

Jamie L. Shapiro

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EDUCATION

West Virginia University, Morgantown, WV

Ph.D. Kinesiology with a major in Sport and Exercise Psychology (2009)

M.A. Community Counseling (Dec 2008)

GPA: 3.96

Doctoral Dissertation: An individualized multimodal mental skills intervention for college athletes undergoing injury rehabilitation (Dr. Edward F. Etzel, Chair)

Springfield College, Springfield, MA

M.S. Psychology with Athletic Counseling concentration (2005)

GPA: 4.0

Master's Thesis: Patterns of psychological adjustment to knee surgery (Dr. Britton W. Brewer, Chair)

Brown University, Providence, RI

B.S. Psychology with honors (2003)

Major GPA: 3.75; Cumulative GPA: 3.78

Honor's Thesis: A randomized trial of goal setting for injured college athletes (Dr. Anthony Spirito, Chair)

TEACHING EXPERIENCE

Assistant Director of Master of Arts in Sport and Performance Psychology Program,

Graduate School of Professional Psychology, University of Denver

Sept 2014-
Present

- Perform administrative duties to assist the director of the program
- Handle prospective student inquiries

Professor of Sport and Performance Psychology (Clinical Assistant Professor 2009-2010; Assistant Professor 2010-2017; Associate Professor 2017-present),

Graduate School of Professional Psychology, University of Denver

Sept 2009-
Present

- Teach classes for the Master's in Sport and Performance Psychology (MASPP) program
- Supervise student practical experiences
- Academic advising for MASPP students
- Supervise and serve on committees for master's capstone projects and doctoral (PsyD) papers

Adjunct Faculty, Chatham University

Aug 2009-
May 2016

Sport and Exercise Psychology Graduate Teaching Assistant, West Virginia University

Fall 2008

COURSES TAUGHT:

University of Denver, Denver, CO

Graduate level:

- Psychology of Performing Arts (CPSY 4120)
- Exercise Psychology (CPSY 4140)
- Coaching and Leadership for Performance (CPSY 4654)
- Psychology of Injury (CPSY 4656)
- Foundations of Counseling Theories (CPSY 4662)
- Movement Principles for Performance (CPSY 4666)

- Psychology of Excellence (CPSY 4668)
- Scholarly Writing Methods and Practices (CPSY 4678)
- Practicum in Sport & Performance Psychology (CPSY 4680)
- Ethical and Legal Issues (CPSY 4682)
- Group Interventions (CPSY 4683)
- Human Growth and Development (CPSY 4685)
- Practicum in Sport & Performance Psychology: Professional Practice (CPSY 4686)
- Seminar in Sport & Performance Psychology (CPSY 4688)
- Advanced Practicum in Sport & Performance Psychology (CPSY 5469)
- Independent Study: Doctoral Paper Development (CPSY 5991)

Undergraduate level:

- Introduction to Sport Psychology (CPSY 1100); currently Sport Psychology (CPSY 2010)

Guest lectures:

- Consulting with U.S. Paralympic Athletes (Skype lecture)
 - Western Washington University (Dr. Linda Keeler) Jan 2018
 - West Texas A & M University (Dr. Michelle Bartlett) Oct 2016
 - Ball State University (Dr. Lindsey Blom) April 2016
 - Minnesota State University Mankato (Dr. Michelle McAlarnen) Oct 2015
- Consulting in Sport & Performance Psychology (Psychological Consultation, Dr. Nicole Taylor) Feb 2016
- Theory of Performance Excellence: Mind Your Mental Energy (Theories of Performance Excellence, Dr. Mark Aoyagi and Dr. Artur Poczwardowski [2015]) Fall 2014-present
- Assessment in Sport & Performance Psychology (Assessment in SPP, Dr. Jim Taylor) Jan 2012
- Exercise Psychology (Health Psychology, Dr. Kim Gorgens) Jan 2010

Chatham University, Pittsburgh, PA (Graduate level, online)

Aug 2009-
May 2016

- Introduction to Sport and Exercise Psychology (PSY 430/530)
- Advanced Seminar in Sport and Exercise Psychology (PSY 610)
- Sport & Exercise Psychology Interventions (PSY 602)
- Sport & Exercise Psychology Interventions: College Students and Adults (PSY 608)

