Six of the World Series. It's 6 to 1 in the bottom of the 8th. I think I may very well hear the celebration all the way up here in Maine!



On the heels of the 2013 convention in Honolulu, we are already planning the Division's programming for the 2014 convention in Washington, D.C. My hope is that if you have not already done so you will consider submitting a proposal for the convention – instructions for which were distributed through the announcement list and can also be found in this newsletter.

At the convention in Honolulu now Past-President Trent Petrie, acknowledged the service of the outgoing Executive Committee members. Gloria Balague ended her three-year service to the Division as President and will take a well-earned spot on the Past-Presidents Advisory Committee. Mark Aoyagi stepped down as Senior

Member-At-Large and Senior Student Representative, Justine Chatterton, stepped down after effectively representing student members for two years. Finally, Doug Hanks stepped down from the position of Secretary-Treasurer after three years of effectively managing the Division's finances. The contributions of each of these Executive Committee members will be missed.

With their departure, however, comes new energy and perspectives. At Convention their successors officially took on the duties of the position to which they were elected. John Heil is serving as President-Elect. Scott Goldman will be our Junior Member-At-Large as Anthony Kontos moves into the Senior Member-At-Large position. We welcomed Ryan Pittsinger to the Executive Committee as the Junior Student Representative as Michelle Garvin began her role as Senior Student Representative. And, the duties of Secretary-Treasurer have been successfully passed on to Cristina Fink. I look forward to working with these folks as well as all those returning for another year.

One of the responsibilities of the President is to appoint chairpersons as needed for standing committees. Three committees this year needed an incoming chairperson: Education, Membership, and Public Interest. I am pleased to announce that the Education Committee is now chaired by Dr. Bruce Klonsky. Dr. Jessica Dale is chairing the Membership Committee, and Dr. Arianne Smith-Machin is chairing the Public Interest Committee. Each of these and the other standing committees have been working hard to effectively serve the interests of the Division and its members. If you are interesting in knowing what each committee is up to and/or would like to get involved with the Division via work on one of the committees please be sure to read each committee's report in the Newsletter.

In addition to managing the transition of the various positions within the Division, we have also navigated one of the primary initiatives of APA: collaboration between divisions. This has been done through convention programming which has undergone some significant changes in order to meet the goal of greater connectedness between divisions. Our Program Co-Chairs, Jamie Shapiro and Courtney Albinson, have worked extraordinarily hard for the most recent convention and are working diligently for the upcoming convention to ensure that the Division's programming reflects not only the Division's interests but also the interests of other divisions and their respective members. In this way we hope to increase attendance at our convention sessions as well as to increase APA member's awareness of Division 47 and what we do.

An additional element of interdivisional collaboration is APA's Interdivisional Grant Program. Division 47 was a part of submitting two grant proposals with other divisions. We have worked with Divisions 17, 22, and 42 on a proposal related to Exercise and Mental Health, and Divisions 19, 22, 31, and 40 on a project to develop a Concussion Toolkit. As of the writing of this column both proposals were highly regarded by CODAPAR (the Committee on Division/APA Relations) and remain "in the running." CODAPAR expressed a desire to fund both projects but asked for clarification and/or additional information to ensure that the projects are sustainable as proposed. We were notified that CODAPAR received four times as many projects as they can fund; thus, this is indeed a testament to the quality of the both projects submitted. Project leaders are working on replies to address CODAPAR's concerns by the November 1st deadline. This is indeed exciting news and I hope either through the next column or, more likely, via an announcement on the listserv to be able to let you know the final decision for both projects.

There are already a lot of exciting thing happening with the Division this year. Many thanks for the opportunity to be a part of these endeavors as well as those to come. I look forward to the upcoming year and welcome your comments, questions, and feedback via e-mail (selbyc@husson.edu).



