

Mark Aoyagi
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Education

Graduate Business Certificate

University of Denver
Management; December, 2011
Daniels College of Business

Ph.D.

University of Missouri-Columbia
Counseling Psychology (APA accredited); August, 2006
Advisor: Dr. Richard Cox
Special Emphasis: Sport Psychology
Dissertation: Organizational Citizenship Behavior as a Measure of
Performance in Sport: Relationships with Leadership, Team
Cohesion, and Athlete Satisfaction

M.S.

Georgia Southern University
Kinesiology; May, 2001
Advisor: Dr. Kevin Burke
Emphasis Area: Sport Psychology
Thesis: The Associations of Competitive Trait Anxiety and Personal
Control with Burnout in Sport

B.S.

University of Utah
Majors: Exercise & Sport Science, Psychology; May, 1999

Credentials

Certified Mental Performance Consultant
Association for Applied Sport Psychology
Certification #269

September, 2008-Present

Licensed Psychologist
State of Colorado #3144

October, 2007-Present

Professional Experience

Administrative Experience

University of Denver **September, 2018-Present**

*Director of Sport & Performance Psychology; Professor
Graduate School of Professional Psychology*

Design and implement curriculum for MA program. Responsible for administration of program including budget, recruiting students, and hiring core and adjunct faculty. Identify and arrange suitable field placement sites for all students. Represent the program in professional organizations and conferences. Teach, advise, mentor, and supervise students.

University of Denver **September, 2013-August, 2018**

*Director of Sport & Performance Psychology; Associate Professor
Graduate School of Professional Psychology*

Designed and implemented curriculum for MA program. Responsible for administration of program including budget, recruiting students, and hiring core and adjunct faculty. Identified and arranged suitable field placement sites for all students. Represented the program in professional organizations and conferences. Taught, advised, mentored, and supervised students.

University of Denver **May, 2009-October, 2016**

*Founder and Director of Center for Performance Excellence
Graduate School of Professional Psychology*

Developed and organized community field placements, team and individual consultations, and community outreach. Provided sport & performance psychology educational resources and services to the Denver community.

University of Denver **September, 2007-August, 2013**

*Director of Sport & Performance Psychology; Assistant Professor
Graduate School of Professional Psychology*

Designed and implemented curriculum for MA program. Responsible for administration of program including budget, recruiting students, and hiring core and adjunct faculty. Identified and arranged suitable field placement sites for all students. Represented the program in professional organizations and conferences. Taught, advised, mentored, and supervised students.

Teaching Experience

University of Denver **September, 2007-Present**

Graduate School of Professional Psychology

Instructor

Applied Sport & Performance Psychology, Foundations of Counseling Theories, Practicum in Sport & Performance Psychology, Sport in American Society, Clinical Issues in Sport & Performance Psychology, Multicultural Issues in Sport & Performance Psychology, Seminar in Sport & Performance Psychology, Scholarly Writing: Methods & Practices, Theories of Performance Excellence, Practicum in Sport & Performance Psychology: Professional Practice, Entrepreneurship in Sport & Performance Psychology

University of Missouri-Columbia

August, 2001-December, 2004

*Department of Educational and Counseling Psychology***Co-Instructor (course/section responsible)**

Sport Psychology (Graduate Level), Fall, 2004

Inquiring into Schools, Community and Society II (Teacher Development Program), Fall, 2003; Spring, 2003; Fall, 2002; Spring, 2002; Fall, 2001

Teaching Assistant

Application of Multivariate Analysis in Educational Research (Graduate Level), Fall, 2004; Winter, 2004; Fall, 2003 (Richard Cox, Ph.D.)

Psychological Perspectives of Sport, Fall, 2004 (Richard McGuire, Ph.D.)

Quantitative Methods in Educational Research I (Multiple Regression; Graduate Level), Summer, 2004 (John Alspaugh, Ph.D.); Summer, 2003 (Richard Cox, Ph.D.)

Introduction to Educational Statistics (Graduate Level), Spring, 2002; Fall, 2001 (Alex Waigandt, Ph.D.)

Georgia Southern University**August, 1999-May, 2001***Department of Health and Kinesiology***Activity Course Instructor**

Physical Activity for People with Disabilities, 2001 (1 Course)

Body Conditioning, 1999-2001 (6 Courses)

Jogging, 1999-2001 (6 Courses)

Flag Football, 1999-2000 (4 Courses)

Counseling/Consulting Experience**Sport & Performance Excellence Consultants****January, 2012-Present***Senior Consultant*

Provide performance consulting services to athletes and performers of all ages and competitive levels. Services include comprehensive individual and team consults and workshops for performance excellence.

USA Track & Field National Governing Body**August, 2006-Present***Member**USA Track & Field High Performance Division, Sport Psychology Sub-Committee*

Provide sport psychology consulting services to junior and senior elite level track and field athletes affiliated with USA National Teams. Services include psychological skills assessment, individual performance enhancement consulting, and competition day support.

University of Southern California**August, 2006-July, 2007***Sport Psychology Post Doctoral Fellow**Joint Appointment: Athletic Department and Student Counseling Services*

Provided counseling and mental health services for student-athletes including assessment and treatment of developmental/adjustment issues, depression, anxiety, relationship issues, and substance abuse. Developed and implemented life skills programming. Trained mentors and coordinated mentor program connecting current student-athletes with former student-athletes providing positive role models and advice. Facilitated mind-body wellness seminar. Provided

sport psychology services including team and one-one consultations for student-athletes and coaches.

California Polytechnic State University

July, 2005-July, 2006

Psychology Doctoral Intern

Counseling Services

Provided individual counseling for college students and staff. Responsibilities included crisis coverage, assessment, and treatment of various presenting concerns including: depression, anxiety, relationship issues, eating disorders, drug and alcohol abuse, and developmental/adjustment issues. Delivered outreach sport psychology services to Cal Poly Athletic Department.

University of Missouri-Columbia

September, 2002-June, 2005

Sport Psychology Consultant

Athletic Department

Worked with university athletic teams as a sport psychology consultant. Provided performance enhancement and counseling services to athletes including issues of: precompetition anxiety, clinical depression, eating/nutrition, alcohol/substance abuse, time management, and adjustment. Met with coaches weekly to aid in creating a culture and environment conducive to optimal performance. Responsible for two teams including meeting with individual athletes, attending practice sessions, and traveling to competitions.

William Woods University

August, 2004-May, 2005

Counselor

Counseling and Health Services

Responsible for counseling with individual students, crisis coverage, preparing case notes, and determining referrals and other consultations when necessary. Participated in campus outreach and raising awareness of services provided.

Westminster College

August, 2004-October, 2004

Alcohol Awareness Coordinator

Counseling and Health Services

Presented information regarding alcohol norms, behaviors, and responsibilities according to principles of BASICS and motivational interviewing in small group format to entire freshman class. Led approximately 30 groups. Facilitated discussion aimed at raising awareness, personal responsibility, and choice.

