



2018 PERFORMANCE PSYCHOLOGY CONFERENCE

FRIDAY, JANUARY 26, 2018

- 8-10 a.m.** **Onsite Conference Registration, Check-In**
- 10-11 a.m.** **Keynote Address: "Mindfulness for Performance Enhancement" by Pete Kirchner**
- 11-11:10 a.m.** **BREAK**
- 11:10-11:50 a.m.** **Consultant Development Lectures 1: Signature Strategies**
 11:10-11:30 – Wal-Mart Iconography: Enhancing a Consultant's Toolbox (Cheney, M.)
 11:30-11:50 – Consulting in a D1 University Setting: Insider Perspectives and Signature Strategies (Samson, A.)
- Noon-1:15 p.m.** **LUNCH (on your own)**
- 1:15-2 p.m.** **Mental Skills Interventions 1: Individual Sport Performers**
 1:15-1:30 – The Effects of an Individualized Mental Skills Training Program on Golf Performance: A Single-Subject Research Design (Ashbrook, P.)
 1:30-1:45 – Onward and Forward: An Exploration into the Minds of Elite Ultra-Endurance Athletes (Baxley, T.)
 1:45-2:00 – Four days in Colombia: Escalators, Archery, and Escobar (Lopez, F.)
- 2:05-2:50 p.m.** **Mental Skills Interventions 2: Team Sport Performers/Coaches**
 2:05-2:20 – Post-Game Meditation Intervention to Reduce Arousal, Facilitate Earlier Sleep, and Enhance

- Recovery in Ice Hockey Players: A Case Study (Monnich, T.)
 2:20-2:35 – From the Top to the Bottom: A Comparison of Approach in Consulting with Teams in the Same Sport (Cacho, F.)
 2:35-2:50 – Incorporating Yoga into a D1 Athletics Program (Samson, A.)
- 2:50-3 p.m.** **BREAK**
- 3-3:30 p.m.** **Featured Presentation: The Rise of Microaggressions Against Female Athletes (Steidinger, J.)**
- 3:35-4:20 p.m.** **Student Research Proposal Presentations**
 3:35-3:50 – Retired Collegiate Athletes and Concussion Symptoms: Prolonged Symptoms, Perception of Baseline Testing, and Coping Strategies (Ford, E.)
 3:50-4:05 – Exploring "The Other": Experiences and Self-Perceptions of Asian-American Collegiate Athletes (Ku, S.)
 4:05-4:20 – Nonstarter Role Acceptance, Team Cohesion, and Performance (Morrow, D.)
- 6 p.m.** **Please Join Us for a No-Host Dinner!**
 Tio Leo's, 3510 Valley Center Drive, Del Mar, CA (858) 350-1468



2018 PERFORMANCE PSYCHOLOGY CONFERENCE

SATURDAY, JANUARY 27, 2018

- 8:30 a.m.** **Complimentary Continental Breakfast**
- 9-10 a.m.** **Consultant Development Lectures 2: Going Behind the Curtain**
- 9-9:15 – A Journey: Performer to Student to Consultant (Taylor, K.)
- 9:15-9:30 – How Can Technology Benefit My Practice (Scardino, K. & Markle, D.)
- 9:30-9:45 – From Concept to Delivery: A Program Model for Work in the Community (Ourian, D.)
- 9:45-10 – A Mentor's Perspective (Barba, D.)
-
- 10:10-10:40 a.m.** **Workshop:** Brain Games: The Role of Sport Psych Consultants in Concussion Rehab (Byrd, M.)
-
- 10:40-10:45 a.m.** **BREAK**
-
- 10:45-11:45 a.m.** **Keynote Address: "Blurred Lines: A Lesson in Expertise from SWAT Operators" by Dr. Ashley Coker-Cranney**
-
- 11:45 a.m.** **Closing Remarks**



CENTER FOR
**PERFORMANCE
PSYCHOLOGY**

© 2018 NATIONAL UNIVERSITY AN AFFILIATE OF THE NATIONAL UNIVERSITY SYSTEM

CENTERFORPERFORMANCEPSYCHOLOGY.ORG • E-MAIL: CPP@NU.EDU • PHONE: 760.268.1584

© 2018 National University CPP18_7321