Each year, Division 47 holds elections and nominations for a number of positions within the division as well as for certain awards handed out. This year, we have three positions opening up on the Executive Committee and three Awards for which individuals and programs can be nominated. Please consider nominating yourself or someone who has an interest in getting more involved!

All nomination deadlines are December 31, 2013. An announcement regarding the thesis and dissertation awards was sent out to the listserv last month, so please remember to submit those forms by the deadline!

Awards

Online applications for these awards are available through the Division 47 website or by contacting Chris Bader at Christopher.Bader@Colorado.edu.

The **Thesis Award** and **Dissertation Award** recognize 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 awardees are invited to present their research as a poster and receive the award (which includes a conference registration fee waiver, monetary gift, and an award plaque) at the APA Annual Convention. The student must be a member of Division 47 at the time of application.

The **Distinguished Contributions to Exercise and Sport Psychology in the Public Interest Award** recognizes individuals who have made contributions to the Public Interest which advance exercise and sport psychology as a science and/or profession.

Executive Committee (EC) Positions

President-Elect – this is a 3-year term encompassing a president-elect year, a presidential year, and a past presidential year.

Member-At-Large – this is a 2-year term the first of which is considered the ‘junior’ member-at-large year and the second the ‘senior’ member-at-large year.

Student Representative – this is a 2-year term the first of which is considered the ‘junior’ student representative year and the second the ‘senior’ student representative year.

For these positions, please send as much of the following information as possible to Dr. Trent Petrie at petriet@unt.edu. If you are nominating someone, Dr. Petrie will contact that individual in order to gather the necessary information.

- Nominee’s name, email address, current professional position and affiliation, mailing address, telephone.
- The position(s) for which the nominee would like to be considered and a brief statement (no more than one page) regarding the nominee’s interest in the position and skills/abilities to successfully execute the responsibilities of the position.
- A brief summary (no more than a paragraph) of the nominee’s involvement in Division 47 (e.g., attending conferences, serving on committees), APA, and the broader field of sport and exercise psychology.
- Professional vita or resume.

Committee Reports

Division 47 has six working committees on which our students and members serve. Below we highlight three committees in this edition – the Science, Practice, and Membership Committees. The other committees and chairs are: Public Interest – Ariane Smith-Machin, Ph.D.; Social Media – Laura DiPasquale, Ph.D.; and Education – Bruce Klonsky, Ph.D.

Science Committee

The Science Committee has been very busy this past year! In brief, the committee played a large role in the review process for divisional abstract submissions for this year's APA Annual Convention held in Honolulu, Hawaii. While at the Convention, the APA Science Directorate convened a meeting with representatives from all APA Divisions; the Science Committee represented Division 47 and provided feedback regarding how APA science publications can be improved to better meet the needs of APA members and the lay public. Also during the Convention, this year's Dissertation Award recipient, Dr. Edson Filho, presented a summative overview of his research. Since then, the committee has worked to improve recognition opportunities for our student members' research. To that end, the Science Committee is excited to announce that Division 47 will now highlight the advances in sport psychology theory and applied knowledge from *both* our Master's and Doctoral student members. We invite nominees to submit an award application for their thesis or dissertation research by December 31st, 2013. The award applications and full instructions for completing the application can be found on the Division 47 website. The recipients of the awards will be provided a monetary stipend, in addition to a waived registration free for the upcoming APA Annual Convention in Washington, D.C. as well as the opportunity to give a poster-presentation of their research. The Science Committee is also excited to announce the upcoming release of *SportPsych Works*, a series of simple fact sheets which communicate both the science and practice application of sport psychology to the lay public. Once again, the Science Committee looks forward to highlighting the achievements of our members in their research as well as playing an integral role in the blind review of abstract submissions for the upcoming APA Annual Convention. We look forward to seeing you at next year's Convention in our nation's capital!