Fulton State Hospital

January, 2004-July, 2004

Counselor

Alcohol and Drug Unit

Worked with both voluntary and mandated clients in an inpatient alcohol and drug treatment program. Diverse patients representing a variety of underserved populations including individuals from rural communities, with low socioeconomic backgrounds, with little formal education, of varying health and ability statuses, from a range of racial/cultural/ethnic backgrounds, and older adults. Responsibilities included individual counseling, leading groups,

preparing treatment plans and case notes, developing aftercare plans, and facilitating referrals and other consultations when necessary.

University of Missouri-Columbia

February, 2004-April, 2004

Alcohol Awareness Consultant

Athletic Department

Presented alcohol awareness information based on principles of BASICS and motivational interviewing to each team in the athletic department. Co-led 13 sessions. Facilitated discussion emphasizing awareness and responsibility.

University of Missouri-Columbia

November, 2002-December, 2002

Consultant

Total Person Program

Assessed effectiveness of current program by conducting focus groups with current mentors. Provided recommendations based upon data collected.

Supervisory Experience

University of Denver

September, 2007-Present

Individual and Group Supervisor

Graduate School of Professional Psychology

Supervise individuals and groups in the application of sport & performance psychology. Provide supervision for master's and doctoral level students. Supervise doctoral students supervision of master's students.

University of Southern California

August, 2006-July, 2007

Individual Supervisor

Student Counseling Services

Supervised one social work intern. Provided support and guidance facilitating development of case conceptualization, treatment planning, and service provision. Completed oral and written evaluations. Participated in supervision of supervision.

University of Missouri-Columbia

August, 2004-December, 2004

Individual Supervisor

Counseling Center

Supervised one practicum student counselor. Aided in case conceptualization, reviewed videotaped sessions, discussed referral issues, and facilitated treatment planning. Provided both oral and written evaluations. Participated in supervision of supervision on a weekly basis.

Research Experience

University of Missouri, Dr. Richard Cox

January, 2005-May, 2005

Research Assistant

Collected, entered, and analyzed data for a longitudinal study investigating student-athletes' experiences in sport and out of sport.

University of Missouri, Dr. Richard Lapan**June, 2002-September, 2003***Research Assistant*

Assisted on a grant designed to evaluate the effectiveness of school to work interventions with high school seniors and a follow up study three years later. Responsible for collecting data and all statistical analyses.

Grant Activity

Aoyagi, M. W. (Co-Principal Investigator). (2017). Integrating Developmental Perspectives into Education, Service, and Research in Sport and Performance Psychology. *Internationalization Grant Program, University of Denver*. Total Funding: \$2,000. Status: Funded.

Aoyagi, M. W. (Co-Principal Investigator). (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). (2014-2015). Center for Performance Excellence. *The LARRK Foundation*. Total Funding: \$30,000. Status: Funded.

Poczwardowski, A., & Aoyagi, M. W. (Co-Principal Investigator). (2014). Integrating International Perspectives into Learning, Service, and Research in Sport and Performance Psychology. *Internationalization Grant Program, University of Denver*. Total Funding: \$3,409. Status: Funded.

Aoyagi, M. W. (Principal Investigator). (2013-2014). Center for Performance Excellence. *The LARRK Foundation*. Total Funding: \$33,333. Status: Funded.

Aoyagi, M. W. (Principal Investigator). (2013-2014). Positive Youth Development through Sport (PYD-S) program. *Daniels Fund*. Total Funding: \$50,000. Status: Funded.

Aoyagi, M. W. (Co-Principal Investigator). (2011-2012). Periodized Mental Skills Training for High School Athletes. *Association for Applied Sport Psychology*. Total Funding: \$1,056. Status: Funded.

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

Aoyagi, M. W. (Co-Principal Investigator). (2010). Master of Arts in Sport and Performance Psychology: Integrating International Perspectives into Learning and Research. *The University of Denver Office of Internationalization*. Total Funding: \$4,000. Status: Funded.

Aoyagi, M. W. (Co-Principal Investigator). (2009). Master of Arts in Sport and Performance Psychology: Integrating International Perspectives into Learning and Research. *The University of Denver Office of Internationalization*. Total Funding: \$1,950. Status: Funded.

Publications

Refereed Journals

- Aoyagi, M. W., Cohen, A. B., Poczwadowski, A., Metzler, J. N., & Statler, T. (2018). Models of performance excellence: Four approaches to sport psychology consulting. *Journal of Sport Psychology in Action, 9*, 94-110. doi: 10.1080/21520704.2017.1355861
- Aoyagi, M. W., Poczwadowski, A., Statler, T., Shapiro, J. L., & Cohen, A. B. (2017). The performance interview guide: Recommendations for initial consultations in sport and performance psychology. *Professional Psychology: Research and Practice, 48*, 352-360. doi: 10.1037/pro0000121
- Portenga, S. T., Aoyagi, M. W., & Cohen, A. B. (2017). Helping to build a profession: A working definition of sport and performance psychology. *Journal of Sport Psychology in Action, 8*, 47-59. doi: 10.1080/21520704.2016.1227413
- Mosley, M. J., Frierson, D. J., Cheng, Y., & Aoyagi, M. W. (2015). Spirituality & sport: Consulting the Christian athlete. *The Sport Psychologist, 29*, 371-386. doi: 10.1123/tsp.2013-0123
- Christensen, D. A., & Aoyagi, M. W. (2014). Lessons learned consulting at Olympic Trials: Swimming through growing pains. *The Sport Psychologist, 28*, 281-289. doi: 10.1123/tsp.2013-0092
- Aoyagi, M. W. (2013). Teaching theories of performance excellence to sport & performance psychology consultants-in-training. *Journal of Sport Psychology in Action, 4*, 139-151. doi: 10.1080/21520704.2013.792895
- Portenga, S. T., Aoyagi, M. W., & Statler, T. (2012). Consulting on the Run: Performance psychology and the preparation of USA track and field athletes for the Olympics. *Journal of Sport Psychology in Action, 3*, 98-108. doi: 10.1080/21520704.2012.683087
- Aoyagi, M. W., Portenga, S. T., Poczwadowski, A., Cohen, A. B., & Statler, T. A. (2012). Reflections and directions: The profession of sport psychology past, present, and future. *Professional Psychology: Research and Practice, 43*, 32-38. doi: 10.1037/a0025676
- Aoyagi, M. W., & Portenga, S. T. (2010). The role of positive ethics and virtues in the context of sport & performance psychology service delivery. *Professional Psychology: Research and Practice, 41*, 253-259. doi: 10.1037/a0019483
- Aoyagi, M. W., & Cox, R. H. (2009). The effects of scholarship status on intrinsic motivation. *Athletic Insight Journal 1*, 63-74.
- Aoyagi, M. W., Burke, K. L., Joyner, A. B., Hardy, C. J., & Hamstra, M. S. (2009). The

associations of competitive trait anxiety and personal control with burnout in sport. *Athletic Insight Journal 1*, 1-14.

Aoyagi, M. W., Cox, R. H., & McGuire, R. T. (2008). Organizational citizenship behavior in sport: Relationships with leadership, team cohesion, and athlete satisfaction. *Journal of Applied Sport Psychology*, 20, 25-41. doi: 10.1080/10413200701784858

Lapan, R. T., Aoyagi, M. W., & Kayson, M. (2007). Helping rural adolescents make successful postsecondary transitions: A longitudinal study. *Professional School Counseling*, 10(3), 266-272.