West Virginia University, Morgantown, WV (Undergraduate level)

Fall 2005-
Fall 2008

- Sport in American Society (SEP 271)
- Psychological Perspectives of Sport (SEP 272)
- Exercise Psychology (SEP 383)
- Sport Performance Enhancement (SEP 420), Teaching Assistant
- Psychological Aspects of Sport Injury (SEP 493), Co-teacher

Springfield College, Springfield, MA (Undergraduate level)

Fall 2003-
Spring 2004

- Fit For Life
 - Lectured on basic concepts of health, wellness, and fitness, led class in a variety of physical education activities, graded assignments and exams

SCHOLARSHIP

BOOKS

Aoyagi, M. W., Poczwardowski, A., & **Shapiro, J. L.** (Eds.). (2017). *The peer guide to applied sport psychology for consultants in training*. New York, NY: Routledge.

BOOK CHAPTERS

Shapiro, J. L., & Bartlett, M. (2018). Arousal, stress, and anxiety in sport, exercise, and performance:

Concepts and management strategies. In A. Mugford & G. Cremades (Eds.), *Sport, exercise, and performance psychology: Theories and applications*. New York, NY: Routledge/Psychology Press.

Aoyagi, M. W., Poczwadowski, A., & **Shapiro, J. L.** (2017). Preface. In M. W. Aoyagi, A. Poczwadowski, & J. L. Shapiro (Eds.), *The peer guide to applied sport psychology for consultants in training* (pp. ix-x). New York, NY: Routledge.

Marsh, M. K., Fritze, T., & **Shapiro, J. L.** (2017). Layers of oversight: Professional supervision, meta-supervision, and peer mentoring. In M. W. Aoyagi, A. Poczwadowski, & J. L. Shapiro (Eds.), *The peer guide to applied sport psychology for consultants in training* (pp. 80-93). New York, NY: Routledge.

Shapiro, J. L., Aoyagi, M. W., & Poczwadowski, A. (2017). Frequently asked questions. In M. W. Aoyagi, A. Poczwadowski, & J. L. Shapiro (Eds.), *The peer guide to applied sport psychology for consultants in training* (pp. 163-173). New York, NY: Routledge.

Poczwadowski, A., Aoyagi, M. W., **Shapiro, J. L.**, & Van Raalte, J. L. (2014). Developing professional philosophy for sport psychology consulting practice. In A. G. Papaioannou & D. Hackfort (Eds.), *Routledge companion to sport and exercise psychology: Global perspectives and fundamental concepts* (pp. 895-907). London, UK: Routledge.

Watson, J., Etzel, E. F., & **Shapiro, J.** (2009). Ethics and counseling practice with college student-athletes. In E. F. Etzel (Ed.), *Counseling and psychological services for college student-athletes* (pp. 85-112). Morgantown, WV: Fitness Information Technology.

PEER REVIEWED JOURNAL ARTICLES

Shapiro, J. L., & Etzel, E. F. (in press). An individualized multimodal mental skills intervention for injured college athletes. *Journal of Contemporary Athletics*, 12(4).

Shapiro, J. L., Brewer, B. W., Cornelius, A. E., & Van Raalte, J. L. (2017). Patterns of emotional response to ACL reconstruction surgery. *Journal of Clinical Sport Psychology*, 11, 169-180. doi: 10.1123/jcsp.2016-0033

Aoyagi, M. W., Poczwadowski, A., Statler, T., **Shapiro, J. L.**, & Cohen, A. B. (2017). The performance interview guide: Recommendations for initial consultations in sport & performance psychology. *Professional Psychology: Research and Practice*. doi: 10.1037/pro0000121

Himmelstein, D., Liu, Y., & **Shapiro, J. L.** (2017). An exploration of mental skills among competitive League of Legends players. *International Journal of Games and Computer-Mediated Simulations*, 9(2), 1-21. doi: 10.4018/IJGMS.2017040101

