

FALL 2023

CANADIAN SPORT PSYCHOLOGY ASSOCIATION



CSPA NEWSLETTER

LETTER FROM THE CHAIR

Dear CSPA Members,

Welcome to our Fall 2023 newsletter. This is my final letter to you as your Chair of CSPA-ACPA. It has been my honour to be in service of you these past three years. I continue to be in awe of how quickly our field is growing. There is much that has been accomplished, and even more work to do.

CSPA-ACPS seeks to be the home organization for mental fitness and mental health consulting in Canada. We have over 220 professional members of which nearly 67% have applied for their CMPC credential thus far. By 2025, all of our professional members of CSPA-ACPS will have their professional designation. We are so proud of this statistic!

I want to thank our managing council and the (over 50!) members of our community who volunteer for the committees that strive to serve your needs as a mental performance consultant and/or mental health practitioner in sport. As reported during our AGM Meeting (November 1, 2023), our work this year includes a number of projects including: honing our policies (see the updated governance on the website); updates on our professional standards processes to match the marketplace needs; planning and delivering continuing education activities related to EDIA, high performance sport, and supervision; regional representative reach out and connecting with members; communication team that reports on the activities of the organization in both English and French on the website, blog, and socials; and the delivery of webinars and exam preparation study groups that assist with the CMPC certification process. All of this important work would not be possible if not for your generosity and passion. More hands make light work; we are in continuous need of volunteers to assist with projects. Please consider how you can assist CSPA-ACPS. You can reach out to any one of the members of the managing council to get involved in a committee that interests you. I can attest to the value that my service to CSPA-ACPS has meant to my professional practice over the past decade. I look forward to continuing my service as your past-chair and lead, certification committee through 2025.

Humbly in service,

Dr. Sharleen Hoar (she, her), PhD, CMPC

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THANK YOU!



LETTER FROM THE CHAIR-ELECT

Dear CSPA Members,

I am excited to be moving into the CSPA-ACPS Chair position and serving the membership for the next two years. I would like to sincerely thank Sharleen for her tireless efforts in leading the CSPA-ACPS over the past few years as Chair, prior to that as Co-chair and as the BC regional representative for numerous years before that. Sharleen has been integral in moving the certification process to where it is today and has consistently demonstrated her passion for the organization and the profession. However, it is not lost on me that Sharleen has created big shoes to fill with all the work that she has tackled during her years of tenure.

I would also like to welcome Ashley Duguay as she steps into the CSPA-ACPS co-chair position. Ashley has been building the Atlantic mental performance community as the Regional Representative for the past few years and has been bringing a wealth of knowledge as she serves on the CSPA EDIA committee. Ashley's experience in the academic setting and strong leadership skills will be an asset as we build relationships and collaborations with institutions to provide programming to align with the certification requirements.

Over the past years it has been inspiring to be part of this organization and support the growth of the mental performance profession. It will be both a privilege and an honour to serve as the Chair and work collaboratively with the managing council and all the volunteers in our collective journey towards building a great home for our membership.

Clare Fewster, CMPC, CCC

Ashley Duguay, PhD, CMPC





CERTIFICATION COMMITTEE UPDATE

Committee members:

- Sharleen Hoar (sdhoar@gmail.com; Lead)
- Veronique Boudrault
- Sommer Christie
- Diane Culver
- Ashley Duguay
- Natalie Durand-Bush
- Sebastian Harenberg

IMPORTANT DATES:

December 31, 2023: Professional member applications for CMPC credential due.

January 1, 2024: CMPC members must pay credential dues to Certification Council

CMPC Application Preparation

- Professional member Application Workshop December 1, 3:00 pm ET
- Standard Application Workshops will be offered in the Spring and Fall of 2024

CMPC Exam Preparation

- Date TBD – please watch our socials for a confirmed date for a CMPC Study group to be offered in Spring of 2024.

Supervision

- Professional members who are actively engaged in supervision are strongly encouraged to seek acceptance on the Approved List of Mentors (with the Certification Council). Please see Spring 2023 newsletter for details to seek this acceptance.



2024

All CSPA Members

01

Application* Materials

- CMPC Standard Application Form & Record of Mentored Experience Hours Log
 - Course Syllabus
 - University Transcripts
- Mentorship Verification Form

*. Process changed in 2024 at this stage.