Cox, R. H., Thomas, T. R., Volker, S., & Aoyagi, M. W. (2004). Does four-limb compression have a beneficial effect on mood state? *Journal of Exercise Physiologyonline*, 7(2), 25-29.

Burke, K. L., Aoyagi, M. W., Joyner, A. B., & Burke, M. M. (2003). Spectators' perspectives of positive momentum while attending NCAA men's and women's basketball regular season contests: Exploring the antecedents-consequences model. *Athletic Insight*, 5(3), 10-18.

Non-refereed Articles

Portenga, S., Aoyagi, M. W., Statler, T., Metzler, J., Harmison, R., & Athey, A. (2012, Summer). Author's response to peer commentary on "Competency in Sport and Performance Psychology." *Association for Applied Sport Psychology Newsletter*, 27(2), 29.

Aoyagi, M. W. (2011). Coaching philosophy, eclecticism, and positivism: A commentary. *Annual Review of High Performance Coaching & Consulting 2011*, 103-105.

Portenga, S., Aoyagi, M. W., Statler, T., Metzler, J., Harmison, R., & Athey, A. (2011, Fall). Conference hot topic: Competency in sport and performance psychology: Connecting practice and education. *Association for Applied Sport Psychology Newsletter*, 26(3), 13-14.

American Psychological Association Division 47. (2011). *Defining the practice of sport and performance psychology*. Retrieved from <http://www.apadivisions.org/division-47/about/resources/defining.pdf>

Aoyagi, M. W., & Shapiro, J. L. (2011). Ethical practice in sport and performance psychology. *Psychotherapy Bulletin*, 46(2), 37-41.

Aoyagi, M. W. (2011). Running into the fire: The courage to succeed. *techniques*, 4(3), 30-34.

Aoyagi, M. W. (2011, Spring). Science committee report. *Div47News: Exercise & Sport Psychology Newsletter*, 24(1), 16.

Portenga, S., Statler, T., & Aoyagi, M. (2011, Fall). Sport psychology roundtable II. *Track Coach*, 197.

Aoyagi, M. W. (2011, January/February). Sport(s) psychology article rebutted. *The National Psychologist*, 20(1), 17.

Aoyagi, M. W. (2010). Lessons from the experts: Sport performance domains. *Performance Excellence Movement Newsletter*, October 2010, 9-10.

Portenga, S. T., & Aoyagi, M. (2008). Accreditation issues in sport psychology: An initial discussion. Reflections on the Division 47 Conversation Hour at the 2008 annual conference. *Div47 News*, 21(3), 16-17.

Books

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

Aoyagi, M. W., & Poczwadowski, A. (Eds.). (2012). *Expert approaches to sport psychology: Applied theories of performance excellence*. Morgantown, WV: Fitness Information Technology.

Book Chapters

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. 163-174). New York, NY: Taylor & Francis.

Bartley, J. D., O'Neil, A. M., Portenga, S., & Aoyagi, M. W. (2017). Working with individual clients. In M. W. Aoyagi, A. Poczwadowski, & J. L. Shapiro (Eds.), *The peer guide to applied sport psychology for consultants in training* (pp. 125-136). New York, NY: Taylor & Francis.

Foss, J. M., Minaker, E., Doerr, C., & Aoyagi, M. W. (2017). Developing a theoretical orientation to performance excellence. In M. W. Aoyagi, A. Poczwadowski, & J. L. Shapiro (Eds.), *The peer guide to applied sport psychology for consultants in training* (pp. 1-17). New York, NY: Taylor & Francis.

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: Taylor & Francis.

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

- Aoyagi, M. W., & Portenga, S. T. (2014). Five ring fever: Ethical considerations when consulting with Olympic athletes. In E. F. Etzel & J. C. Watson II (Eds.), *Ethical issues in sport, exercise, and performance psychology* (pp. 61-73). Morgantown, WV: Fitness Information Technology.
- Aoyagi, M. W., & Poczwadowski, A. (2012). Preface. In M. W. Aoyagi & A. Poczwadowski (Eds.), *Expert approaches to sport psychology: Applied theories of performance excellence*. Morgantown, WV: Fitness Information Technology.
- Poczwadowski, A., & Aoyagi, M. W. (2012). Afterword. In M. W. Aoyagi & A. Poczwadowski (Eds.), *Expert approaches to sport psychology: Applied theories of performance excellence*. Morgantown, WV: Fitness Information Technology.
- Aoyagi, M. W., & Poczwadowski, A. (2011). Models of sport psychology practice and delivery: A review. In S. D. Mellalieu & S. Hanton (Eds.), *Professional practice in sport psychology: A review* (pp. 5-30). London, UK: Routledge.

Refereed Convention Presentations (*indicates empirical)

- Aoyagi, M. W., Bartley, J., Bartley, N., Lawrence, N., & Zeplin, S. (2018, October). *What grad school couldn't teach me: Making the transition from student to an early career professional*. Panel presented at the annual conference of the Association for Applied Sport Psychology, Toronto, Canada.
- Aoyagi, M. W. (2018, October). *Craving flow? Mindfulness, flow, and tanha*. Poster presented at the annual conference of the Association for Applied Sport Psychology, Toronto, Canada.
- Aoyagi, M. W. (2018, August). *Exploring the historical roots of mindfulness: What do they mean for performance excellence?* Poster presented at the annual convention of the American Psychological Association, San Francisco, CA.
- Aoyagi, M. W., Hodge, K., Carlson, J., & Mellalieu, S. (2017, October). *Crash course: Sport psychology in collision sports*. Panel presented at the annual conference of the Association for Applied Sport Psychology, Orlando, FL.
- Poczwadowski, A., Ravizza, K., & Aoyagi, M. W. (2017, October). *Reflecting on past practices, recent challenges, and problem-solving in gaining entry*. Panel presented at the annual conference of the Association for Applied Sport Psychology, Orlando, FL.
- Wooding, C., Coker-Cranney, A., Aoyagi, M. W., Michel, J., & Morgan, T. (2017, October). *Still better together: A case study workshop for students*. Workshop presented at the annual conference of the Association for Applied Sport Psychology, Orlando, FL.
- Aoyagi, M. W., Baltzell, A., Haberl, P., & Pensgaard, A. M. (2016, September). *The teaching comes from the practice: Mindfulness applications for performance excellence*. Symposium

presented at the annual conference of the Association for Applied Sport Psychology, Phoenix, AZ.

*Fritze, T., Laird, M., Poczwadowski, A., & Aoyagi, M. W. (2016, September). *Revisiting gaining entry with athletic personnel for season-long consulting*. Lecture presented at the annual conference of the Association for Applied Sport Psychology, Phoenix, AZ.

Maher, C., Mugford, A., Carr, C., Lesyk, J. J., & Aoyagi, M. W. (2016, September). *Addressing the mental and emotional needs of professional athletes: Challenges in coordinating programs and services*. Panel presented at the annual conference of the Association for Applied Sport Psychology, Phoenix, AZ.

Anderson, J., Aoyagi, M. W., Goldman, S., & Morgan, T. (2016, March). *Finding hidden gems: Selecting athletic talent*. Panel presented at the South by Southwest (SXSW) conference, Austin, TX.