Ross, A., & **Shapiro, J. L.** (2017). Under the big top: An exploratory analysis of psychological factors influencing circus performers. *Performance Enhancement & Health*, 5(3), 115-121. doi: 10.1016/j.peh.2017.03.001

Panczyk, W., Drabik, J., & **Shapiro, J. L.** (2014). Physical fitness levels of Polish children compared to the U.S. Presidential and national physical fitness award standards. *Journal of Kinesiology and Exercise Sciences*, 66(24), 41-48. doi: 10.5604/17310652.1149301

NEWSLETTER ARTICLES

Hess, C., Brutus, A., Mayfield, C., & **Shapiro, J.** (2018, June). Supporting the athlete in society: Disability in sport. *SportPsych Works*, 6(2), 1-2.

Albinson, C., & **Shapiro, J.** (2013, April). 2013 APA Convention Preview. *APA Division 47 Newsletter*, 26(1), 7.

Shapiro, J. (2011). Performance psychology keynote review: Inside the Nike Berm. *AASP Newsletter*, 26(3), 11.

Aoyagi, M. W., & **Shapiro, J.** (2011). Ethical practice in sport and performance psychology. *Psychotherapy Bulletin*, 46(2), 37-42.

CONFERENCE & PROFESSIONAL PRESENTATIONS

- Cogan, K., Cohen, A., Anderson, C., Bader, C., Mitchell, S., & **Shapiro J.** (2018, October). *Collaboration, mentoring, and professional development for Olympic sport psychology consultants*. Panel (author) presented at the Association for Applied Sport Psychology conference, Toronto, Ontario, Canada.
- Rutherford, T., & **Shapiro, J.** (2018, October). *Developing a holistic athlete: A consultant's reflections on implementing PETTLEP imagery*. Poster presented at the Association for Applied Sport Psychology conference, Toronto, Ontario, Canada.
- Shapiro, J.**, Chung, Y., Dun, K., Heiss, C., & Mitchell, S. (2018, October). *Sport psychology services at the Paralympic Games in Pyeongchang, South Korea*. Panel presented at the Association for Applied Sport Psychology conference, Toronto, Ontario, Canada.
- Simon, A., Helfer, C., Anderson, S., **Shapiro, J.**, & Haberl, P. (2018, October). *Making the podium: Examining the factors behind Olympic resilience*. Lecture (author) presented at the Association for Applied Sport Psychology conference, Toronto, Ontario, Canada.
- Shapiro, J.**, & Poczwardowski, A. (2018, April). *You don't need to try harder or be more: The tapestry of reminders at the 2018 Winter Paralympic Games*. Lecture (CMPC continuing education) presented at the AASP Southwest Regional Conference, Denver, CO.
- Shapiro, J.**, Mitchell, S., Poczwardowski, A., & Clark, E. (2017, October). *Sport psychology consulting with United States Paralympic athletes*. Panel presented at the Association for Applied Sport Psychology conference, Orlando, FL.
- Shapiro, J.**, et al. (2017, April). *Professional panel*. Panel presented at the AASP Southwest Regional Conference, Denver, CO.
- Shapiro, J.** (2017, January). *Who would have thought? Reframing challenges into opportunities*. Lecture presented at the United States Olympic Committee Sport Psychology Conference, Colorado Springs, CO.
- Mitchell, S., & **Shapiro, J.** (2016, December). *Sport psychology services for elite athletes who have disabilities: Lessons learned and implications for practice and research*. Continuing education webinar presented for the Association for Applied Sport Psychology.
- Himmelstein, D., Liu, Y., & **Shapiro, J.** (2016, September). *An exploration of mental skills among competitive gamers*. Lecture presented at the Association for Applied Sport Psychology conference, Phoenix, AZ.
- Bilder, C., Cowart, S., Lamphere, B., & **Shapiro, J.** (2016, August). Consulting with athletes with physical disabilities: Learning from multimodal supervision. In A. Poczwardowski & **J. Shapiro** (Chairs), *Athletes with physical disabilities: Peer consultation, field placement, and supervision*. Symposium conducted at the American Psychological Association Convention, Denver, CO.
- Shapiro, J.** (2016, August). *Early career leadership opportunities in Division 47: Society for Sport, Exercise & Performance Psychology*. Poster presented at the American Psychological Association Convention, Denver, CO.
- Shapiro, J.** (2016, August). Psychology of injury and considerations for the injured sport psychology professional. In T. Brandt, J. Shapiro, & J. Vieselmeyer, *Sport psychology professionals get injured too: Recommendations for effective coping and ethical practice*. Symposium conducted at the American Psychological Association Convention, Denver, CO.
- Shapiro, J.**, Brewer, B. W., Van Raalte, J. L., & Cornelius, A. E. (2016, August). *Stress-Related Growth after Anterior Cruciate Ligament Reconstruction*. Symposium conducted at the American Psychological Association Convention, Denver, CO.

