

**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**

**January, 2020-Present**

*Co-Director of Sport & Performance Psychology*

*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. Represent the program in professional organizations and conferences. Teach, advise, mentor, and supervise students.

### **University of Denver**

**September, 2007-January, 2020**

*Director of Sport & Performance Psychology*

*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.

## ***Teaching Experience***

### **University of Denver**

**September, 2018-Present**

*Graduate School of Professional Psychology*

#### **Professor**

Sport & Performance Psychology Interventions, Practicum in Sport & Performance Psychology, Theories of Performance Excellence, Practicum in Sport & Performance Psychology: Professional Practice, Entrepreneurship in Sport & Performance Psychology

### **University of Denver**

**September, 2013-August, 2018**

*Graduate School of Professional Psychology*

#### **Associate Professor**

Sport & Performance Psychology Interventions, Practicum in Sport & Performance Psychology, Theories of Performance Excellence, Practicum in Sport & Performance Psychology: Professional Practice, Entrepreneurship in Sport & Performance Psychology

### **University of Denver**

**September, 2007-August, 2013**

*Graduate School of Professional Psychology*

#### **Assistant Professor**

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

**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-October, 2018**

*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***

Poczwardowski, A., Aoyagi, M. W., Fritze, T., & Laird, M. (2020). Revisiting “Gaining Entry”: Roundtable discussion 25 years later. *The Sport Psychologist*, 34, 153-161. doi: 10.1123/tsp.2018-0189

Aoyagi, M. W., Cohen, A. B., Poczwardowski, 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., Poczwardowski, 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., Poczwardowski, 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**

Aoyagi, M. W., & Bartley, J. D. (2020). Helping athletes commit to action: Cold feet, crying babies, and early morning training. In K. Henriksen, J. Hansen, & C. Hvid Larsen (Eds.), *Mindfulness and acceptance in sport: How to help athletes perform and thrive under pressure* (pp. 72-81). New York, NY: Routledge.

Aoyagi, M. W., & Fader, J. (2020). Keeping your eyes closed *and* on the ball: Mindfulness in professional sports in the United States. In K. Henriksen, J. Hansen, & C. Hvid Larsen (Eds.), *Mindfulness and acceptance in sport: How to help athletes perform and thrive under pressure* (pp. 107-117). 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. 163-174). 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)**

Poczwadowski, A., Stambulova, N., Haberl, P., Aoyagi, M. W., & Lamphere, B. (2020, October). *Open to change: Career-spanning insights into professional philosophy from professional practice and research perspectives*. Panel presented at the annual conference of the Association for Applied Sport Psychology, Virtual Presentation.

Gabana, N. T., & Aoyagi, M. W. (2019, August). *Exploring athletes' spirituality from a multicultural framework*. Skill-building session presented at the annual convention of the American Psychological Association, Chicago, IL.

- 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.
- Poczwadowski, 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., Poczwadowski, 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 12<sup>th</sup> 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**

- Smith-Acuna, S., Barrs, K., & Aoyagi, M. W. (2020, August). *Community + Values: Creating a resilient community*. Webinar presented by the University of Denver.
- Durand-Bush, N., Mugford, A., Haberl, P., Gunter, K., & Aoyagi, M. (2020, May). *Mental health awareness month: Supporting athlete mental health during the COVID-19 pandemic*. Webinar presented by the Association for Applied Sport Psychology.

- Whitt, L., Shaw, L., Miles, B., & Aoyagi, M. (2019, November). *Mental health opportunities*. Panel presented at the Google Vitality Lab, Sunnyvale, CA.
- Aoyagi, M., Baird, S., Christensen, D., Coakley, S., Hess, C., & Petitpas, A. (2019, October). *The Burt Giges workshop: The spirit and tradition of experiential learning*. Feature session presented at the annual conference of the Association for Applied Sport Psychology, Portland, OR.
- 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*. 25<sup>th</sup> 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., Poczwadowski, 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 7<sup>th</sup> 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	<b>2015</b>
Research and Practice Division Head, Executive Board, Association for Applied Sport Psychology	<b>2014-2017</b>
Member, Distinguished Professional Practice Award Committee, Association for Applied Sport Psychology	<b>2014-2014</b>
FEPSAC (European Federation of Sport Psychology) Congress Scientific Evaluation Committee	<b>2014-2014</b>
Chair, Graduate Program Committee, Association for Applied Sport Psychology	<b>2013-2014</b>
Co-Leader, Develop Supervision Standards and Practicum Progressions, Coalition for the Advancement of Graduate Education and Training in the Practice of Sport Psychology	<b>2013-2014</b>
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	<b>2013-2014</b>
Member, Foundation Committee, Association for Applied Sport Psychology	<b>2012-2014</b>
Member, Future of Focus Areas Ad Hoc Committee, Association for Applied Sport Psychology	<b>2012-2014</b>
Member-at-Large, Division 47 Executive Committee, American Psychological Association	<b>2011-2013</b>
Chair, Division 47 Science Committee, American Psychological Association	<b>2010-2012</b>
Invited Reviewer, Mexican Journal of Psychology	<b>2010</b>
Member, Division 47 Practice Committee, American Psychological Association	<b>2008-2014</b>
Division 47 Program Reviewer, American Psychological Association	<b>2008-2019</b>
Member, Division 47 Public Interest Committee, American Psychological Association	<b>2008-2012</b>

Association	
Association for Applied Sport Psychology Program Reviewer	<b>2008-2018</b>
Member, Student Development Committee, Association for Applied Sport Psychology	<b>2007-2010</b>