*Foss, J., Pendergrass, C., Seng, S., Aoyagi, M. W., & Poczwadowski, A. (2015, October). *An exploration of firefighters' psychological needs and resources*. Poster presented at the annual conference of the Association for Applied Sport Psychology, Indianapolis, IN.

Aoyagi, M. W. (2015, July). *Mental FITness: A theoretical model for performance excellence*. Poster presented at the European Congress of Sport Psychology, Bern, Switzerland.

Bilder, C., Hanley, S., O'Neil, A., Shapiro, J., Cowart, S., Diehl, R., & Aoyagi, M. W. (2014, October). *Comprehensive supervision structure of graduate students: Benefits, limitations, and future directions*. Symposium presented at the annual conference of the Association for Applied Sport Psychology, Las Vegas, NV.

Aoyagi, M. W., Cohen, A., Appaneal, R., Carr, B., & Carter, L. (2014, October). *Coalition for the advancement of graduate education and training in the practice of sport psychology: Supervision standards and practicum progression*. Symposium presented at the annual conference of the Association for Applied Sport Psychology, Las Vegas, NV.

Cohen, A., Aoyagi, M. W., Bryant, L., Coker-Cranney, A., & Finch, L. (2014, October). *Coalition for the advancement of graduate education and training in the practice of sport psychology: Voluntary program recognition for sport psychology practice graduate programs*. Symposium presented at the annual conference of the Association for Applied Sport Psychology, Las Vegas, NV.

Silva, J., Poczwadowski, A., Carr, B., Castillo, S., Cohen, A., Sachs, M., Appaneal, R., Aoyagi, M. W., Christensen, D., Etzel, E., Evans, J., Herzog, T., Van Raalte, J., Coker-Cranney, A., Fifer, A., Tashman, L., Watson, J. C., Metzler, J., Rhodius, A., Butcher-Poffley, L., Galli, N., & Vosloo, J. (2013, October). *Coalition for the advancement of graduate training in the practice of sport psychology: A report and discussion*. Symposium presented at the annual conference of the Association for Applied Sport Psychology, New Orleans, LA.

- Pensgaard, A. M., Hays, K., McCann, S., Haberl, P., & Aoyagi, M. W. (2013, October). *Expert Approaches to Sport Psychology II: Demonstrating Theory to Practice with Case Conceptualization*. Symposium presented at the annual conference of the Association for Applied Sport Psychology, New Orleans, LA.
- Poczwardowski, A., & Aoyagi, M. W. (2013, August). *Beyond competencies: Performance psychology consultant as a person, performer, and self-regulator*. Poster presented at the annual convention of the American Psychological Association, Honolulu, HI.
- *DeVore, C. A., Aoyagi, M. W., Gowensmith, N., Lehto, M., & Lomax, J. B. (2013, February). *Psychosocial distress screening in a community cancer center: A descriptive study of distress over the course of treatment*. Poster presented at the annual conference of the American Psychosocial Oncology Society, Huntington Beach, CA.
- Portenga, S., Aoyagi, M. W., Cohen, A. (2012, October). *Leadership development in the sports arena*. Panel discussion presented at the International Leadership Association Annual Conference, Denver, CO.
- Aoyagi, M. W. (2012, October). *Focus-Inspiration-Trust: An interdisciplinary approach to performance excellence*. In A. Cohen (Chair), *Interdisciplinary Perspectives on Applied Sport Psychology: Five Approaches to Performance Excellence*. Symposium conducted at the Association for Applied Sport Psychology 27th Annual Convention, Atlanta, GA, USA.
- Aoyagi, M. W. (2012, August). *An overview of performance psychology services provided on USA track and field international trips*. Poster presented at the annual convention of the American Psychological Association, Orlando, FL.
- Portenga, S., Aoyagi, M., Statler, T., Metzler, J., & Harmison, R. (2011, September). *Competency in sport and performance psychology: Connecting practice and education*. Panel presented at the annual conference of the Association for Applied Sport Psychology, Honolulu, HI.
- Aoyagi, M. W., Poczwardowski, A., Portenga, S., Shapiro, J., & Haberl, P. (2010, October). *How theory informs practice: The case of X conceptualized from four different perspectives*. Symposium presented at the annual conference of the Association for Applied Sport Psychology, Providence, RI.
- Aoyagi, M. W., Dale, J., Frevert, K., Lawrence, N., & Zeplin, S. (2010, August). *Supervision of supervision in sport and performance psychology*. Symposium presented at the annual convention of the American Psychological Association, San Diego, CA.
- Portenga, S. T., & Aoyagi, M. W. (2010, August). *What do we do? Defining the practice*. Conversation hour presented at the annual convention of the American Psychological Association, San Diego, CA.

- Aoyagi, M. W., Czech, D., Portenga, S., Metzler, J., & Poczwadowski, A. (2009, September). *Current issues and working solutions in designing and delivering master's programs: What might the future bring?* Symposium presented at the annual conference of the Association for Applied Sport Psychology, Salt Lake City, UT.
- Aoyagi, M. W., & Portenga, S. T. (2009, August). *Ethics in practice: International travel with U.S. national teams.* Workshop presented at the annual convention of the American Psychological Association, Toronto, Canada.
- Portenga, S.T., Henschen, K., Aoyagi, M. W., & Statler, T. (2009, June). *Mentoring in applied sport psychology.* Symposium presented at the 12th International Society of Sport Psychology World Congress of Sport Psychology, Marrakech, Morocco.
- Poczwadowski, A., Aoyagi, M. W., & Parzelski, D. (2008, December). *Exercise and sport psychology as a joint emphasis in labeling the field: Is this a valuable distinction in recruiting and graduating Master's students?* Lecture presented at the inaugural conference of the British Psychological Society Division of Sport & Exercise Psychology, London, UK.
- Aoyagi, M. W., Anderson, A. J., Kennedy, E. N., Akiyama, A. M., & Zeplin, S. (2008, September). *On student development: The contribution of coaching experience to developing sport psychology consultants.* Symposium presented at the annual conference of the Association for Applied Sport Psychology, St. Louis, MO.
- Portenga, S. T., & Aoyagi, M. W. (2008, August). *Psychological preparation for the Beijing Olympics.* Poster presented at the annual convention of the American Psychological Association, Boston, MA.
- Portenga, S. T., & Aoyagi, M. W. (2008, August). *Accreditation issues in sport psychology: An initial discussion.* Conversation hour presented at the annual convention of the American Psychological Association, Boston, MA.
- Portenga, S. T., & Aoyagi, M. W. (2007, October). *Ethical practice for consultants working directly for university athletic departments.* Lecture presented at the annual conference of the Association for Applied Sport Psychology, Louisville, KY.
- *Cox, R. H., McBride, A., McBride, J., & Aoyagi, M. W. (2007, October). *Predicting student-athlete career situations from college experiences: A path analysis using latent variables.* Poster presented at the annual conference of the Association for Applied Sport Psychology, Louisville, KY.
- Portenga, S. T., & Aoyagi, M. W. (2007, August). *Developing a positive team environment: The USA Track & Field model.* Workshop presented at the annual convention of the American Psychological Association, San Francisco, CA.
- *Aoyagi, M. W., Cox, R. H., & McGuire, R. T. (2006, September). *Organizational citizenship behavior in sport: Relationships with leadership, team cohesion, and athlete satisfaction.*

Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Miami, FL.

