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 Kirchmer

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.)

3:35-4:20 p.m.  Student Research Proposal Presentations


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
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SATURDAY, JANUARY 27, 2018

8:30 a.m. Complimentary Continental Breakfast

9-10 a.m. Consultant Development Lectures 2: Going Behind the Curtain
9:00-9:15 – A Journey: Performer to Student to Consultant (Taylor, K.)
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