



FALL 2024

CANADIAN SPORT PSYCHOLOGY ASSOCIATION

CSPA FALL NEWSLETTER

LETTER FROM THE CHAIR

Dear CSPA Members,

As we welcome the winter season, with coloured leaves, cold and snowy days and the enjoyment of winter sports and activities, I am reminded that it is a time of reflection - both in our personal lives and in our work as mental performance consultants. This year has presented us with new challenges and exciting opportunities, and as we look ahead, we continue to work towards serving our membership and growing the mental performance profession in Canada.

After recently attending AASP in Las Vegas, I was reflecting on our collective work in the field. We have an incredibly diverse membership across our vast country. Many of you are engaging in research that deepens our understanding of applied mental performance consulting, while many others are doing important work and having significant impact on athletes, performers, coaches, and teams at all levels. Our efforts are helping individuals and teams not only perform better but also thrive off the field navigating the complexities of sport, performance under pressure, mental health, and overall well-being.

Over the past year, CSPA has worked hard to support those engaging in the CMPC accreditation and will continue to do so over the coming years. We will continue to focus on building a supportive and inclusive community within our organization through meaningful conversations, continued communication, sharing best practices, and providing various professional development opportunities and resources.

I am grateful for all the volunteers who spend their extra hours in service of the CSPA and all the work they do to build the organization behind the scenes. I appreciate our membership for entrusting us with this work and, as always, would like to hear from you if there is anything we can do to serve you better.

WISHING YOU A HAPPY HOLIDAYS FROM ALL OF US AT CSPA!

Clare Fewster
Chair CSPA-ACPS

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AASP 2024 LAS VEGAS HIGHLIGHTS



AASP 2024 in Las Vegas had record breaking attendance with over 1500 participants, four excellent keynotes, 170 diverse presentations and 200 posters. There were over 30 CSPA members in attendance and we had a great turnout at the Canada House one of the evenings and were able to celebrate, in person, a few of the CSPA departing Managing Council (Sharleen Hoar, Natalie Durand-Bush and Diane Culver) from the last year. A few members took some time to share their takeaways and highlights from their experience at AASP.

Jason Boivin - CMPC

“Attending AASP was a gratifying experience. It was wonderful to finally connect in person with people I’ve been seeing on Zoom for years! Many consulting contracts are a one-person show, so it reminded me how meaningful our work can be when we learn alongside others. Thank you all for contributing to a powerful learning experience and discussing how to do our best work together!”

Elise LaCoste - CMPC, PhD Student

“The Association for Applied Sport Psychology annual conference is an incredible opportunity to learn from and network with other professionals in the field. I participated in a variety of workshops and was able to chat with experts from all over, which introduced me to new ways of approaching my work. Learning does not only take place during the scheduled sessions, but also during breaks and group activities facilitated by the conference. The diversity of the attendees and presenters means that you will never know who you are sitting beside at any given time, which adds to the value of the overall experience. It could be a professor, consultant, student, psychologist, coach, athletes, administrator, or other. I loved my first experience at the AASP conference, and I am very excited to be back again next year in Montréal!”

Shelbi Snodgrass - CMPC, PhD Student

“It was my first time attending and presenting at AASP. My biggest take away is the value of dedicated time towards sharing experiences and learning with my colleagues in person. I will certainly make attending conferences a priority and look forward to Montreal!”



ASSP 2024 LAS VEGAS HIGHLIGHTS

Dr. Tiago Duarte - CMPC

“AASP 2024 was truly a refreshing experience that exceeded my expectations. One of the highlights was meeting incredible professionals from all over Canada during Canada House. The diversity of perspectives and shared experiences fostered new connections and collaborations. Engaging with fellow participants not only expanded my professional network but also ignited new ideas and aspirations for my own work. The sessions were both insightful and motivating, and I left the conference feeling energized and ready to bring the knowledge and connections I gained back to the University of Ottawa community. I am particularly excited to kick start a Community of Practice with fellow CSPA members within the next year. I'm working towards attending the 40th AASP conference in Montreal in 2025 with many of the UO Master's graduates. Montreal will be fabulous!”





