

NASP CONFERENCE 2018 PROGRAM

Friday March 23	
11:30-2:30pm	<p>Pre-Conference Workshop <u>Location: TLC 300AB</u></p> <p>Title: Whom Can I Trust? Building Trust and Developing Culturally Competent Practice in Applied Sport and Exercise Psychology Leeja Carter, PhD</p> <p><u>Facilitator: Erica Rothkopf</u></p>
3:00-7:00pm	<p>Registration <u>Location: TLC Foyer</u></p>
3:20-3:35pm	<p>Welcome/Conference Opening <u>Location: TLC 105</u></p> <p>Michael Sachs, PhD Aisha Bhimla & Rachel Tomlinson, NASP Co-Chairs</p>
3:45pm-4:40pm	<p>Session 1A: Student Development Roundtable <u>Location: TLC 306</u></p> <p>Title: What To Do When You're in Over Your Head Presenter(s): Shannon Mulcahy, MS & Madeline Barlow, MA Affiliation(s): Mulcahy Performance, York College of Pennsylvania, Temple University</p> <p><u>Facilitator: Markus Hawkins</u></p> <p>Session 1B: Paper Session 1 <u>Location: TLC 300AB</u></p> <p>Title: Becoming Mindful: A Case Study of Establishing Mindfulness in Sport Presenter(s): Thomas Minkler, & Carol Glass, Ph.D. Affiliation(s): The Catholic University of America</p> <p>Title: College-Athlete Stress Management via Smartphone Meditation Application Presenter(s): Brian Foster, Ph.D. Affiliation(s): Lock Haven University</p> <p>Title: Alternative Approaches to Performance and Adherence: Effects of Meditation on Heart Rate and Blood Pressure Presenter(s): Selen Razon, Ph.D., Kathleen Pickard, Donald McCown, & Melissa Reed Affiliation(s): West Chester University</p> <p><u>Facilitator: Nicholas Potamis</u></p>

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4:45-5:40pm	<p>Session 2A: Paper Session 2 <u>Location: TLC 300AB</u></p> <p>Title: A Feasibility Study and Promising Effect of a Community-Based Zumba® Program on Health and Physical Activity Among Midlife Filipino Women Presenter(s): Aisha Bhimla, MPH, Selen Razon, Ph.D., Michael Sachs, Ph.D., Gabrielle Salvatore, Julia Trout, Grace X. Ma., Ph.D. Affiliation(s): Temple University, West Chester University</p> <p>Title: Using Positive Psychology to Improve Overall Life Satisfaction and Outcomes Associated with Under Diagnosed Depression in Athletes and African Americans Presenter(s): Latisha Forster-Scott, Ph.D. Affiliation: Rutgers University</p> <p>Title: Evaluating the Effectiveness of a Health Promotion Intervention in an Urban Population Regarding Stair Utilization Presenter(s): Alexis Silverio, MPH, CHES Affiliations(s): Thomas Jefferson University</p> <p><u>Facilitator: Gabrielle Schorg</u></p> <p>Session 2B: Workshop <u>Location: TLC 306</u></p> <p>Title: Perfecting Your Pitch: How to Get In the Door In Sports Presenter(s): Emily Galvin, MS, CMPC, & Theresa Giunta, MS Affiliation(s): Summit Performance Consulting, LLC</p> <p><u>Facilitator: Kayla Karchner</u></p>
5:50-6:30pm	<p>Networking & Dinner <u>Location: TLC Foyer & 105</u></p>
6:45pm-7:45pm	<p>Session: Keynote Address <u>Location: TLC 105</u></p> <p>Title: Exercise is Medicine in Oncology Presenter: Kathryn H. Schmitz, PhD, MPH, FACSM, FTOS</p> <p><u>Facilitator: Julia Trout</u></p> <p>Announce networking event</p>
8:00pm-10:00pm	<p>*Networking at Star Complex Climbing Wall*</p>

