



Friday April 8th

3:00-4:30pm	Registration	<u>Locations:</u>	<u>WCU Main Campus:</u> <u>Sykes Student Union</u> <u>110 W. Rosedale Ave.</u> <u>West Chester, PA 19383</u>
5:30-6:30pm			<u>WCU Alumni & Foundation Center</u> <u>202 Carter Drive, West Chester, PA</u>
3:20pm	Conference Introduction	<u>Location:</u>	<u>WCU Main Campus:</u> <u>Sykes Union Rm 252</u>
3:30-4:20pm	Session 1: Symposium	<u>Location:</u>	<u>WCU Main Campus:</u> <u>Sykes Union Rm 252</u>
	<p>Title: Assisting athletes in return to play after mental health related challenges: Guidelines and recommendations</p> <p>Presenter(s): Dr. Daniel Cohn, Dr. Andrew Wolanin, Olivia Wojtowicz</p> <p>Affiliation(s): Wolanin Consulting and Assessment Inc.; Saint Joseph's University</p> <p><u>Facilitator:</u> Megan Cook</p>		
4:30-5:20pm	Session 2: Diversity Workshop	<u>Location:</u>	<u>WCU Main Campus:</u> <u>Sykes Union Rm 252</u>
	<p><i>Consulting Issues in a Diverse Sport Community</i></p> <p>Presenter(s): Margaret Ottley, PhD, Jonathan Edwards, Maxine Joseph, Tamira McCurdy</p> <p>Affiliation(s): West Chester University</p> <p><i>This workshop will focus on contemporary issues in sport performance that speak directly to diversity and inclusion. How can consultants and CMPCs-in-training adapt to structural, systemic, and behavioral barriers?</i></p>		
5:30-6:45pm	Welcome Reception, Networking, & Dinner		<u>WCU Alumni & Foundation Center</u> <u>202 Carter Drive, West Chester, PA</u>
	<p>*Welcome note from Dr. Scott Heinerichs Dean, West Chester University College of Health Sciences</p>		
6:45-8:00pm	Session: Feature Keynote Address		<u>WCU Alumni & Foundation Center</u> <u>202 Carter Drive, West Chester, PA</u>
	<p>Presenter: Leeja Carter, PhD, Executive Director, Coalition for Food and Health Equity</p>		



8:15-10:00pm	Networking Social at The Ram’s Head Bar & Grill, West Chester, PA 40 E Market St, West Chester, PA 19382	
Saturday April 9th		
8:00-10:00am	Registration	<u>Location: WCU Main Campus: Sykes Student Union 110 W. Rosedale Ave. West Chester, PA 19383</u>
8:00-8:30am	Light Complimentary Breakfast	<u>Location: Sykes Union, 257</u>
8:30-9:20am	Session 1A: Speed Mentoring Event <u>Location: Sykes Union, 252</u> Students and Professionals welcome for this interactive networking and mentoring event! <u>Facilitator:</u> Margaret Ottley Session 1B: Workshop <u>Location: Sykes Union, 255</u> Title: Winning the Injury Recovery Game, Learning strategies for Managing the Stress of Recovery Presenter(s): Lauren Ruhl, LPC, CSCS Affiliation(s): Greenepsych Clinical & Sport Psychology <u>Facilitator:</u> Donye’ Tillery	



<p>9:30-10:20am</p>	<p>Session 2A: Paper Session 1 <u>Location: Sykes Union, 252</u></p> <p>Title: The Mindful Injured Athlete Program: Mindfulness Based Interventions for Division III Student-Athletes in Athletic Training Rehabilitation Presenter(s): Jessica DeDomenico, Catherine Koenig, & JoAnne Bullard, PhD Affiliation(s): Rowan University</p> <p>Title: Lifestyle Goal Setting Program: The Impact of Goal Setting Among Injured Student Athletes Utilizing Athletic Training Services Presenter(s): Tyler Ellis, Samantha Santos, & JoAnne Bullard, PhD Affiliation(s): Rowan University</p> <p>Title: Developing a Solution to Mental Health Screening: The Journey of an Athletic Trainer, Sport Psychologist, and Athletic Director into Technology and Entrepreneurialism Presenter(s): Lindsey Keenan, PhD, LAT, ATC, Rachel Daltry, PsyD, Kellianne Milliner, MEd, MBA Affiliation(s): West Chester University</p> <p><u>Facilitator:</u> Donye' Tillery</p> <p>Session 2B: Symposium <u>Location: Sykes Union, 255</u></p> <p>Title: Mental Toughness: From Theory to Practice Presenter(s): W. Parker Leap, M.Ed., Shir Wasserman, M.A., Dorian J. Hayden, MS Affiliation(s): James Madison University</p> <p><u>Facilitator:</u> Andrew Schlosser</p>
<p>10:30-11:20am</p>	<p>Session 3: CMPC Panel <u>Location: Sykes Union, 252</u></p> <p>Title: "We Are!"... Certified Mental Performance Consultants in Athletics and Academic Programs Panelists: Adrianna Napoletano, M.Ed, CMPC, The Pennsylvania State University; Andrew Friesen, PhD, CMPC, Pennsylvania State University, Berks; Carl Ohlson, PhD, CMPC, The Pennsylvania State University</p> <p><u>Facilitator:</u> Maxine Joseph</p>
<p>11:30a-12:30pm</p>	<p>Lunch <u>Location: WCU Main Campus: Sykes Ballrooms</u></p> <p>*including networking & raffles</p>