CSPA EARLY CAREER AWARD ESSAY **SHELBI SNODGRASS, CMPC**

EXPLORING SPIRITUAL WELL-BEING WITH ATHLETES

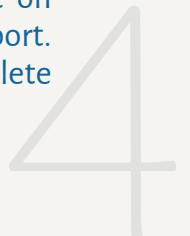


My master's thesis explored the role of spirituality in addiction recovery. Interestingly, in reviewing the literature for my research I discovered that spirituality was identified as an uncomfortable topic by practitioners and was often avoided in the counselling context. Through this brief personal essay, I hope to highlight the importance of "leaning in" to conversations around spirituality for mental performance consultants working with athletes on well-being and holistic identity development. In my experience, I feel more equipped to meaningfully hold space for others when I explore my own positionality with spirituality as a component of well-being.

A well-being wheel is a visual resource that explores athletes' values, intersecting identities, and essential domains in life that support personal growth in sport and beyond. My goal for using this resource with athletes' is to explore meaningful integration between categories such as emotional, physical, social, intellectual, occupational, financial, environmental, romantic relationships, and spiritual well-being. Self-worth can be narrowly tied to athletic achievement for athletes with a strong performance-based identity. Therefore, the well-being wheel is especially useful in broadening a sense of self and holistic view of well-being. This lens helps athletes manage the challenges of sport (e.g., injuries and transitions from sport) and encourages self-awareness towards building resilience through a sustainable sense of self beyond athletic success.

Mental performance consultants utilizing a well-being wheel have a roadmap to address athletes' multifaceted needs and identify actions that bring a sense of alignment, perspective, and connectivity (e.g., with self, relationally, and environmentally). The spiritual dimension to mental performance can be transformative to further enrich athletes' self-understanding of values, increase their sense of purpose rooted in multiple sources of meaning making (e.g., acceptance), and improve clarity in decision making (e.g., grounding). To be effective, it is important to acknowledge that spirituality for the individual is connected to sociocultural factors. For example, spirituality can include beliefs and values of various religions and faiths, include secular ideology, a connection to something greater than themselves, be rooted in an inner knowing, include an Indigenous worldview and practices, or could not be defined by the individual.

Creating space for athletes to explore their understanding of spirituality can lead to vulnerable discussions of strengths, passions, and belonging to communities that are not contingent on outcomes. This self-awareness and broad perspective can ultimately serve athletes in sport. Therefore, the well-being wheel can serve as a supportive framework for the exploration of athlete well-being and holistic identity development for mental performance consultants.





ECPA AWARD (CONT'D)

Suggested Steps:

- 1. Self-Assessment:** Identify strengths and gaps: Ask the athlete to rate their current satisfaction in each area, using a scale (e.g., 1 low-10 high) and current supportive actions in each domain. This step promotes self-reflection, helping the athlete recognize strengths and areas that may require more attention.
- 2. Set WOOP goals:** Once the ratings are complete, help the athlete identify areas where they feel unfulfilled or where meaningful integration could be improved.
 - WOOP Goals: Wish, Outcome, Obstacles, and Plans.
- 3. Develop an Action and Reflection Plan:** Have clear actionable steps and time dedicated to self-reflection. Adjusting the plan and using information gleaned from reflections can inform future consulting sessions.

References

University of New Hampshire (2024, November 1). The well-being wheel.
<https://www.unh.edu/health/wellbeing-wheel>

CSPA ANNUAL GENERAL MEETING FOLLOW UP

Thank you to those who were able to attend the AGM on November 12. Over 60 members logged on to hear and celebrate all the great work that the CSPA Managing Council and volunteer committees have engaged in over the past year to help grow the organization and serve the membership. If you were unable to attend, please find the AGM recording and AGM slides in the member section of the [website](#).



CSPA PROFESSIONAL STANDARDS COMMITTEE UPDATE

The Professional Standards Committee is committed to upholding and advancing the integrity of mental performance consulting practice across Canada. In this update, we are excited to share important initiatives that aim to strengthen ethical practices and provide enhanced professional development opportunities for our members.

Over the past year, the committee has been collaborating closely with Sport Law to develop a comprehensive Discipline and Complaints Policy and a clear pathway for addressing concerns related to the professional conduct of CSPA members. These efforts are designed to provide a transparent, consistent process that ensures accountability and reinforces public trust in the profession of mental performance consulting. We anticipate launching the policy early in the new year and will communicate further details as the release approaches.