- *Cox, R. H., & Aoyagi, M. W. (2006, September). *Predicting student-athlete subjective performance from athlete coping skills, regulated motivation, and athlete identity*. Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Miami, FL.

- Portenga, S. T., Aoyagi, M. W., Flowers, R., & Moore, N. (2006, September). *Becoming a successful protégé: Keys to developing positive mentoring relationships in sport psychology*. Symposium presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Miami, FL.

- *Aoyagi, M. W., & Cox, R. H. (2005, October). *The effects of scholarship status on intrinsic motivation*. Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Vancouver, BC.

- Aoyagi, M. W., Portenga, S. T., Blom, L. C., & Cohen, A. (2005, October). *Bridging the theory-practice gulf: Interdisciplinary training to master the art of applying sport psychology science*. Workshop presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Vancouver, BC.

- *Cox, R. H., Valle, J., Aoyagi, M. W., Shade, C. J., Zamacona, G., Collins, P., Moran-Miller, K., & Mapes, R. (2005, October). *Predicting student-athlete subjective performance from athlete coping skills as measured by the ACSI-28*. Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Vancouver, BC.

- *Portenga, S., Statler, T., & Aoyagi, M. W. (2005, August). *A longitudinal evaluation of sport psychology consultation: Developing team environment, engagement, and positive competitive mindset*. Presented at the International Society of Sport Psychology 11th World Congress of Sport Psychology, Sydney, Australia.

- *Lapan, R. T., Kayson, M., Aoyagi, M. W., Webb, T., & Ferguson, C. M. (2004, April). *The role of community partnerships in promoting more effective post-high school transitions for rural youth: A longitudinal study*. Presented at the Annual Convention of the American Counseling Association, Kansas City, MO.

- *Cox, R. H., Valle, J., Shade, C. J., & Aoyagi, M. W. (2004, October). *Predicting student-athlete GPA from college experiences and selected athlete characteristics – A path analysis*. Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Minneapolis, MN.

- *Aoyagi, M. W., Cox, R. H., Thomas, T. R., & Volker, S. (2003, May). *Does four limb compression have a beneficial effect on mood state?* Poster presented at the annual conference of the American College of Sports Medicine, San Francisco, CA.

- *Aoyagi, M. W., Burke, K. L., Joyner, A. B., & Hardy, C. J. (2001, October). *The associations of competitive trait anxiety and personal control with burnout in sport*. Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
- *Burke, K. L., Aoyagi, M. W., & Joyner, A. B. (2001, October). *Spectators' perceptions of momentum while attending NCAA men's and women's basketball regular season contests*. Poster presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Orlando, FL.

Invited Presentations

- Aoyagi, M. W. (2018, August). *Exploring the historical roots of mindfulness: What do they mean for performance excellence?* Presented at the annual convention of the American Psychological Association, San Francisco, CA.
- Aoyagi, M. W. (2018, May). *Performance psychology: Mindfulness in action*. Presented at the XLR8 World Summit. <https://www.xlr8summit.com/exclusive207176>
- Aoyagi, M. W. (2018, January). *When mental toughness becomes mental weakness: Understanding and training your mind*. Presented at the USA Rugby National Development Summit, Denver, CO.
- Aoyagi, M. W. (2017, August). *Sport psychology in the National Football League*. Presented at the Association for Applied Sport Psychology PRO sport summit, Tampa, FL.
- Aoyagi, M. W. (2017, April). *Mindfulness applications within professional sport in the United States*. Presented at the Copenhagen Summit on Mindfulness and Acceptance Approaches in Elite Sport, Copenhagen, Denmark.
- Aoyagi, M. W. (2017, April). *The future of sport and performance psychology*. Panel presented at the Association for Applied Sport Psychology Southwest Regional Conference, Denver, CO.
- Aoyagi, M. W. (2017, January). *The point of highest leverage*. Presented at the United States Olympic Training Center, Colorado Springs, CO.
- Aoyagi, M. W., Hays, K. F., & Van Raalte, J. L. (2016, April). *So, you want to be a sport psychology consultant*. Webinar presented to APA Division 47, Society for Sport, Exercise, and Performance Psychology.
- Aoyagi, M. W. (2015, October). *Confidence, courage, growth mindset*. Presented to USA Men's Basketball Camp, Colorado Springs, CO.
- Aoyagi, M. W. (2015, June). *Strategies for maximum performance*. Presented to USA Men's Basketball, Colorado Springs, CO.

- Aoyagi, M. W. (2015, June). *Strategies for maximum performance*. Presented to USA Women's Basketball, Colorado Springs, CO.
- Aoyagi, M. W. (2015, February). *Mindfulness and performance*. Presented to USA Volleyball High Performance Coaches' Clinic, Colorado Springs, CO.
- Aoyagi, M. W. (2014, November). *Leadership and professionalism*. Workshop presented to the Denver Broncos Football Club, Denver, CO.
- Aoyagi, M. W. (2014, October). *Training a wild elephant: Mindfulness and teamwork*. Presented to the Denver Nuggets Basketball Club, Denver, CO.
- Aoyagi, M. W. (2014, October). *Acceptance and Commitment Training in the National Basketball Association*. Presented to the United States Olympic Committee and Team Denmark Sport Psychology, Colorado Springs, CO.
- Aoyagi, M. W. (2014, October). *USA Track & Field: A national governing body sport psychology model*. Presented to the United States Olympic Committee and Team Denmark Sport Psychology, Colorado Springs, CO.
- Aoyagi, M. W. (2014, March). *The trials of Muhammad Ali*. Panel discussion sponsored by Rocky Mountain PBS, Denver, CO.
- Aoyagi, M. W. (2014, January). *Togetherness, belief, trust*. Presented to the Denver Nuggets Basketball Club, Denver, CO.
- Aoyagi, M. W. (2013, October). *Performance excellence*. Workshop presented to the Denver Broncos Football Club, Denver, CO.
- Aoyagi, M. W. (2012, November). *Performance excellence*. Workshop presented to the Denver Broncos Football Club, Denver, CO.
- Aoyagi, M. W. (2012, November). *Leadership and workplace conduct*. Workshop presented to the Denver Broncos Football Club, Denver, CO.
- Aoyagi, M. W. (2011, November). *Performance excellence*. Workshop presented to the Denver Broncos Football Club, Denver, CO.
- Aoyagi, M. W. (2011, November). *Leadership and workplace conduct*. Workshop presented to the Denver Broncos Football Club, Denver, CO.
- Aoyagi, M. W., & Van Raalte, J. (2011, August). *Future education in sport psychology for practitioners*. 25th Anniversary Invited Address presented to Division 47 of the American Psychological Association, Washington, DC.