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Saturday March 24		
7:30-8:15am	Fun Run Event	Location: TBD
9:00-12:30pm	Registration	<u>Location:</u> TLC Foyer
9-9:50 am	Speed Mentoring Event <u>Facilitator: Jen Ciaccio</u>	Location: TLC 300AB
	Breakfast	Location: TLC 306
10- 11:00 am	Session 3: Panel Discussion Title: Student-Athlete Mental Health Presenter(s): Stephany Coakley, Ph.D., LPC, CMPC, Paul Furtaw, Penny Levin, Edward Darrah Affiliation(s): Temple University, Drexel University <u>Facilitator: Madeline Barlow</u>	<u>Location:</u> TLC 105
11:10-12:05pm	Session 4A: Paper Session 3 Title: From NARPs to PARPs: Transitioning from Athletic Identity to Exercise Identity Presenter(s): Madeline Barlow Affiliation(s): Temple University Title: Hooked on Exercise: The Relation Between Exercise Dependence and Adherence in NCAA Division I Athletes Presenter(s): Ksenia Beretetska Affiliation(s): Temple University Title: Boot Camp Program: Changes in Exercise-related Affects and Perceptions Presenter(s): Selen Razon, Ph.D., Jared James, Anna Schade, Antonia Battaglini, Alexis Trumbetti, Jamie Blose, Katie Cooper, Paul Stickles, Umit Tokac, Melissa Reed, Melissa Whidden Affiliation(s): West Chester University, University of Missouri <u>Facilitator: Cory Hersh</u>	<u>Location:</u> TLC 300AB
	Session 4B: Workshop Title: Music + Sports: The Same But Different? Well...yeah... Presenter(s): Lois Butcher-Poffley, Ph.D., CMPC Affiliation(s): Temple University <u>Facilitator: Gabrielle Schorg</u>	<u>Location:</u> TLC 303AB

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12:10-1:30pm	<p>Lunch</p> <p>NASP Awards Presentation & Raffle #2 (12:40-1:00pm) <u>Location:</u> TLC 105 Presenter(s): Tessa, Haley, Tom Attendee(s): Marybeth Freeman (Head Field Hockey Coach)</p> <p>AASP Student Involvement Session (1:00-1:15m) <u>Location:</u> TLC 105 Presenter: Keyana Spivey (AASP Student Delegate)</p>
1:40-2:30pm	<p>Poster Session <u>Location:</u> TLC Foyer</p> <p>(1) Title: Depression Due to Burnout, Overtraining, and Staleness in Athletes Presenter: Taia Thomas, Sandra Lee, Ph.D. Affiliation: Seton Hall University</p> <p>(2) Title: Psychological Flexibility and Division I Student-Athletes: Norms of the AAQ-II Presenter: Jarod Hammond, MA, Andrew Wolanin, Kendahl Shortway, PsyD, Eugene Hong, MD, & Donald Marks Affiliation: Kean University, Wolanin Consulting & Assessment, Drexel Sports Medicine</p> <p>(3) Title: Mindful Sport Performance Enhancement for Coaches Presenter: Thomas Minkler, Erin Wallace, Timothy Pineau, Carol Glass, Ph.D., & John Flynn Affiliation: The Catholic University of America</p> <p>(4) Title: Sexual Exploitation in Sport: Dilemmas for the Sport Psychologist Presenter: Kimberly Wernerspach & Sandra Lee, Ph.D. Affiliation: Seton Hall University</p> <p>(5) Title: Focus on Ethics: Boundaries in Sport Psychology Settings Presenter: Ivana Vinnick & Sandra Lee, Ph.D. Affiliation: Seton Hall University</p> <p>(6) Title: Ethical Dilemmas for Counselors Working With Athletes Involved in Domestic Violence Presenter: Ryan Sliwak & Sandra Lee, Ph.D. Affiliation: Seton Hall University</p> <p>(7) Title: Regular Exercise Engagement is Associated with Increased Positive Emotion and Reduced Negative Emotion 10 and 20 years later Presenter: Carly Hunt & Mary Ann Hoffman Affiliation: University of Maryland, College Park</p> <p>(8) Title: Depression and Suicide within Student-Athletes</p>

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	<p>Presenter: Phenaysza Riley & Sandra Lee, Ph.D. Affiliation: Seton Hall University</p> <p>(9) Title: Horseback Riding: Effects of Emotions on Heart Rate Presenter: Selen Razon, Ph.D., Jessica Jelinek, Jeffrey Harris, & Craig Stevens Affiliation: West Chester University</p> <p><u>Poster Facilitator: Nicholas Hooper</u></p>
2:40-4:40pm	<p>Session 5A: Workshop <u>Location: TLC 300AB</u></p> <p>Title: Program Development Informed by Program Evaluation: An Integrated Approach Presenter(s): Angie Fifer, Ph.D., & Paul Furtaw, PsyD Affiliation(s): Drexel University</p> <p><u>Facilitator: Madeline Barlow</u></p> <p>Session 5B: Workshop <u>Location: TLC 303AB</u> (25 person cap)</p> <p>Title: Improv for Building the Consulting Relationship Presenter(s): Joan Ingalls, Ed. D., LMHC Affiliation(s): Village Social Therapy</p> <p><u>Facilitator: Cory Hersh</u></p>