02

Submit Fee* & Completed Application Materials

The application fee for CSPA MPCs is \$375 USD. Payment can be submitted at appliedsportpsych.org/payment

03

Certification Council Application Review Decision

- Decision takes 2 - 4 weeks
- Revise and Resubmit - go back to step 2
 - Approved - go to step 4

04

Register & Prepare for CMPC Exam (complete within 6 mo.)

Follow instructions provided to you from Certification Council. Explore variety of preparation materials for the CMPC Exam are available through AASP and CSPA.

05

Take CMPC Exam

- Test day! You will find out your exam results (pass/fail) when finished.
- Fail, wait 90 days - go back to step 4
 - Pass - go to step 6

06

CMPC Certified! Yearly Fee & Collect CEUs

Yearly fee for certification is \$25 USD (appliedsportpsych.org/payment). Seventy-five CEUs are to be collected over 5 years. Submit renewal in November of renewal year.



MENTAL PERFORMANCE IN ACADEMIA

CSPA is fortunate to have a diverse membership of students, academics and professional members. In addition to highlighting the work that MPC's are engaging in, it is also important to recognize the valuable contributions of those in academia. Below you will find three abstracts from student and professional members (**bolded**). If you have an abstract that you would like to have highlighted in the newsletter, please email Clare Fewster at clarew@telusplanet.net.

Mattie, P., Guest, K., Bailey, S., Collins, J., Gucciardi, D.F. (2020). *Development of a mental skills training intervention for the Canadian Special Operations Forces Command: An intervention mapping approach.* *Psychology of Sport and Exercise*, 50: 101720. doi.org/10.1016/j.psychsport.2020.101720

Mental skills training (MST) has been well documented in the sport and exercise literature, and there is increasing interest in MST interventions for military populations. Although the considerable research on MST interventions in sport contexts provides a valuable framework from which to develop programming for other high performance contexts, the military, and in particular the Special Operations Force (SOF), represents a unique population for which there is less available evidence for the design and implementation of effective mental performance programming. In this manuscript, we describe the use of Intervention Mapping (IM: Bartholomew Eldridge et al., 2016) in the development and implementation of a customized MST package for the Canadian Special Operations Command. The six stages of the IM protocol were systematically applied to develop the program: 1) needs assessment, including a literature review and focus group consultation; 2) identification of program outcomes and objectives; 3) program design, including the selection of theory-driven and evidence-based methods and practical strategies; 4) program production including pilot testing; 5) planning for adoption, implementation and sustainability, and 6) program evaluation. Although time-consuming, IM is a valuable framework for the development of customized MST for military personnel. This approach offers a logical, methodical approach to integrate relevant theory into program development. Additionally, this process enables ongoing consultation with the end-user, facilitating effective implementation and user acceptance. Finally, because IM involves a highly transparent approach to program development, it enables effective replication of intervention development.

Seguin, C. M., Culver, D. M., Mellalieu, S. D., Christie, S., Goss, J., & Roorda, S. (2022). *What's our role? Mental Performance Consultants perspectives on supporting concussed athletes.* *Journal of Sport Psychology in Action*, 13(3), 168-179. <https://doi.org/10.1080/21520704.2021.1971811>

Bloom et al. (2020) advocated that mental performance consultants (MPCs) can play an important supporting role in the psychosocial recovery and well-being of concussed athletes. The rapid advancement of knowledge and limited resources designed for MPCs present challenges in facilitating this support. To address these challenges, a group of MPCs formed a community of practice to help define our role in this domain. In this article, we have attempted to translate our knowledge of concussion and related psychosocial support into an accessible narrative and approach that can help MPCs better understand our role in providing support to concussed athletes throughout the phases of return-to-play.