<p>11:45-12:30pm</p>	<p>Poster Sessions</p> <p style="text-align: right;"><u>Location: WCU Main Campus: Sykes Ballrooms</u></p> <p>(1) Title: Resistance and Endurance Training Improve Exercise Enjoyment and Happiness in Young Adults Presenter(s): Andrew Schlosser, Jeffrey Harris, PhD, Meghan Ramick, PhD, Rick Howard, DS, Selen Razon, PhD Affiliation: West Chester University</p> <p>(2) Title: Markedly different responses to the perceived motivational climate found in college students learning a new physical activity-based skill: A qualitative investigation Presenter(s): Candace Hogue, PhD, Elizabeth Kenney, Kyla Wise Affiliation: The Pennsylvania State University, Harrisburg</p> <p>(3) Title: Does Self-Efficacy Mediate the Association Between the Clinician-Patient Relationship and Adherence to Prescribed Home Rehabilitation Exercises for Musculoskeletal Conditions: A Pilot Study. Presenter(s): Andrew Schlosser, Austin Roberts, MS, Matthew James, DPT, PT, OCS, Jeffrey Harris, DrPH, RD, LDN, Selen Razon, PhD Affiliation: West Chester University</p> <p><u>Facilitator:</u> Lindsey Keenan</p>
<p>12:40-1:30pm</p>	<p>Session 4A: Workshop</p> <p style="text-align: right;"><u>Location: WCU Main Campus: Sykes Union, 252</u></p> <p>Title: The Art of Sport Psychology: The Power of Connection and Storytelling Presenter(s): Theresa Giunta, MS, CMPC Affiliation(s): Theresa Marie Consulting</p> <p><u>Facilitator:</u> Hunter McClain</p> <p>Session 4B: Paper Session 2</p> <p style="text-align: right;"><u>Location: WCU Main Campus: Sykes Union, 255</u></p> <p>Title: Embodiment, Scholarship Pressures, and Disordered Eating Behaviors in Division II Collegiate Athletes Presenter(s): Kelsey Blum Affiliation(s): West Chester University</p> <p>Title: Professional Development Opportunities with the AASP Newsletter Presenter(s): Adrianna Napoletano, M.Ed, CMPC Affiliation(s): The Pennsylvania State University</p> <p><u>Facilitator:</u> Donye' Tillery</p>



<p>1:40-2:30pm</p>	<p>Session 5A: Paper Session 3 <u>Location: WCU Main Campus: Sykes Union, 252</u></p> <p>Title: Bi-Weekly Anxiety Screening in Collegiate Student-Athletes: Perceptions of Mental Health Support Presenter(s): Donye' Tillery, ATC, Lindsey Keenan, PhD, LAT, ATC, Rachel Daltry, PsyD Affiliation(s): West Chester University</p> <p>Title: How to and Why Leaders Should Create Caring, Task-involving Climates in Physical Activity Settings Presenter(s): Candice Hogue, Ph.D Affiliation(s): Pennsylvania State University, Harrisburg</p> <p><u>Facilitator:</u> Maxine Joseph</p> <p>Session 5B: Symposium <u>Location: WCU Main Campus: Sykes Union, 255</u></p> <p>Title: Examining the Muscular and Psychological Effects of Emotions and Emotion Regulation in Sport Presenter(s): Andrew Friesen, PhD, CMPC, Danielle King, Tyler McGrogan, Peyton Morrell Affiliation(s): The Pennsylvania State University, Berks</p> <p><u>Facilitator:</u> Tamira McCurdy</p>
<p>2:40-3:20pm</p>	<p>Session 6A: Workshop <u>Location: WCU Main Campus: Sykes Union, 252</u></p> <p>Title: Tell Me A Story: Stories of Success from The Real World of Sport and Exercise Psychology Presenter(s): Selen Razon, PhD, Kate Nolt, MPH, PhD, Michael Sachs, PhD, CMPC Affiliation(s): West Chester University; Creighton University; athletic4ever</p> <p><u>Facilitator:</u> Andrew Schlosser</p> <p>Session 6B: Symposium – Oglesby-Snyder Grant for Equity & Cultural Diversity Presentation <u>Location: WCU Main Campus: Sykes Union, 255</u></p> <p>Title: "Locker Room (Rape) Culture" and Male Athlete Sexual Violence: Understanding and Addressing Psychosocial Dimensions of Masculinity in Sport</p> <p>Presenter(s): Ryan Sappington, PhD Affiliation(s): Loyola University Maryland</p> <p><u>Facilitator:</u> Tamira McCurdy</p>