In light of the recent introduction of the AASP-CSPA Certification Process, it's important to remind all members that Active Certified Mental Performance Consultants® (CMPCs) are bound by the AASP Code of Ethics. You can review the full Code of Ethics here: [AASP Ethics Code](#). Additionally, CMPCs are subject to the CMPC Certification Program Disciplinary and; Complaint Policy as outlined in Section Five: Complaints and Disciplinary Actions of the CMPC Certification Program Candidate Handbook: [CMPC Disciplinary Policies](#). The process for complaints and ethical consultation requests can be found here: [AASP Ethics Committee Consultation and Complaint Process](#).

Stay tuned for additional announcements, including the official release of the Discipline and Complaints Policy, more details on upcoming professional development opportunities, and other initiatives aimed at supporting your continued success.



CSPA COMMUNICATIONS AND MARKETING COMMITTEE

The CSPA Marketing and Communications Committee is happy to announce that the first ever Project Manager that was hired this year has aided in streamlining and further developing the marketing and communications strategy for the organization. We have been hard at work trying to increase our online presence for our members and disseminating and promoting various opportunities such as the many CMPC CEU certified webinars the CSPA has led over the last year. Internally, we have been working on streamlining communications requests and effective translations for all our content. A big priority for our committee is to increase communications with members across various platforms and continue to update the CSPA website to make it more user-friendly and valuable for all. We are committed to connecting our members with personal and professional development opportunities moving forward as well as creating transparency and effective communication of the CSPA committees' work and deliverables. As always we are looking for content requests and proposals. Please email Siobhan Rourke at gsiobhanrourke@gmail.com if you have any communications-related requests or ideas for future projects.

CSPA PROFESSIONAL DEVELOPMENT

Do you have a topic of interest that you think the CSPA Membership would like to learn about?

Are you an expert in an area of applied sport psychology that you would like to present to the CSPA? CSPA Professional Development Committee is interested in hearing from you. As we provide the CSPA Members with up to 10 CEUs this year, at no cost, we would like to invite those interested in presenting to complete an [Expression of Interest form](#) to share your knowledge area and details for the committee to review. Webinars must be supported with academic work in order to be considered by the committee. Please include as much information as possible in the form.



CSPA CERTIFICATION COMMITTEE

Committee members: Ashley Duguay (info@teamfirstconsulting.com; Lead), Véronique Boudreault, Sommer Christie, Diane Culver, Natalie Durand-Bush, and Sebastian Harenberg (outgoing).

We welcome Ashley Duguay (Co-Chair, CSPA-ACPS) as the new Lead of our Certification Committee and thank Sharleen Hoar (Past-Chair, CSPA-ACPS) for her 3 years of service in this role. We would also like to thank Sebastian Harenberg for his contributions to our committee and wish him luck as he becomes the new Lead of our Public Outreach & Relations Committee. Congratulations, Sharleen and Sebastian! We appreciate all the time and effort you dedicated to our Certification Committee!

Important Dates:

- Application Webinar – Friday September 12th, 2025 at 12 noon ET.
- Recertification Webinar - Friday June 13th, 2025 at 12 noon ET.
- English CMPC Study Group (May - June) - dates TBD
- French CMPC Study Group (May - June) - dates TBD

Reminder:

CMPC Credential is required to be a member in good standing for 2025 renewal. Not being a member in good standing prohibits a practitioner's ability to secure liability insurance through CSPA-ACPS (unless arrangements, such as an exam extension, have been approved).

CMPC Credential Update:

- As of October 9, 2024: 1,377 have taken the exam (862 new, 4 CSPA Student/Apprentice, 324 recertifying, and 187 CSPA-ACPS MPCs; first attempts).
- Overall pass rate (first attempt) = 80%
- For new applicants = 79%
- For new CSPA-ACPS Student/Apprentice applications = 100%
- For CSPA-ACPS MPCs = 88%
- For recertifying CMPCs = 85%

As of November 8, 2024:

- Current number of active CMPCs = 1,236
- 181 CSPA-ACPS MPCs
- 5 CSPA-ACPS Student/Apprentices