FALL 2023

CANADIAN SPORT PSYCHOLOGY ASSOCIATION

Young, B.W., Wilson, S.G., Hoar, S., Bain, L., Siekańska, M., & Baker, J. (2023). *On the self-regulation of sport practice: Moving the narrative from theory and assessment towards practice*. *Frontiers in Psychology: Movement Science and Sport Psychology*, 14:1089110. doi: 10.3389/fpsyg.2023.1089110

This paper reviews theoretical developments specific to applied research around the “psychology of practice” in skill acquisition settings, which we argue is under-considered in applied sport psychology. Centered upon the Self-Regulation of Sport Practice Survey (SRSP), we explain how self-regulated learning conceptually underpins this survey and review recent data supporting its empirical validation for gauging athletes’ psychological processes in relation to sport practice. This paper alternates between a review of applied research on self-regulated sport practice and new data analyses to: (a) show how scores on the SRSP combine to determine an expert practice advantage and (b) illustrate the large scope of self-organized or athlete-led time to which SRSP processes may apply. At this stage, the SRSP has been established as a reliable and valid tool in the empirical, theoretical domain. In order to move the narrative from theory and assessment toward applied practice, we present evidence to propose that it has relevance as a dialogue tool for fostering meaningful discussions between athletes and sport psychology consultants. We review initial case study insights on how the SRSP could be located in consultation in professional practice, propose initial considerations for its practical use and invite practitioners to examine its utility in applied settings.

EARLY CAREER PROFESSIONAL AWARD ESSAY

Sarah Brisson-Legault

In the wake of the professional recognition I received last June, I wanted to express a few sentiments and share with you some of the concepts and perspectives that inspire and uplift me every day in my professional practice. My master’s degree has taught me that the more I learn, the more I realize that I know nothing. So please regard the following as the fruit of my reflections to date: wholly imperfect and authentic.

Something that motivates my work on a daily basis is the idea of deconstructing myths. Some very popular notions in high-level sports persist despite empirical findings demonstrating that they lack nuance. Take for example the popular expression “No pain, no gain,” or the belief that emotions have a debilitating effect on performance. Other good examples include the idea that you need to push yourself harder to get to the top or that vulnerability is only good for the weak. These false notions have influenced my personal journey and drove me to help make a difference in the lives of the athletes and people whose paths I cross.

My journey has been punctuated by a great deal of talent, but also by a terrible fear of failure, a significant lack of pleasure and rest, and a less-than-optimal understanding of emotions. It feels quite extraordinary to take a step back and realize that I now enjoy failure (or almost), this inevitable obstacle that I consider my most important teacher. I embrace all my emotions because they carry information. I now associate rest and pleasure with two essential components of performance.



Quite frankly, I adopt an emotion-centred approach with the majority of the athletes I work with, helping them to identify and accept their different emotional states. I regularly observe a flight response when confronted with various forms of agitation. The phrase I hear almost every day is “I try not to think about it.” Contrary to what people believe, trying not to think about something will have the exact opposite effect: the emotion becomes even more prominent in our brain.

To understand that stress, joy, sadness, and fear (to name but a few) are unavoidable and part of the human experience is, in my opinion, the most significant step we can take. Emotions cannot be controlled. However, we can control our actions following an emotion. Consequently, one of the most important things I have learned in recent years is the importance of the words we use when talking to ourselves. The words we use have the power to shape our experiences.



Allow me to further illustrate: when we feel nervous, this emotion can manifest itself in a number of ways, such as a faster heartbeat, racing thoughts, or physical tension in the body. Interestingly, excitement manifests itself using similar symptoms. However, using the words “I am excited,” offers a cognitive reassessment! This shift in thinking is a fundamental tool for well-being and performance, since the way we think about stress has a huge influence on the way we respond to it. If you are interested in the topic of emotions and language, I recommend the various publications of Brené Brown, a professor-researcher at the University of Houston who has had a major influence on my career. She has been studying courage, vulnerability, shame, and empathy for many years.

As mentioned earlier, my fear of failing or being criticized kept me from being bold and honouring my true self for a long time. I would rather not try than fail. The less vulnerable I was, the better off I was ... or so I thought. Myths played an integral role in my life. I associated mental strength with being stoic and unfeeling. I lived by the discouraging belief that “it is never enough”, and I equated rest with inefficiency. Ultimately, I was completely mistaken. Rest, both physical and mental, is the key to performance. Mental strength, on the other hand, is defined by the acceptance of what it means to be human. We all have emotions, intrusive thoughts, moments of anxiety, and challenges. It is about being adaptable, flexible, and having good coping strategies to navigate different situations. Being human to the best of our abilities means knowing how to observe, accept, and take action in the difficult situations that come our way.