- Shapiro, J.,** & Poczwardowski, A. (2016, August). Consulting with United States Paralympic teams: Utilizing professional peer consultation. In A. Poczwardowski & **J. Shapiro** (Chairs), *Athletes with physical disabilities: Peer consultation, field placement, and supervision*. Symposium conducted at the American Psychological Association Convention, Denver, CO.
- Sullivan, L., Jornayvaz, L., Moore, J., & **Shapiro, J.** (2016, August). *Outside the box: The developmental and motivational factors that contribute to creativity*. Poster presented at the American Psychological Association Convention, Denver, CO.
- Ross, A., & **Shapiro, J.** (2015, October). *Under the big top: An exploratory analysis of psychological factors influencing circus performers*. Lecture presented at the Association for Applied Sport Psychology conference, Indianapolis, IN.
- Shapiro, J.,** Fletcher, D., Anderson-Corn, A., Hanley, S., & Hays, K. F. (2015, October). *Reaching beyond sport: Training graduate students to work with performance populations*. Panel presented at the Association for Applied Sport Psychology conference, Indianapolis, IN.
- Comand, M., & **Shapiro, J.** (2015, August). *Determining predictors of happiness in undergraduate students*. Poster presented at the American Psychological Association Convention, Toronto, Ontario, Canada.
- Hays, K. F., Hamilton, L. H., Thomson, P., Jaque, V., & **Shapiro, J.** (2015, August). *What do performing artists want from psychologists?* Symposium conducted at the American Psychological Association Convention, Toronto, Ontario, Canada.
- Shapiro, J.,** Van Raalte, J. L., & Van Dyke, E. (2015, July). *Supervision for applied sport psychology trainees: Models and practice*. Workshop conducted at the European Congress of Sport Psychology, Bern, Switzerland.
- Marsh, M., Jenkins, A., & **Shapiro, J.** (2014, October). *The components of self-determination theory and their relationship to exercise frequency*. Poster presented at the Association for Applied Sport Psychology conference, Las Vegas, NV.
- Shapiro, J.** (2014, October). Developing competence as a supervisor in applied sport psychology. In C. Bilder, S. Hanley, A. O'Neil, **J. Shapiro, S. Cowart, R. Diehl, & M. Aoyagi**, *Comprehensive supervision structure of graduate students: Benefits, limitations, and future directions*. Symposium conducted at the Association for Applied Sport Psychology conference, Las Vegas, NV.
- Shapiro, J.,** et al. (2014, April). *Professional panel*. Panel presented at the AASP Southwest Regional Conference, Denver, CO.
- Frevert, K., & **Shapiro, J.** (2013, October). *Exploring the experiences of international student-athletes*. Poster presented at the AASP Conference, New Orleans, LA.
- Holden, E., **Shapiro, J.,** Katz, H., Mullan, M. (2013, October). *An examination of the relationship between coping strategies, stress, mood, and adherence throughout injury rehabilitation in an active population*. Poster presented at the AASP Conference, New Orleans, LA.
- Shapiro, J.** (2013, July). The past and present of exercise psychology. In S. Fitzpatrick, **J. Shapiro, & S. Zizzi**, *The past, present, and future of exercise psychology*. Symposium conducted at the ISSP World Congress, Beijing, China.
- Shapiro, J.,** et al. (2013, April). *Professional panel*. Panel presented at the AASP Southwest Regional Conference, Denver, CO.
- Poczwardowski, A., & **Shapiro, J.** (2013, March). *The professional as performer: Engage, Enjoy, Excel!* APA Continuing Education Workshop presented at the University of Denver, Denver, CO.
- Ankney, I., Jauhar, E., Schrank, L., & **Shapiro, J.** (2012, October). *Factors that affect psychological readiness to return to sport following injury*. Poster presented at the AASP Conference, Atlanta, GA.