## **University Service, University of Denver**

### ***University-Wide***

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

### ***Graduate School of Professional Psychology***

#### **Committee Memberships**

Dean's Diversity Advisory Committee	<b>2020-present</b>
Appointment, Promotion, and Tenure Committee	<b>2013-2016; 2018-present</b>
PsyD Accreditation Committee	<b>2009</b>
Executive Committee	<b>2007-2015</b>

#### *Search Committees*

MASC Director Search Committee	<b>2017</b>
MASPP Faculty Search Committee	<b>2016</b>
MASC Faculty Search Committee	<b>2016</b>
MASPP Faculty Search Committee	<b>2011</b>
MASPP Faculty Search Committee	<b>2009</b>
MASPP Faculty Search Committee	<b>2008</b>

#### **Doctoral Paper Activities**

Chair	Christine Devore	<b>Approved 2013</b>
Chair	Jeff Crowe	<b>Approved 2013</b>
Chair	Lani Lawrence	<b>Approved 2012</b>
Chair	Leah Wingert	<b>Approved 2010</b>
Chair	Mike Wong	<b>Approved 2010</b>
Chair	Greta Raaen	<b>Approved 2010</b>
Member	Katie Weiss	<b>Approved 2016</b>
Member	Tiffany McCain	<b>Approved 2015</b>
Member	Lies van Bekkum	<b>Approved 2015</b>
Member	Nichole Duckham	<b>Approved 2013</b>
Member	Gillian Taylor	<b>Approved 2013</b>
Member	Jessica Dale	<b>Approved 2012</b>
Member	David Hargrave	<b>Approved 2012</b>
Member	Ahou Skibba	<b>Approved 2012</b>
Member	Lisa Solursh	<b>Approved 2011</b>

Member Nicole Thibert

**Approved 2008**

### **MASPP Master's Project Activities**

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

Member	Sarah Bregman	<b>Approved 2011</b>
Member	Whitney Patterson	<b>Approved 2011</b>
Member	Hannah Katz, Clayton Phillips-Dorsett, Luci Maggiolo, Todd Kipnis	<b>Approved 2011</b>
Member	Adam O'Neil, Trevor Cote, Michelle Eck, Bob Diehl	<b>Approved 2011</b>
Member	Brenna Johnston	<b>Approved 2010</b>
Member	Liz Major	<b>Approved 2010</b>
Member	Melissa Gollick	<b>Approved 2010</b>
Member	Lindsey Abercrombie	<b>Approved 2010</b>
Member	Lucy Galleher	<b>Approved 2010</b>
Member	Lindsay Holtz	<b>Approved 2010</b>
Member	Ashley Anderson	<b>Approved 2009</b>
Member	Christine Codi	<b>Approved 2009</b>
Member	Erin Kennedy	<b>Approved 2009</b>
Member	Shawn Zeplin	<b>Approved 2009</b>

### **PsyD Competency Exams**

Examiner	<b>2009-Present</b>
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### **MA Forensic Competency Exams**

Examiner	<b>2008-Present</b>
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### ***Center for Community Engagement and Service Learning***

Morgridge Community Scholars Mentor	<b>2009-2010</b>
Service Learning Scholar	<b>2008-2009</b>
Morgridge Community Scholars Mentor	<b>2008-2009</b>

### **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***

Anderson, M., & O'Brien, P. (2021, March). How to stay focused when you're stressed and overwhelmed. *Shape Magazine*.

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**

Anderson, M., & O'Brien, P. (2021, March 22). How to stay focused when you're stressed and overwhelmed. *Shape*. Retrieved from <https://www.shape.com/lifestyle/mind-and-body/how-to-stay-focused>

Hurst, A. (2020, October 29). The state of happiness. *University of Denver Magazine*. Retrieved from <https://magazine.du.edu/stateofhappiness/>

Aoyagi, M. W. (2020, January 29). Creating a "big-game" mindset. *Association for Applied Sport Psychology*. Retrieved from <https://www.youtube.com/watch?v=azPv175JTrQ>

Feldman, J. (2019, September 9). 5 therapists on why they go to therapy. *The Huffington Post*. Retrieved from [https://www.huffpost.com/entry/therapists-professional-help\\_1\\_5d362171e4b020cd99480052?guccounter=1](https://www.huffpost.com/entry/therapists-professional-help_1_5d362171e4b020cd99480052?guccounter=1)

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>

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- 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](http://www.nola.com/saints/index.ssf/2017/10/optimum_performance_nfl_bye-we.html)
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- 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](http://www.huffingtonpost.com/entry/bad-day-tips_us_59122641e4b0a58297e0492e?mbc)
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- 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>
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## ***Podcasts***

Grabowski, K. (Host). (2020, August 6). Dealing with player mental health. *USA Football Coach and Coordinator Podcast*. <https://podcasts.apple.com/us/podcast/dealing-player-mental-health-university-denver-dr-mark/id1216363733?i=1000487330001>

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

## **Scholarly Honors and Awards**

*Distinguished Contributions to Education and Training Award* (2021)-Award presented by Division 47 (Society for Sport, Exercise, & Performance Psychology) of the American Psychological Association recognizing a sport psychologist or training program that over time has consistently provided significant contributions to education and training in Exercise and Sport Psychology.

*Fellow* (2020)-Recognition from the American Psychological Association bestowed upon APA members who have shown evidence of unusual and outstanding contributions or performance in the field of psychology. Fellow status requires that a person's work has had a national impact on the field of psychology beyond a local, state or regional level. Sponsored by Division 47: Society for Sport, Exercise, and Performance Psychology.

*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.