



Exercise & Sport Psychology

Div47 News, Spring 2014

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In the Picture: Orange Chrysanthemum

President's Column

Christine L. B. Selby, Ph.D., CC-AASP



Recently, the Division competed, in collaboration with other APA divisions, for funding of two Interdivisional Grant proposals. The Interdivisional Grant Program was established in 1998 by the Committee on Division/APA Relations (CODAPAR) for the purpose of encouraging collaboration between divisions with common interests. The success of the program has resulted in the doubling of total monies available (\$12,500 to \$25,000). CODAPAR has recently requested that the amount be doubled again. In the fall of 2013 a total of 16 grant proposals were submitted 6 of which were funded by CODAPAR. I am pleased to say that both grants with which Division 47 was involved were selected for funding:

“A Web-Based Concussion Toolkit – A Collaborative Resource for Clinical, Research, and Legislative Efforts” involves representatives from Divisions 19, 22, 31, 40 & 47 and will be a collection of resources on concussion to aid in psychologists’ work as clinicians, researchers and lobbyists.

“Exercise and Mental Health: Resources for Psychologists, Consumers and the Public” involves representatives from Divisions 17, 22, 42 & 47. This will also be a web-based project. The intent is to inform professionals and the general public on the myriad psychological benefits of exercise.

Work has begun in earnest on both projects and when available updates will be provided via the Division’s announcement list and social media.

Additional efforts of the Division have involved putting together programming that will highlight invited speakers, award winners, and of course the work of the Division’s members. This is also the first year collaborative programming will be presented. Your Program Co-Chairs, Courtney Albinson and Jamie Shapiro, have worked tirelessly to manage the changes implemented by APA and to ensure excellent programming for this year’s convention.

Finally, the Executive Committee gathered in Washington, DC, the site of this year’s convention, for our mid-year meeting. We met from March 14-16 and had a full slate of items to which to attend. If there are issues or concerns you would like to bring to the attention of the Executive Committee please do not hesitate to contact me by e-mail: selbyc@husson.edu. You may get an automatic reply that I’m on sabbatical and may not respond quickly; however, that message is mostly for students who are going to send multiple e-mails if I don’t respond within an hour or two!

I look forward to seeing many of you at the convention in our nation’s capital this August!

President Elect's Column

Dr. John Heil

Division 47, AASP and the USOC: A Brief History

I attended my first sport psychology conference, sponsored by the International Society of Sport Psychology (ISSP), in Ottawa in 1981. I was struck by the enthusiasm of the attendees and the sense of excitement of being engaged in a new enterprise. But most striking was the collegiality of the field that somehow reached across the “Iron Curtain” which then separated the USA and the Soviet Union, who were otherwise locked in a stifling Cold War struggle for cultural supremacy.

At that time there was also speculation, fostered in the popular media, about specialized Soviet mental training methods, that were unknown in the West and offered the Soviet juggernaut a competitive edge. Since then much has obviously changed. The field has continued to grow and prosper. Terms like the “zone” and “focus” have become part of the lexicon of sport. With the fall of the Berlin Wall, and the emigration of Eastern Block (i.e., east of the “Iron Curtain”) coaches to the USA and other Western Nations, the great Soviet secret was revealed as myth. The practice of sport psychology moved forward as an applied science, although problems with false and exaggerated claims and credentials continued to plague the field.

In 1986, APA Division 47 was established with a core group of 25 to 30 individuals. This was a much welcomed development, as mainstream psychology had been slow to accept sport psychology in the 70s and early 80s. As I was completing my doctorate in the late 70s, and preparing to enter the job market, I was coached by one of my advisors to leave Sport Psychology off the list of courses I had taught. His advice reflected a genuine concern that the study of sport would be regarded as frivolous and undermine my chances of getting a position.

As the original positive psychology, sport psychology received a boost with the rank and file when then APA President, Martin Seligman (whose work with learned helplessness had evolved into learned optimism) called for a greater focus on the positive aspects of psychology. Since this time the Division 47 has continued to grow into the organization we know today. There are now over 1,000 members, Fellow status, a practice proficiency, a newly minted Performance Enhancement section, numerous awards and the journal - *Sport, Exercise and Performance Psychology*.

Leading the way in sport psychology in the late 70s and early 80s was a group of Exercise and Sport Science trained specialists, with a smattering of clinically trained psychologists. Their efforts culminated in the establishment of the Association for the Advancement Applied Sport Psychology (AAASP) in 1985, under the leadership of John Silva, with its first conference the following year. This pioneering group had its first home in the North American Society for the Psychology of Sport and Physical Activity (NASPSPA). Feeling stifled by the strict research agenda of NASPSPA, whose primary focus was motor learning and control, AASP broke away with the vision of sport psychology as an applied practice. To many throughout the Divisions of APA, this will strike a responsive chord, as it is a story that continues to resonate.