- Aoyagi, M. W., & Portenga, S. (2011, April). *Leadership through positive relationships*. Keynote address presented to Missouri Athletic Administrators Association, Osage Beach, MO.
- Aoyagi, M. W., & Portenga, S. (2011, April). *Motivation through positive relationships*. Workshop presented to Missouri Athletic Administrators Association, Osage Beach, MO.
- Aoyagi, M., Poczwardowski, A., Portenga, S., & Shapiro, J. (April 16, 2011). *Professional panel on current issues in sport and performance psychology*. Invited panel presented to 2011 AASP Southwest Regional Student Conference, University of Denver, Denver, CO.
- Aoyagi, M., & Portenga, S. (2011, February). *Evening of ethics seminar: The ethical issues involved with the care of collegiate and elite athletes*. Invited seminar presented to the 7th Annual Big Sky Sport Psychology Retreat, Big Sky, MT.
- Aoyagi, M. W. (2010, June). *The USA track & field sport psychology service delivery model and title, licensure, and certification issues in sport psychology in the United States*. Presented to the Polish Olympic Committee, Warsaw, Poland.
- Aoyagi, M. W. (2010, June). *Developing excellence in athletes and performers: The SUCCESS model*. Presented to the Warsaw School of Social Psychology, Warsaw, Poland.
- Aoyagi, M. W. (2010, June). *Sport and performance psychology in the United States: History, title, licensure, and best practices*. Presented to the Warsaw School of Social Psychology, Warsaw, Poland.
- Aoyagi, M. W. (2009, December). *Developing high performance coaches and athletes*. Presented to the New Zealand Rugby Union, Wellington, New Zealand.
- Aoyagi, M. W. (2007, March). *Understanding values, purpose, and success within a mentoring relationship*. Presented to the University of Southern California Athletic Department Mentoring Program.
- Aoyagi, M. W. (2006, October). *Mastering life as a student-athlete*. Presented to the University of Southern California Athletic Department.
- Aoyagi, M. W. (2006, October). *Becoming a successful student-athlete*. Presented to the University of Southern California Athletic Department.
- Aoyagi, M. W. (2006, August). *Adjusting to life as a college student-athlete*. Presented to the University of Southern California Athletic Department.
- Aoyagi, M. W. (2006, June). *Special topics for Cal Poly Counseling Services: Acceptance and Commitment Therapy*. Presented at California Polytechnic State University Counseling Services.

- Aoyagi, M. W. (2005, December). *Special topics for Cal Poly Counseling Services: Student-athlete culture and sport psychology consultation*. Presented at California Polytechnic State University Counseling Services.
- Aoyagi, M. W. (2005, March). *A college counselor's perspective on alcohol*. Panel discussion for Alcohol Awareness Week at William Woods University.
- Aoyagi, M. W. (2004, June). *An introduction to sport psychology: How to make practice time more effective*. Presented at the University of Missouri soccer camp.
- Aoyagi, M. W., & Sandstedt, S. (2004, June). *Psychological responses to athletic injury: Mechanisms and intervention*. Presented at the Missouri Athletic Trainers Association.
- Aoyagi, M. W., & Sandstedt, S. (2004, February). *Counseling injured student-athletes*. Presented for the William Woods University athletic trainers.
- Aoyagi, M. W. (2003, June). *An introduction to sport psychology*. Presented at the University of Missouri soccer camp.
- Aoyagi, M. W. (2001, April). *Psychological rehabilitation of athletic injury*. Presented for the Georgia Southern University sports medicine department.

Professional Service

Subject Matter Expert, Job Task Analysis, Association for Applied Sport Psychology	2015
Research and Practice Division Head, Executive Board, Association for Applied Sport Psychology	2014-2017
Member, Distinguished Professional Practice Award Committee, Association for Applied Sport Psychology	2014-2014
FEPSAC (European Federation of Sport Psychology) Congress Scientific Evaluation Committee	2014-2014
Chair, Graduate Program Committee, Association for Applied Sport Psychology	2013-2014
Co-Leader, Develop Supervision Standards and Practicum Progressions, Coalition for the Advancement of Graduate Education and Training in the Practice of Sport Psychology	2013-2014
Member, Draft a Progression and Plan for Voluntary Program Recognition and Eventual Program Accreditation for Sport Psychology Graduate Programs, Coalition for the Advancement of Graduate Education and Training in the Practice of Sport Psychology	2013-2014
Member, Foundation Committee, Association for Applied Sport Psychology	2012-2014
Member, Future of Focus Areas Ad Hoc Committee, Association for Applied Sport Psychology	2012-2014
Member-at-Large, Division 47 Executive Committee, American Psychological Association	2011-2013
Chair, Division 47 Science Committee, American Psychological Association	2010-2012

Invited Reviewer, Mexican Journal of Psychology	2010
Member, Division 47 Practice Committee, American Psychological Association	2008-2014
Division 47 Program Reviewer, American Psychological Association	2008-Present
Member, Division 47 Public Interest Committee, American Psychological Association	2008-2012
Association for Applied Sport Psychology Program Reviewer	2008-Present
Member, Student Development Committee, Association for Applied Sport Psychology	2007-2010

University Service, University of Denver

University-Wide

Honor Code Advisory Council (Faculty Education & Training subcommittee)	2010-2013
Faculty Athletic Committee	2008-2011

Graduate School of Professional Psychology

Committee Memberships

Appointment, Promotion, and Tenure Committee	2013-2016
PsyD Accreditation Committee	2009
Executive Committee	2007-2015
<i>Search Committees</i>	
MASC Director Search Committee	2017
MASPP Faculty Search Committee	2016
MASC Faculty Search Committee	2016
MASPP Faculty Search Committee	2011
MASPP Faculty Search Committee	2009
MASPP Faculty Search Committee	2008

Doctoral Paper Activities

Chair	Christine Devore	Approved 2013
Chair	Jeff Crowe	Approved 2013
Chair	Lani Lawrence	Approved 2012
Chair	Leah Wingert	Approved 2010
Chair	Mike Wong	Approved 2010
Chair	Greta Raaen	Approved 2010
Member	Katie Weiss	Approved 2016
Member	Tiffany McCain	Approved 2015
Member	Lies van Bekkum	Approved 2015
Member	Nichole Duckham	Approved 2013
Member	Gillian Taylor	Approved 2013
Member	Jessica Dale	Approved 2012

Member	David Hargrave	Approved 2012
Member	Ahou Skibba	Approved 2012
Member	Lisa Solursh	Approved 2011
Member	Nicole Thibert	Approved 2008