- Shapiro, J.** (2012, October). The development of a supervision model in an applied sport and performance psychology graduate program. In **J. Shapiro**, J. Carter, R. Diehl, J. Vieselmeyer, E. Jauhar, & M. Marsh, *Becoming comfortable with being uncomfortable: A developmental supervision model incorporating video*. Symposium conducted at the AASP Conference, Atlanta, GA.
- Aoyagi, M. W., Balague, G., Barlabi, W., Poczwardowski, A., & **Shapiro, J.** (2012, April). *Speed mentoring*. Panel presented at the AASP Southwest Regional Conference, Denver, CO.
- Poczwardowski, A., & **Shapiro, J.** (2011, September). Faculty's mentors: Explorations of being mentored, extending mentoring, and connecting threads. In **J. Shapiro**, A. Poczwardowski, S. Portenga, J. Dale, A. O'Neil, E. Bowen, K. Carter, & D. Christensen, *Mentoring through the generations: Threading a legacy of applied sport and performance psychology*. Symposium conducted at the AASP Conference, Honolulu, HI.
- Aoyagi, M. W., Portenga, S., & **Shapiro, J.** (2011, April). *Current issues in Sport & Performance Psychology*. Panel presented at the AASP Southwest Regional Conference, Denver, CO.
- Shapiro, J.** (2010, October). An athletic counseling perspective. In M. W. Aoyagi, A. Poczwardowski, S. Portenga, **J. Shapiro**, & P. Haberl, *How theory informs practice: The case of X conceptualized from four different perspectives*. Symposium conducted at the AASP Conference, Providence, RI.
- Shapiro, J. L.**, & Etzel, E. F. (2010). *An individualized multimodal mental skills intervention for injured collegiate athletes*. Poster presented at the APA Convention, San Diego, CA.
- Cornish, J., Gorgens, K., Henderson Metzger, L., Meyer, L., Nadkarni, L., **Shapiro, J.**, Shriberg, J., & Smith-Acuna, S. (2010, March). *Walking the talk*. Panel presented at the University of Denver Women's Conference, Denver, CO.
- Cowan, K., Bartlett, M., **Shapiro, J.**, & Shannon, V. (2009). *Gossip girls: Handling gossip when working with teams*. Workshop presented at the AASP Conference, Salt Lake City, UT.
- Shapiro, J. L.** (2009). *A qualitative pilot study of an individualized multimodal mental skills intervention for injured college athletes*. Poster presented at the AASP Conference, Salt Lake City, UT.
- Shapiro, J. L.**, & Bartlett, M. (2008). *The relationship between gossip and team cohesion on female collegiate gymnastics teams*. Poster presented at the APA Convention, Boston, MA.
- Smith, M. L., **Shapiro, J. L.**, & Fitzpatrick, S. J. (2008). *The marketability of exercise psychology: Perceptions of potential employers*. Poster presented at the APA Convention, Boston, MA.
- Fitzpatrick, S., Visek, A., Hurst, J., **Shapiro, J.**, Harris, B., Creasy, J., & Zizzi, S. (2007). *Creating and developing a hands-on exercise adherence program*. Workshop presented at the AASP Conference, Louisville, KY.
- Shapiro, J. L.**, Fitzpatrick, S. J., & Zizzi, S. (2007). *Does high school athletic participation influence physical activity levels after the transition to college?* Poster presented at the AASP Conference, Louisville, KY.
- Shapiro, J. L.**, Brewer, B. W., Cornelius, A. E., Van Raalte, J. L., Sklar, J. H., Corsetti, J. R., & Pohlman, M. H. (2006). *Patterns of psychological adjustment to knee surgery*. Poster presented at the AAASP Conference, Miami, FL.
- Shapiro, J. L.** (2005). *A randomized trial of goal setting for injured college athletes*. Poster presented at the AAASP Conference, Vancouver, Canada.