Chair: Amanda J. Visek, Ph.D., CC-AASP
The George Washington University

Practice Committee

The Practice Committee has been working to gather and disseminate helpful resources for Division 47 members to be utilized on the division website. Specifically, we aim to provide resource lists for practitioners to use for guidance in the areas of eating disorders, concussion management, and telepsychology. In addition, members of this committee has been a resource for ideas and information regarding the development of an interdivisional grant focused on benefits of exercise on mental health. During the last six months, members of the committee have shuffled on and off, and we are delighted by the motivation and expertise of new members Tory Moles, MS, and Jeni Shannon, Ph.D. The committee continues to



Chair: Michelle Joshua, Ph.D., CC-AASP
Carolina Performance

seek motivated members who have time to devote to the important tasks of enhancing the productivity and knowledge base of our members in the areas related to the practice of sport and exercise psychology.

Membership Committee

Greetings! As the newest Chair of the Membership Committee, I am looking for current members of Division 47 – Exercise & Sport Psychology to help us with the purposes of the Membership Committee: maintaining a vibrant membership and assisting the Executive Committee in being responsive to the members. If you are interested in involvement or have comments, questions, or concerns for the Membership Committee, please feel free to contact: Jessica Dale at jessicacdale@gmail.com.



Chair: Jessica Dale, PsyD., CC-AASP
Eating Disorder Center of Denver

BOOK REVIEW!

IN AN EFFORT TO EDUCATE OUR READERS ABOUT NEW BOOKS IN THE FIELD, WE ARE ATTEMPTING TO TAKE SOME MORE RECENT RELEASES AND HAVE AN EXPERT WITHIN OUR FIELD REVIEW THE BOOK FOR YOUR INFORMATION. SPECIAL THANKS TO DRs. JANEANE REAGAN, ERICA FORCE, AND KATE HAYS IN MAKING THIS FIRST REVIEW POSSIBLE. IF YOU HAVE IDEAS FOR FUTURE REVIEWS, LET US KNOW!

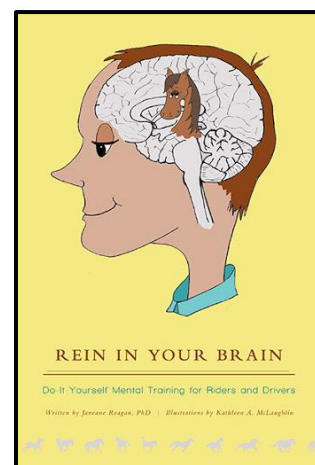
Rein In Your Brain: Do – It - Yourself Mental Training for Riders and Drivers

Author: Janeane Reagan
Friesen Press, 2013

Reviewed By: Erica C. Force, Ph.D., CC-AASP

Dr. Janeane Reagan's book, "Rein in Your Brain: Do - It - Yourself Mental Training for Riders and Drivers," provides a practical, hands-on approach for learning essential mental skills and strategies used to improve performance and overall sport enjoyment. Dr. Reagan specifically relates these mental strategies to equestrian sports; however, she emphasizes how these strategies can be applied to any sport and to general stressors and challenges experienced in life.

The book begins with an overview on "brain science," with an easy-to-follow chapter on the brain and how it functions under stress. This scientifically based overview on brain functioning allows readers to develop a better understanding of the mind-body connection and how this connection affects performance. The following chapters are dedicated to teaching specific mental strategies. Each mental strategy is described in detail, and examples and anecdotes are used to demonstrate how the strategy can be applied. Readers are encouraged to use a hands-on approach to learning as they read by creating a "Tool Box" of their own. Each chapter ends with a "Tool Box" worksheet where learning is further reinforced by offering the opportunity for readers to answer questions related to using the mental strategy.



Readers are encouraged to write out their responses to how they might apply the mental strategy to address the challenges they encounter in their own sport or activity.