MASPP Master's Project Activities

Chair	Adam Bernero, Megan Rinderer	Approved 2017
Chair	Ted Nilsson, Motohiro Ban	Approved 2017
Chair	Erin Carmone, Seth Swary	Approved 2016
Chair	Lauren Dicredico, Lorna Stergios	Approved 2016
Chair	Alena Anderson, Allison Elber, Jimena Gonzalez	Approved 2016
Chair	Rasheen Swindell, Kevin O'Conner, Kirill Grinchenko	Approved 2015
Chair	Ryan Marshall, Sarah Cowart, Kaitlyn Nichols	Approved 2015
Chair	Joanna Foss, Cody Sohn, Stephanie Seng	Approved 2014
Chair	Tommy Fritze, Mark Laird	Approved 2014
Chair	Greg Bernard, Ben Roberts	Approved 2013
Chair	Michael Mosley, Desiree Frierson, Yihan Chang	Approved 2013
Chair	Brittany Wheeler, Rebecca Gross	Approved 2013
Chair	Amy Duba	Approved 2013
Chair	Erica Cox	Approved 2012
Chair	Aspen Summerlin, Lindsay Wright	Approved 2012
Chair	Mark Campfield	Approved 2012
Chair	Sara Cole, Kelli Garrison	Approved 2011
Chair	Juliette Bowers, Jeff Prater	Approved 2011
Chair	Curtis Tunson	Approved 2011
Chair	Maeve O'Donnell	Approved 2010
Chair	Soek Hau	Approved 2010
Chair	Nick Bartley	Approved 2010
Chair	Matt Fee	Approved 2010
Chair	Pat Schneider	Approved 2010
Chair	Alicia Akiyama	Approved 2009
Chair	Phil Del Vecchio	Approved 2009
Chair	Richelle Walker	Approved 2009
Chair	Kyle Zaber	Approved 2009
Member	Ben Barone, Ian Palombo, Chad Doerr, Parker Tims, Murphy Barry	Approved 2014
Member	Alex Ross	Approved 2014
Member	Kaelene Curry, Daren Koehler	Approved 2014
Member	Lexi Nay	Approved 2014
Member	Carly Schwartz, Lindsey Colbert	Approved 2013
Member	Matt Comand	Approved 2013
Member	Rendy Marican, Brooke Lamphere, Kirsten Allen	Approved 2013
Member	Julie Vieselmeyer, Elizabeth Bowen	Approved 2012

Member	Mel Hamlin	Approved 2012
Member	Elizabeth Kingen, Meg Mullan	Approved 2012
Member	Louis Goldin	Approved 2012
Member	Sarah Bregman	Approved 2011
Member	Whitney Patterson	Approved 2011
Member	Hannah Katz, Clayton Phillips-Dorsett, Luci Maggiolo, Todd Kipnis	Approved 2011
Member	Adam O'Neil, Trevor Cote, Michelle Eck, Bob Diehl	Approved 2011
Member	Brenna Johnston	Approved 2010
Member	Liz Major	Approved 2010
Member	Melissa Gollick	Approved 2010
Member	Lindsey Abercrombie	Approved 2010
Member	Lucy Galleher	Approved 2010
Member	Lindsay Holtz	Approved 2010
Member	Ashley Anderson	Approved 2009
Member	Christine Codi	Approved 2009
Member	Erin Kennedy	Approved 2009
Member	Shawn Zeplin	Approved 2009

PsyD Competency Exams

Examiner **2009-Present**

MA Forensic Competency Exams

Examiner **2008-Present**

Center for Community Engagement and Service Learning

Morgridge Community Scholars Mentor	2009-2010
Service Learning Scholar	2008-2009
Morgridge Community Scholars Mentor	2008-2009

Popular Media Appearances

Books

Palca, J., & Lichtman, F. (2011). *Annoying: The science of what bugs us*. Hoboken, NJ: Wiley.

Newspapers

Jones, L. H. (2010, September 22). Unanswered in the death of Kenny McKinley: Why? *The Denver Post*.

Magazines

Costa, S. (2013, September). See success. *Climbing*, 318, 27.

Voelker, R. (2012, November). Hot careers: Sport psychology. *gradPSYCH Magazine*, 10(4).

Gumper, B. (Ed.). (2011, November/December). Life lesson: Change gears. *Fitness Magazine*.

Television

Zappolo, R. (2010, September 26). *Zappolo's people*. Denver, CO: Fox Broadcasting.

Smith, S. (2008, January 6). *The FOX report with Shepard Smith*. New York, NY: Fox Broadcasting.

Radio

Fader, J. (Host). (2017, December 6). *Fader-Aid*.

Parker, L. (Producer). (2017, November 28). *Doctor Radio*.

Chetwynd, J. (Host). (2013, November 27). *The Real Deal in Sports*.

Lynn, N. (Producer). (2010, September 24). *Colorado's Morning News*.

Online

Stifler Wolfe, E. (2019, May 20). How Hilaree Nelson navigates risk and parenting. *Outside*. Retrieved from <https://www.outsideonline.com/2394944/hilaree-nelson-navigates-risk-and-parenting>

Springer, S. (2019, January 30). Despite their dominance, the Patriots embrace the disrespected 'underdog' role. *WBUR News*. Retrieved from <https://www.wbur.org/news/2019/01/30/patriots-underdog-psychology-super-bowl>

Berkon, E. (2018, November 19). The spin instructor's 'love yourself' approach didn't motivate her. So what would? *The Washington Post*. Retrieved from https://www.washingtonpost.com/lifestyle/wellness/the-spin-instructors-love-yourself-approach-didnt-motivate-her-so-what-would/2018/11/19/8ee4874c-e840-11e8-bbdb-72fdbf9d4fed_story.html?noredirect=on&utm_term=.12a98d6a714d

Aiken, K. (2017, November 15). Psychologists explain how to deal with the nightmare that is Thanksgiving dinner. *The Huffington Post*. Retrieved from https://www.huffingtonpost.com/entry/psychologists-thanksgiving-dinner-stress_us_59ee86b1e4b03535fa937e9c

- Shilstone, M. (2017, October 13). Optimum performance: NFL bye week: rest, repair, regenerate, win. *nola.com The Times-Picayune*. Retrieved from http://www.nola.com/saints/index.ssf/2017/10/optimum_performance_nfl_bye-we.html
- Schultz, R. (2017, July 11). The best mental strategies to power through pain. *Men's Fitness*. Retrieved from <http://www.mensfitness.com/training/pro-tips/best-mental-strategies-power-through-pain>
- CBC News. (2017, June 27). 'Quite remarkable': Roberto Osuna's anxiety disclosure could encourage others who are struggling. *CBC News*. Retrieved from <http://www.cbc.ca/news/health/roberto-osuna-blue-jays-anxiety-1.4178752>
- Hughes, L. (2017, June 6). BoxUnion, L.A.'s newest boxing studio, works your body and mind. *Self*. Retrieved from <http://www.self.com/story/boxunion-boxing-studio>
- Fox, A. (2017, May 18). 10 expert-approved ways to turn around a crappy day. *The Huffington Post*. Retrieved from http://www.huffingtonpost.com/entry/bad-day-tips_us_59122641e4b0a58297e0492e?mbc
- Kramer, A. (2017, May 15). Experts, friends call PSU kicker's openness on eating disorder 'groundbreaking.' Retrieved from <http://bleacherreport.com/articles/2709729-experts-friends-call-psu-kickers-openness-on-eating-disorder-groundbreaking>
- Lighthall, S. (2017, May 2). If Olympic champions can fail, you can too: the Relate podcast. *Relate by zendesk*. Retrieved from <https://relate.zendesk.com/articles/olympic-champions-can-fail-can-relate-podcast/>
- Zendesk. (Producer). (April 26, 2017). *Relate by zendesk Episode 5: Failure* [Audio podcast]. Retrieved from <https://relate.zendesk.com/education/relate-podcast/>
- Myrick, K. (2017, April 19). The dreaded mental block: Helping kids conquer them. *Sporting Kid Live*. Retrieved from <https://www.nays.org/sklive/for-coaches/the-dreaded-mental-block-helping-kids-conquer-them/>
- Shortsleeve, C. (2016, December 7). Why competition beats support. *Furthermore from Equinox*. Retrieved from <http://furthermore.equinox.com/articles/2016/12/competition>
- Almendrala, A. (2016, August 1). 3 things failure can teach you about success, according to these athletes. *The Huffington Post*. Retrieved from http://www.huffingtonpost.com/entry/failure-can-lead-to-success-if-youll-let-it_us_579ae608e4b0e2e15eb555de
- Zarley, B. D. (2016, June 24). The mindful athlete: Can preventative mental health improve performance, too? *Vice Sports*. Retrieved from https://sports.vice.com/en_us/article/the-mindful-athlete-can-preventative-mental-health-improve-performance-too