GRANTS

- Aoyagi, M. W., & **Shapiro, J. L.** (Co-Principal Investigators). (2015). Integrating International Best Practices into Sport & Performance Psychology Service Delivery and Supervision. *Internationalization Grant*

Program, University of Denver. Total Funding: \$6,690. Status: Funded.

Aoyagi, M. W. (Principal Investigator), & **Shapiro, J. L.** (Investigator, Grant Writer). (2011-2012). Positive Youth Development through Sport. *Tony Gramscas Youth Services*. Total Funding: \$164,820 (\$123,000 direct + \$41,820 indirect). Status: Not funded.

PROJECTS IN PROGRESS

Bartlett, M., & **Shapiro, J. L.** *The relationship between gossip and team cohesion on female collegiate gymnastics teams*. Manuscript in preparation.

Shapiro, J. L., & Poczwadowski, A. The development of professional practice: Supervision, mentorship, and continued professional development in the career of an applied professional. In D. Hackfort & R. Schinke (Eds.), *International Society of Sport Psychology encyclopedia*. Book chapter in preparation.

Simon, A., Helfer, C., Anderson, S., **Shapiro, J. L.**, & Haberl, P. (2018, October). *Making the podium: Examining the factors behind Olympic resilience*. Manuscript in preparation.

Sutcliffe, J., Appaneal, R., & **Shapiro, J.** *Collegiate athletic teams' perceptions of collective efficacy post-injury*. Manuscript in preparation.

Taber, Z. B., Ramesh, R., McDonald, J. N., & **Shapiro, J. L.** (2016). *Exploring mental strengths and challenges of performing artists: Implications for performance consulting*. Manuscript in preparation.

CONSULTING / COUNSELING EXPERIENCES

Certified Mental Performance Consultant, Association for Applied Sport Psychology (#311)
Listed on Sport Psychology Registry, United States Olympic Committee
National Certified Counselor, National Board of Certified Counselors (#253973)

SPORT PSYCHOLOGY CONSULTING

- | | |
|---|-----------------------|
| Consultant, Sport & Performance Excellence Consultants , Denver, CO | 2013-present |
| <ul style="list-style-type: none">• Work with athletes and performers of all levels to achieve excellence by addressing mental skills such as motivation, focus, confidence, and improving team dynamics• Conduct group and individual sessions with clients• Consult with U.S. Paralympic teams and individuals (2014-present) | |
| Supervisor of Local Sport Psychology Consultants , Denver, CO | Jan 2010-present |
| <ul style="list-style-type: none">• Conduct supervision meetings for consultants who wish to obtain AASP certification | |
| Captains' Leadership Consultant , Manalapan, NJ | 2005-present |
| <ul style="list-style-type: none">• Meet annually with high school gymnastics captains for leadership training | |
| Consultant, iPerformance Consultants , Denver, CO | 2011-2013 |
| Invited presenter , Brown University | October 2010 |
| <ul style="list-style-type: none">• Consulted with a collegiate gymnastics team about psychological aspects of performance | |
| Invited presenter , NJSIAA/NJSCA High School Gymnastics Coaches Clinic | August 2009 |
| <ul style="list-style-type: none">• Presented on team building strategies for coaches to implement with their teams | |
| Supervisor of Graduate Student Consultant , West Virginia University | Fall 2008-Spring 2009 |
| <ul style="list-style-type: none">• Conducted weekly supervision meetings with student consultant• Observed group/individual sessions and provided feedback• Supervised by a faculty member | |

Performance Enhancement Consultant, West Virginia University 2006-2008

- Consulted with an NCAA Division I Collegiate Women's Gymnastics Team
- Developed and conducted group consultations regarding team and performance issues (e.g., team building, goal setting, handling pressure, building confidence)
- Provided individual consultations on various issues