Several years down the line, in recognition of the growth of the field, the term “advancement” was dropped and AAASP became AASP, leaving one more “A” for the scrabble players. By this time mainstream clinical and counseling psychologists had begun to embrace AASP, attending its vibrant and expansive annual conference.

Integral to the applied mission of AASP was the development of a sport psychology certification – the “Certified Consultant, Association for the Advancement of Applied Sport Psychology” (CC-AASP) credential. This was implemented in 1989 after vigorous debate and controversy. If you are thinking that a credential which has 10 words in it, has lawyers involved in the naming of it and an interesting back story, then you are right.

In 1995, AASP, APA and the USOC agreed to join forces to create the USOC Registry- which most of you know requires the CC-AASP credential and APA membership. This followed a divisive period of controversy as to how to define a sport psychologist within the Olympic Sports movement and brought a renewed sense of unity and common purpose.

Over the years our field has weathered its share of conflict and controversy – with continuing issues related to credibility, visibility and scope of practice, as well as consumer awareness and protection.

I would suggest to you that the partnership between AASP, APA and the USOC has given stability and credibility to the professional practice of sport psychology. Our continued collegiality, cooperation and collaboration is the key to moving Sport Psychology forward to meet the constantly emerging challenges we face. For Division 47, this means continuing to extend our reach through collaboration with our “sibling” Divisions within APA and by cultivating the relationship with our “cousin” sport science organizations, the American College of Sports Medicine and the National Athletic Trainers’ Association.

Rethinking Communication

Dr. Christopher Bader
University of Colorado Boulder

Given the changing face of communication and recent discussions at our Mid-Winter meeting, it seems that the time has come to change our style of communication within the division. My thinking on this is that we forgo the traditional version of our newsletter and opt instead for a different style of newsletter. Thus, I think our newsletter should be more targeted in scope, briefer and more easily accessible.

It would be my vision to see our newsletter consist of one or two column pieces (from the presidential triumvirate for example) with other topics referenced directly to those in charge of the area of mention. So, the upcoming Pre-Convention Newsletter will look more like a brief encouraging word from our president followed by a page outlining convention programming with informational links to our Program Chairs. Beyond that, we will have mentions of other ideas (book reviews, etc.) that will then be linked on the website. I would like that the supplemental information changes on the website bi-monthly while the newsletter will still be released three times per year (Fall/Winter, Spring, and Summer).

Our website was a focus of attention at the mid-winter meeting this year. We discussed the possibility of hosting our own site in order to have more control over the content as well as to add additional media forms (video, for instance). Our hope is to have a more interactive and malleable website that is an attraction for those within the division and those looking to gain information about the field of Sport Psychology.

As a point of mention, our Science Committee has done great work on their Sport Psych Works publications. Please check these out as they are released!

As always, thank you for reading and please contact me directly (Christopher.Bader@Colorado.edu) if you have any questions, concerns, or feedback! Be well!!

New Points of Note

Mid-Winter Meeting Notes

Throughout the mid-winter meeting, the secretary/treasurer, Dr. Cristina Fink, kept impeccable minutes and notes about discussions and decisions made. The approved minutes are posted on our website!

The mid-winter meeting and the pre-convention meeting are when the executive board gets together and discusses various aspects of running the division. These meetings are presided over by the president. The pre-convention meeting is when the new officers are welcomed to the executive board.

APA Council of Representatives

The Council of Representatives is the legislative body of APA and has full power and authority over the affairs and funds of the association within the limitations set by the certificate of incorporation and the Bylaws, including the power to review, upon its own initiative, the actions of any board, committee, division or affiliated organization.

Our representative, Dr. Kate Hays, works tirelessly as our eyes and ears to this group. She also does a wonderful job of reporting back to the divisional Executive Committee about developments.

Get Involved! Keep in touch!

Another topic at the mid-winter meeting was the involvement of our members. The executive committee always welcomes new ideas and new faces. We would like to encourage all of you to become involved in the division – whether that looks like running for an executive office, or volunteering on one of our committees! Another great way to keep in touch with the division is to make sure that your information is updated through APA every year – if you move or have another life-changing event, please update your information more frequently. As we change our communication style, it will be more important to be able to access updated email and physical addresses.

A “HOW TO” Guide for Facebook, Twitter, & LinkedIn (Special thanks to our Social Media Committee!)

Facebook (APA Division 47) – go to: www.facebook.com; create an account on the right side of the page if you don't already have one; search for APA Division 47; click on the “Like” button just below the main picture on the right.

Twitter (@APADivision47) – go to: www.twitter.com; create an account on the right side of the page if you don't already have one; search for APA Division 47; click on the title of the group and then click the “Follow” button.

LinkedIn (APA Division 47) – go to: www.linkedin.com; create an account on the right side of the page if you don't already have one; search for APA Division 47 under “groups”; click the “Follow” or “Join” button that comes up

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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! ☺