Many athletes and performers are becoming more aware of the mental side of sport and performance. This book offers a much needed scientific overview of how the human brain functions under stress, and ultimately how performance is impacted by stress. This aspect is often overlooked in sports training as athletes focus primarily on developing sport-specific skills and little time is spent on developing mental skills. Dr. Reagan's book helps athletes and performers learn how their brain works so they can have a better understanding of the need for mental strategies and how these strategies and skills can be used to get the most out of their performance. This book offers methods for improving performance under stress, and teaches readers many valuable mental skills such as imagery, goal setting, confidence building, mental toughness, health/self-care strategies, team building, stress management, recovery from setbacks, and performance routines. The interactive nature of the book helps readers develop a personalized "Tool Box" of mental strategies, and activities in each chapter reinforce learning as readers are prompted to apply the mental strategies to their own lives.

Dr. Reagan's book provides a comprehensive and well-rounded approach to helping equestrians and other athletes understand the human brain and the mental strategies vital for improving performance. The book is user-friendly and easy to read, making it an excellent resource for athletes and anyone looking to improve their mental and emotional control. Throughout the book there are helpful stories and examples that are easy for the reader to relate to and illustrate how each mental strategy can be applied in a "real life" situation. The interactive worksheets in each chapter facilitate learning by helping readers personalize the material.

"Rein in Your Brain: Do - It - Yourself Mental Training for Riders and Drivers," is an informative and effective book providing tools equestrians and other athletes can utilize to overcome challenges and reach their performance goals.

Dr. Erica Force is currently serving on active duty in the United States Air Force where she is a licensed psychologist specializing in clinical and operational psychology. Her background includes over 15 years of experience participating in equestrian sports, working with a variety of athletic teams, and working with elite members of the United States Air Force.

GIVE US YOUR TAKE!

Christopher M. Bader, Ph.D., CC-AASP
Communications Coordinator

Hello again everyone! The idea for this section came out of last year's mid-winter meeting. The executive committee began discussing a number of issues within the field and it piqued my interest in what others would have to say about some of those topics. I thought it might be interesting to jump right into this with a 'hot topic'. So, I would like your take on the question:

WHAT DOES IT TAKE FOR SOMEONE TO CALL THEMSELVES A 'SPORT PSYCHOLOGIST'?

I am particularly interested in this due to my interactions with others on the fringe of our field. The general public seems to be a bit confused on what a sport psychologist is or what makes someone a sport psychologist.



I would like to have the answers for the next issue (submission deadline February 1). I will publish the answers in a confidential manner. Submit your answers to Christopher.Bader@Colorado.edu.

We appreciate you reading this issue and we welcome your interest and involvement in the field and the division! All my best, and until next time, keep up the good work!!

Chris

Division 47 2013-2014 Advertising, Insertion, & Submission Schedule

Div47News is the official newsletter of Division 47 (Exercise and Sport Psychology) of the American Psychological Association. Div47News is published three times a year – Spring, Summer, and Fall – and has a circulation of about 1000 professional and student-affiliate members. The membership of Division 47 is diverse, representing academic 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:

Dr. Christopher Bader
Email: Christopher.Bader@Colorado.edu
Phone: 940-367-9259

Deadlines for submission of advertisements, insertions, or articles are as follows:
Spring Newsletter – February 1 • Summer Newsletter – June 1 • Fall Newsletter – October 1

APA ANNUAL CONVENTION

THE 122ND ANNUAL CONVENTION OF APA IS SLATED FOR AUGUST 7-10, 2014 IN WASHINGTON, DC. MAKE SURE TO BEGIN YOUR PLANNING SO YOU DON'T MISS OUT!

2014 CONVENTION FACILITIES

WALTER E. WASHINGTON CONVENTION CENTER

GRAND HYATT WASHINGTON HOTEL

RENAISSANCE WASHINGTON D.C. HOTEL

WASHINGTON MARRIOTT MARQUIS HOTEL

Members of the Executive Committee

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For any questions or concerns about the newsletter, please contact Dr. Christopher Bader at Christopher.Bader@Colorado.EDU
Thank you for reading! ☺