Co-presenter, Performance Enhancement Workshop Series, WVU Athletics 2005, 2006

- Alcohol and Sport Performance

Athletic Counselor, Springfield College Fall 2003-
Spring 2005

- Worked with NCAA Division III men's gymnastics, men's lacrosse ('03-'04), and wrestling ('03-'04) teams
- Counseled athletes individually regarding academics, athletics, and other relevant issues
- Conducted weekly study halls for men's gymnastics and men's lacrosse ('03-'04) teams
- Organized and presented interactive workshops to teams (e.g., goal setting, team building, and life skills)

Athletic Counseling Intern, University of Hartford Fall 2004-
Spring 2005

- Counseled NCAA Division I student-athletes individually on performance enhancement, academic, and personal issues
- Organized and presented workshops for teams covering various mental skills in sport (e.g., team cohesion, goal setting, confidence, focus, self-talk, leadership)

Workshop Presenter, NCAA YES Clinic, Amherst, MA 2003

- Presented life skills workshop to field hockey players, ages 10-18
- Discussed mental skills in sport, managing emotions, goal setting, and team building
- Facilitated interactive activities pertaining to workshop topics

EXERCISE PSYCHOLOGY CONSULTING

Health Performance Consultant, Disease Prevention Program, WVU Fall 2007-
2008

- Conducted assessment and follow-up sessions with individuals in a weight loss program
- Provided brief, stage matched interventions to assist clients with lifestyle change by building self-efficacy and reducing barriers to exercise

Exercise Adherence Group Facilitator, Mission Possible Program, WVU Spring 2006

- Developed and conducted group sessions once a week to support members in healthy lifestyle changes
- Instructed members on how to incorporate a variety of cognitive-behavioral techniques into their lives to initiate and maintain behavior change

COUNSELING

Counseling Intern, Fairmont State University Fall 2007-
2008

- Conducted intakes with undergraduate student-clients
- Provided theory-based counseling interventions to clients on issues such as depression, anxiety, relationships, stress management, and academics

SERVICE

Graduate School of Professional Psychology and University of Denver

- *Chair and Member, Appointment, Promotion, and Tenure Committees (2)* 2018

- *Member, Search Committee for Vice Chancellor for Athletics and Recreation* 2017-2018
 - *Member, Search Committee for Director of MA in Coaching Education position* 2017
 - *Faculty Athletic Committee Member, University of Denver* 2012-2018
 - *Chair, Search Committee for MASPP faculty position* 2016
 - *Member, Search Committee for Director of MA in Coaching Education position* 2015
 - *Faculty Senator, University of Denver* 2012-2018
 - *Academic Planning Committee Member, University of Denver* 2012-2018
 - *Chair, Search Committee for MASPP faculty position* 2012
 - *Member, Search Committee for MASPP faculty position* 2011
 - *Member, GSPP Research Committee* 2010-2015
 - *Departmental Liaison, Library Liaison Advisory Group* 2010-2015
 - *Faculty advisor, Sport Psychology Club, University of Denver* 2010-present
 - *Chair and Member, Doctoral Paper Committees, University of Denver* 2009-present
 - *Chair and Member, Master's Project Committees, University of Denver* 2009-present
 - *Examiner, PsyD comprehensive exams* 2009-present
 - *Examiner, MA Forensic comprehensive exams* 2009-present
 - *Faculty mentor for group of MASPP students, University of Denver* 2009-2010
- Association for Applied Sport Psychology (AASP)**
- *Member, AASP Seed Grant Review Committee* 2015-present
 - *Reviewer, Conference Abstracts* 2012-present
 - *Associate Editor, AASP Newsletter* Oct 2011-2015
 - *Member, Performance Psychology Committee* Oct 2010-2013
- American Psychological Association (APA) Division 47 (Society for Sport, Exercise & Performance Psychology)**
- *Secretary-Treasurer* 2016-2019
 - *Reviewer, Conference Abstracts* 2015-present
 - *Steering Committee Member, Performance Psychology (Section 2)* 2015-present
 - *Division 47 Co-program chair, APA Convention* 2012-2015
- Other service to the profession**
- *Reviewer, Journal of Sport Psychology in Action* 2017
 - *Reviewer, Conference Abstracts, International Society of Sport Psychology World Congress* 2017