- Vogl, J. (2016, June 22). Giving up the game a difficult choice for concussed NHL players. *The Buffalo News*. Retrieved from <http://sabres.buffalonews.com/2016/06/22/giving-up-the-game-a-difficult-choice-for-concussed-nhl-players/>
- Spearman, K. (2016, March 11). Sports' body politics: The ethics behind data mining athletes' emotions. *The Austin Chronicle*. Retrieved from <http://www.austinchronicle.com/screens/2016-03-11/sports-body-politics/>
- Marcus, M. B. (2016, February 5). How the pros manage Super Bowl jitters. *CBS News*. Retrieved from <http://www.cbsnews.com/news/super-bowl-football-pros-manage-jitters/>
- Wermund, B. (2014, December 15). New UT center aims to help student athletes. *The Houston Chronicle*. Retrieved from <http://www.houstonchronicle.com/news/houston-texas/houston/article/New-UT-center-aims-to-help-student-athletes-5958879.php#/0>
- Constable, A., & Webber, W. (2014, October 13). When you're hot, you're ... not? *The Santa Fe New Mexican*. Retrieved from http://www.santafenewmexican.com/news/health_and_science/when-you-re-hot-you-re-not/article_c7806d70-2292-5a11-bf66-b4b2bd8a982e.html
- Cotton, A. (2014, September 5). Super Bowl losers: Grieving part of rebound process. *The Denver Post*. Retrieved from http://www.denverpost.com/broncos/broncos/preview/2014/ci_26444770/broncos-super-bowl-losers.html
- Elliott, J. (2014, September 3). Do you need a tri shrink? *Ironman*. Retrieved from <http://www.ironman.com/triathlon/news/articles/2014/09/do-you-need-a-sports-psychologist.aspx#axzz3CU1QIXdM>
- Tolin, L. (2014, February 14). 5 things regular couples can learn from pairs skaters. *Today*. Retrieved from <http://www.today.com/health/5-things-regular-couples-can-learn-pairs-skaters-2D12114660>
- Landau, I. (2014, February 13). 8 things you can learn from the way Olympic athletes train their brains for competition. *MSN Healthy Living*. Retrieved from <http://healthyliving.msn.com/fitness/8-things-you-can-learn-from-the-way-olympic-athletes-train-their-brains-for-competition>
- Park, A. (2014, February 8). Turning individual athletes into team players: How do competitors who train their entire careers to look out for number one adjust to relying on others to get the gold? *Time*. Retrieved from <http://healthland.time.com/2014/02/08/olympics-2014-team-events-and-when-the-gold-medal-is-out-of-your-hands/>
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<http://www.sbnation.com/whiskey-room/2013/4/8/4196850/trey-burke-michigan-basketball-momentum-ncaa-tournament-2013#comments>

Lieff, L. (n.d.). Do you need a sport psychologist? The answer is yes if you play sports at any level. *Glendale Cherry Creek Chronicle*. Retrieved from <http://www.glendalecherrycreek.com/do-you-need-a-sport-psychologist-the-answer-is-yes-if-you-play-sports-at-any-level/>

Fox, A., & Costa, S. (n.d.). Breathe easier: Mental tacks to get through tough climbs. *Climbing*. Retrieved from <http://www.climbing.com/skill/breathe-easier-mental-tacks-to-get-through-tough-climbs/>

Klis, M. (2012, May 13). Death of Junior Seau once again puts concussions at forefront of controversy. *The Denver Post*. Retrieved from http://www.denverpost.com/ci_20611436/death-junior-seau-concussions-nfl-controversy#

Browne, C. (n.d.). Sports psychologists & their responsibilities. *The Houston Chronicle*. Retrieved from <http://work.chron.com/sports-psychologists-responsibilities-15354.html>

Gergely, L., & Edelman, J. (2011, February 17). How athletics impact mental health at college. *The Columbia Daily Spectator*. Retrieved from <http://eye.columbiaspectator.com/?q=article/2011/02/17/get-your-head-game>

Jay, E. F. (2010, December 27). Coaching athletes back from defeat. *The Co@ching Commons*. Retrieved from <http://coachingcommons.org/featured/coaching-athletes-back-from-defeat/>

Jones, L. H. (2010, September 22). Unanswered in the death of Kenny McKinley: Why? *The Denver Post*. Retrieved from <http://www.denverpost.com>

Ruiz, R. (2009, June 16). Hitting the wall: When a hobby turns into an obsession, the body--and mind--can give out. *Forbes.com*. Retrieved from <http://www.forbes.com>

Podcasts

Adams, B. (Host). (2018, March 19). *Dr. Mark Aoyagi: Performance Psychology and the Art of Mindfulness*. <http://aliveandwellpodcast.com/dr-mark-aoyagi/>

Scholarly Honors and Awards

Fellow (2016)-Recognition from the Association for Applied Sport Psychology for members who have achieved distinction through significant contributions to academic and professional practice knowledge in sport psychology

Early Career Professional Award (2013)-Inaugural award presented by Division 47 (Exercise and Sport Psychology) of the American Psychological Association for substantial contributions to sport, exercise, or performance psychology

Scholarship (2005-2006)-Gertrude Strickler scholarship-University of Missouri College of Education award for academic excellence

Sport Psychology Student-Practitioner of the Year (2005)-Award granted by the Association for the Advancement of Applied Sport Psychology to the student demonstrating the best applied work with sport teams and athletes consistent with an appropriate consultation philosophy

Graduate and Professional Council Travel Scholarship (2005)-Competitive award given for travel expenses associated with a research presentation at a national or international conference-\$400

Department of Educational, School, and Counseling Psychology Travel Scholarship (2005)-Competitive award given for travel expenses associated with first authorship on a research presentation at a national conference-\$250

College of Education High Flyer Status (2001, 2002, 2003, & 2004)-Award granted to instructors for high student evaluation ratings

Scholarship (2002-2003)-Velma Bowers Douce' scholarship-University of Missouri College of Education award for promising future teachers

Teaching Excellence Award, Georgia Southern University (2000 & 2001)-Departmental teaching award

Graduate Student Association Research Travel Award (2000)-Competitive award for travel funding for a research presentation at a national conference-\$150

Professional Affiliations

International Society of Sport Psychology, 2009-Present

American Psychological Association, 2002-Present

Association for Applied Sport Psychology, 1999-Present

Association for Human Excellence and Development, President, 2001-2005

University of Missouri-Columbia

Student organization recognized by the university to program events bringing leaders on the topic of excellence, across various disciplines, to campus. Coordinated recruitment of speakers. Responsible for appropriating funds for student travel and speakers' honorarium.