CSPA EQUITY, DIVERSITY, INCLUSION, AND ACCESSIBILITY (EDIA) COMMITTEE

The EDIA Committee was proud to host two webinars in the spring and summer of 2024 for our CSPA membership. "Transgender participation in sport: The Fight for Inclusion in Public Space" presented by Dr. Travers (they/them) and "Classification: An Integrated Approach" presented by the wheelchair rugby national team, Dr. Sommer Christie, Patrick Coté (Head Coach), Marnie McRoberts (Athletic Therapist) and Shayne Smith (Athlete). Both webinars provided CEU opportunities for CSPA membership and were well received by the participants, which was shared via feedback through our post webinar surveys. The committee appreciates all the engagement that is received via surveys as it provides us with useful information such as improvements for future webinars, potential topics of interest and nominations of future presenters. Our Spotlight Series features have also benefited from membership engagement, as we continue to receive nominations of individuals within our community who demonstrate the qualities of equity, diversity, inclusion and accessibility within their research or work in sport and exercise psychology. The committee would like to thank Shelbi Snodgrass for her leadership over the past two years. Under Shelbi's leadership the committee was able to create CE opportunities for CSPA members for the first time, create a streamlined approach to webinar development and provide a clear path for new leadership to undertake. Shelbi will continue her work with the EDIA committee as a committee member and will be continuing her leadership role as the BC regional rep! Thank you Shelbi! Poonam Sandhu will be leading the CSPA EDIA Committee starting in November 2024 and is very much looking forward to her new role with the committee. We also want to thank our new and existing committee members for their hard work and dedication to the CSPA EDIA Committee.

Welcome Poonam as the new EDIA Lead!

Poonam Sandhu is a Certified Mental Performance Consultant® who runs and owns her own private practice in Surrey, British Columbia. Poonam is also a program consultant with Canadian Women & Sport working on gender equity projects with various sporting organizations ranging from grassroots to professional teams. Prior to her consulting role she was a national team athlete with Field Hockey Canada until 2014 and a USports Varsity coach at the University of British Columbia. In 2018 Poonam led the UBC Women's Field Hockey team as Head Coach for 5 seasons before her departure in 2023 when she welcomed her son earlier that year. As the lead of the CSPA EDIA committee, Poonam aims to bring her passion and experience from sport into her new role and is looking forward to supporting the CSPA membership in making a lasting impact on the experiences of sports participants across the nation.





ALBERTA REGION UPDATE

Greetings from Fort McMurray, AB! As the new Regional Representative for the Alberta region, I am excited to put together some opportunities for members from around the province to get together, connect and share key learnings and resources. First thing coming up in December will be a casual virtual meet and greet to have those who attended AASP share about their experiences and get excited for next year in Montreal. I'll also be putting out some dates in the new year for peer consultation groups which we're hoping to be able to offer CEUs for in the future. Stay tuned for a couple mini-conferences as well and don't hesitate to get in touch if you want to organize any in-person social gatherings in your respective cities (or come up to Fort Mac)!

Looking forward to connecting soon,

-Natalie Doucette, R.Psych., CMPC.

CELEBRATION OF NEW CMPC

Congratulations to the following CSPA Members who have achieved CMPC since our Spring 2024 Newsletter (as of Nov 13, 2024)

Fabien Abejean	Laval, QC, Canada	Patricia Landry	St-Mathieu du Parc, QC, Canada
Anna Abraham	Ottawa, ON, Canada	Barbi Law	North Bay, ON, Canada
Annie Bellavance	Québec, QC, Canada	Jordan Lefebvre	Saint-Denis de Brompton, QC, Canada
Arianne Berube-Lavoie	Petawawa, ON, Canada	Jonathan Lelièvre	Limoges, ON, Canada
Mishka Blacker	Toronto, ON, Canada	Adrienne Leslie-Toogood	Winnipeg, MB, Canada
Gordon Bloom	Dollard Des Ormeaux, QC, Canada	Todd Loughead	Windsor, ON, Canada
Elodie Brault	L'Ange-Gardien, QC, Canada	Chantale Lussier	Gatineau, QC, Canada
Erin Brennan	Edmonton, AB, Canada	Corey MacDonald	Ottawa, ON, Canada
Kayla Buck	Amherstview, ON, Canada	Laura Mallette (McKenzie)	Whitby, ON, Canada
Yoshia Burton	Abbotsford, BC, Canada	Angela Malorni	Montreal, QC, Canada
Geneviève Cardella-Rinfret	Lachine, QC, Canada	Paige Mattie	Gatineau, QC, Canada
Krista Chandler	Windsor, ON, Canada	Erin McGowan	Conception Bay South, NL, Canada
Camille Charbonneau	Montreal, QC, Canada	Jennifer Misurelli	Calgary, AB, Canada