- *Book proposal reviewer*, Cambridge University Press 2016
- *Reviewer*, Conference Abstracts, European Congress of Sport Psychology 2015
- *Reviewer*, Journal of Adolescent and Family Health 2014-2016
- *Senior-Peer Reviewer*, Athletic Insight: The Online Journal of Sport Psychology 2011-2016

ADDITIONAL PROFESSIONAL EXPERIENCES

- Graduate Associate for the Athletic Counseling Program**, Springfield College Fall 2004-
Spring 2005
- Managed admissions for the master’s program (i.e., answered inquiries and arranged campus visits for prospective students, evaluated applications)
 - Assisted professors in class preparation and research projects
 - Oriented first year students and helped them set up internships with teams on campus
- Co-conference coordinator for Summit on Positive Youth Development Through Sport**, Springfield College Fall 2004-
Spring 2005
- Developed content and design of all program materials, scheduled conference presentations and activities, marketed and promoted the conference
 - Confirmed presentations by professional organizations (i.e., NBA, NFL, PGA/LPGA) and professional consultants
 - Managed and oversaw all conference events
- Graduate Associate for Women’s Gymnastics**, Springfield College Fall 2003-
Spring 2004
- Assistant coach for women’s gymnastics team
 - Involved with planning daily workouts, competition line-ups, recruiting, and running home competitions
 - Taught one section of “Fit for Life” per semester
- Summer Intern**, Women’s Sports Medicine Center at the Hospital for Special Surgery, NY, NY 2002
- Observed members of the sports medicine team, including orthopedists, physiatrists, surgeons, physical therapists, exercise physiologist, and nutritionists
 - Completed a research project and presentation on the psychology of sport injuries

PROFESSIONAL & COMMUNITY ACTIVITIES

- *Member*, Glendale Sports Center Committee, Glendale YMCA, Glendale, CO 2017
- *Advisory Board Member*, Glendale YMCA, Glendale, CO 2014-2016
- *Member*, International Society of Sport Psychology (ISSP) 2013-2016
- *Member*, Glendale Chamber of Commerce, Glendale, CO 2012-present
- *Captain*, Pancreatic Cancer Action Network, Team walk/run 2012-present
- *Member*, American Psychological Association (APA) & APA Division 47 2007-present
- *Volunteer*, Brown Alumni Schools Committee (BASC) 2006-present
 - Interview prospective students for Brown University
 - Submit report to the Brown Admissions Office
- *Member*, Association for Applied Sport Psychology (AASP) 2003-present

- *Professional Member, USA Gymnastics* 2003-2013
- *Member, American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD)* 2009-2012
- *Coordinator of Assessment for Undergraduate SEP Major, WVU* Fall 2007-2008
 - Used Simpleforms to create online assessments
 - Ensured SEP instructors turned in required material
 - Trained undergraduates to enter data
- *Peer Mentor for first year graduate students, SP Program, WVU* Fall 2006-Spring 2008
- *President, Sport and Exercise Psychology Graduate Student Club, WVU* Fall 2006-Spring 2007
 - Organized agendas and minutes for weekly group seminars
 - Contacted and arranged for speakers to attend seminar
 - Participated in monthly faculty meetings
 - Assisted in organizing an interview weekend for prospective graduate students
- *Athletic Counseling Research Team Member, Springfield College* 2003-2005
- *Volunteer, Springfield College Fit Fest & Humanics in Action Day* 2003
- *Team member and captain (2003), Brown University Women's Gymnastics Team* 1999-2003

AWARDS and HONORS

- *Dissertation Fellowship, West Virginia University* Spring 2009
- *Invited speaker, Monmouth County Directors of Athletics Sportsmanship Awards Luncheon* 2008
- *Swiger Doctoral Fellowship, West Virginia University* 2005-2008
- *Manalapan High School (NJ) Athletic Hall of Fame Inductee* 2007
- *Outstanding Graduate Student in Sport and Exercise Psychology, West Virginia University* 2007
- *Associate Member of Sigma Xi Honor Society* 2003-present
- *National Association of Collegiate Gymnastics Coaches All-America Scholar Athlete* 2001-2003