CELEBRATION OF NEW CMPC

Julien Cholette-Cousineau	Gatineau, QC, Canada	Sarah Morris (Kiengersky)	Dartmouth, NS, Canada
Kaitlin Crawford	North Vancouver, BC, Canada	Jessica Murphy-Burke	Carleton Place, ON, Canada
Chelsea Currie	Ottawa, ON, Canada	Jason Payne	Yorktown, SK, Canada
Andrée-Anne Denis	Grenville-sur-la-Rouge, QC, Canada	Bruce Pinel	Victoria, BC, Canada
Megan Donovan	Petawawa, ON, Canada	Jacqueline Rano	Binbrook, ON, Canada
Tiago Duarte	Gatineau, QC, Canada	Rebecca Remillard	Québec City, QC, Canada
Scott Erickson	Winnipeg, MB, Canada	Véronique Richard	Sherbrooke, QC, Canada
Luca Ferretti	Vancouver, BC, Canada	Tanya Richman	Mount Currie, BC, Canada
Kim Foster Yardley	Toronto, ON, Canada	Shelby Rodden-Matthews	Woodstock, ON, Canada
Émilie Gagné	Longueuil, QC, Canada	Sieger Roorda	Ottawa, ON, Canada
Alexis Gagnon-Dolbec	Montreal, QC, Canada	Poonam Sandhu	Surrey, BC, Canada
Janay Gregory	Medicine Hat, AB, Canada	Kim Shapcott	Lincoln, ON, Canada
Elena Grilli Cadieux	Pointe-Claire, QC, Canada	Saul Shrom	Vancouver, BC, Canada
Stephanie Guerra	Newmarket, MB, Canada	Keltie Sommer	Mayfield, PE, Canada
Valerie Hadd	Sainte-Adele, QC, Canada	Haileigh Talbot	Simcoe, ON, Canada
Francois Hamel	Québec City, QC, Canada	Jessie Wall	North Vancouver, BC, Canada
Keith Hamilton	Kelowna, BC, Canada	Liam Waters	Burlington, ON, Canada
Ryan Hamilton	New Maryland, NB, Canada	Celine Yavuz	Milton, ON, Canada
David Hancock	Torbay, NL, Canada	Katie Yeo	Kingston, ON, Canada
Chrystelle Houde St-Pierre	Val-David, QC, Canada	Bradley Young	Ottawa, ON, Canada
Jelle Kooijman	Ottawa, ON, Canada		



AASP 2025 RETURNS TO CANADA!

Attend the largest annual sport psychology conference worldwide along with applied practitioners who work with pro and elite athletes; collegiate, high school, and youth sport athletes; and tactical and non-sport performance populations. AASP Annual Conferences feature over 170 workshops, lectures, panels, and symposia, delivering continuing education on the latest techniques and practices in the field. You will also have the opportunity to network with important thought-leaders, researchers, and graduate training directors.

It is very exciting to have the 40th AASP Conference in Montreal, QC in October 2025. Clare Fewster, CSPA Chair will sit on the AASP Conference Planning Committee and will advocate for a variety of Canadian content. Please feel free to reach out if you are interested in volunteering on a CSPA conference committee to info@cspa-acps.com.





WITH THANKS

Over the past year there have been some Managing Council members who we have celebrated. I was able to catch up with Penny Werthner to thank her for all her work over the many years since co-founding the CSPA. Sharleen connected with Christie Gialloredo to thank her for her service on Managing Council. Thanks also to Connor Primeau, Shauna Taylor, Christiane Trottier, and Katrina Waldhauser. Thank you to everyone who commits their volunteer time in service of the CSPA.



HOW-TO:

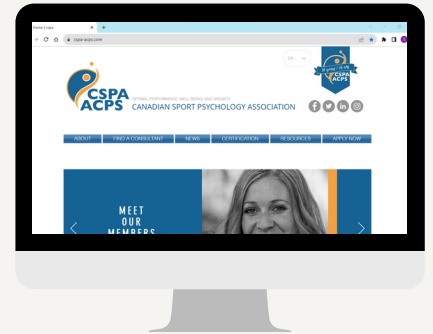
WATCH WEBINARS, SUBMIT FEEDBACK FORMS & RECEIVE CEU



01

VISIT OUR WEBSITE

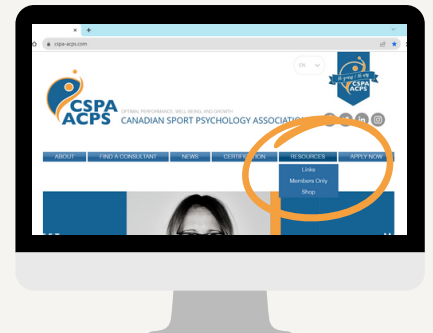
www.cspa-ascp.com



02

CLICK "RESOURCE" TAB

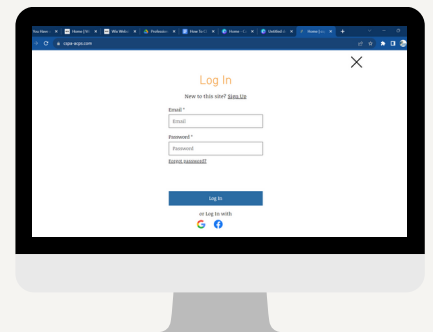
A drop down menu will appear. Select the "members only" sub-tab.



03

LOGIN/SIGN UP

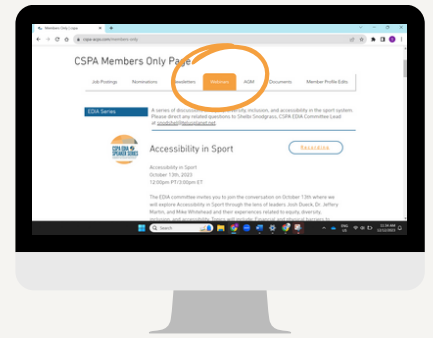
Please note. If you are not currently a website member, you must sign up and create an account. After you create an account, an automatic request will be sent to the CSPA Virtual Administrative Assistant. Please allow 1-2 business days for the request to be approved. Once approved, you will have full access to our "member's only" area of the website.



04

SELECT “WEBINARS” TAB

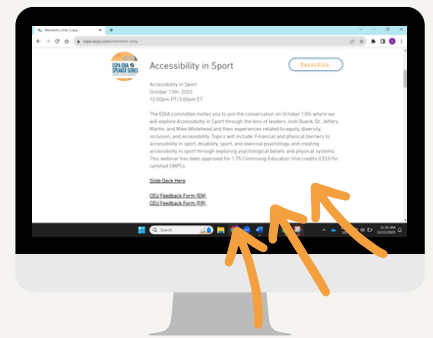
There is a secondary tab bar that shares job postings, nominations, newsletters, webinars, AGM recordings, member profile edit forms. Please select the “webinars” sub-tab.



05

SCROLL TO A WEBINAR OF INTEREST

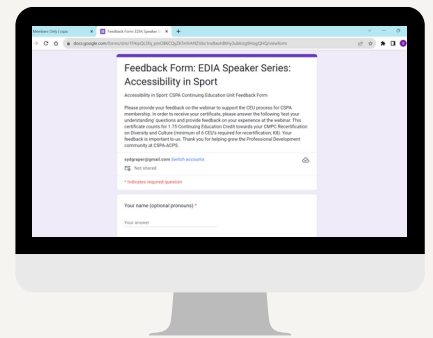
Every webinar will have the title, date, description, recording (mp4) slide deck (pdf) ,and links to CEU forms.



06

COMPLETE & SUBMIT CEU FEEDBACK FORM

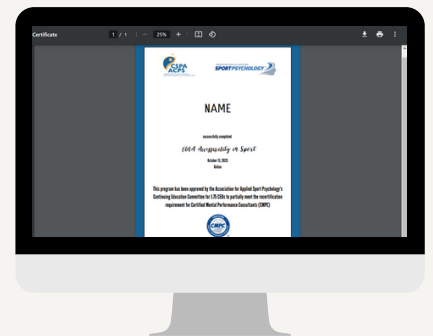
After clicking the “CEU Feedback Form” link, you will be redirected to a Google Form. There will be an English and French version available. Complete form as prompted.



07

RECEIVE YOUR CEU CERTIFICATE

Once reviewed by the CSPA Professional Development Committee and approved, you will receive a CEU certificate indicating which webinar you attended, how many credits, and in fulfillment of which Knowledge Area required for recertification.



please note: You may expect a ~2 week turnaround time for a certificate to be sent via email