In short, my journey has been far from perfect. In fact, it has been very difficult. I have had my fair share of pitfalls and setbacks. Nevertheless, I have come to understand that every human being and every athlete experiences uncertainty and adversity. The fact remains that each of us is unique and has the potential to develop and realize our own potential. Every day, I am amazed by an athlete's strength to expose themselves in their own life. To face everyday life with all your vulnerability is frightening, but it is the greatest mark of courage there is. Even today, we generally associate courage with heroic deeds. For me, courage is more about approaching life and sport from a place of inner strength.

Let us be brave. Take that day off we have been dreaming of for three weeks. Love ourselves even if we might disappoint others. Go compete and learn even if the outcome is not in our favour. Let ourselves be seen as we truly are. This will transform our performance and well-being.

Merci Beaucoup
Sarah Brisson-Legault

IDEAS FROM ALBERTA: BRINGING FUN AND PLAY INTO MENTAL PERFORMANCE CONSULTING WITH TEAMS

Why Add Fun into Mental Performance?

For both youth and adults, play has a myriad of benefits for our bodies and brains. Playing can stimulate our minds and boost creativity (Proyer, 2019), improve relationships and social skills, and increase brain function (Proyer, 2012). Play can add joy to life, relieve stress, supercharge learning, and connect you to others and the world around you. Play can also make work more productive and pleasurable (Robinson, 2023).

1. Connection before Content: (Alayne Hing - CMPC)

I often like to start with connection prior to content. This will be dependent upon your group size - you might have a small team of 12 share together as one group, or you may have 200 people share amongst their table groups. (Bonus if your connection is related to the content!)

- Share 'one good thing' that has happened recently (a new baby in the family, seeing the cutest dog on your walk this morning, a personal best, etc).
- What words come to mind when you hear the phrase "Team Culture"?
- What is your favourite place in the world? Why?
- What is your team's biggest strength?
- What is one strange fact that others may not know about you?
- What is the best piece of advice you've ever heard?
- What is your 'Superpower' (what do you know you're really good at?)
- Is a hotdog a sandwich? Discuss.
- If you could be any animal, what would you be?





2. Catchy Competition (Clare Fewster - CMPC)

This activity can be used as a teambuilding/connector activity to get to know each other and/or a competitive activity that can be used to discuss various mental performance concepts. A variety of adaptations of the activity can be incorporated into the same session or at different times and can provide opportunities to engage in discussions about focus, distractions, stress or nerves, communication and goal setting.

Equipment - 1) a large open safe space 2) a number of tennis balls or other safe objects to throw (stuffies, hacky sacks). The number of the objects will depend on the number of individuals or teams doing the activity.

Split the group up into 2 or 3 groups of 8-15 athletes standing in a circle. Provide one athlete with a ball or object and have them throw it across the circle to a teammate saying their name. Each person will throw it across the circle to a teammate that hasn't received it until all athletes have caught and thrown the ball. The athlete who started with it must be the last person to receive the ball. Ask them to remember the pattern and practice the same pattern a couple of times. That should be easy. Complete variations below. Objective: to keep balls from dropping on the ground.

- Competition - how quickly each team can throw and catch the ball from start to end without dropping? (need a timer or stopwatch)
- Ask them to set a goal of how fast they think they can do it and what it will take for them to be successful. (goal setting, focus, communication, calm, preparation)
- Increase difficulty/distraction - Add additional objects and follow the same sequence. How many can they add in? (goal setting). OR Increase the distraction by walking through the centre of the circle as they are throwing the balls or having them yell out favourite food at the same time.
- Bring both or all three groups together (the whole team) and start again with the process, add more objects, etc.
- Pause activity on occasion for debriefing - Who is feeling stressed about dropping the ball (fear of making mistakes)? How are they blaming or supporting each other? What kind of communication is helpful or not? What kinds of distractions are happening? How can you focus through the distractions?

3. What's In Our Kitchen (Erin Brennan - MPC)

I like to use this activity at the beginning of a season with a new team in order to get to know one another and discuss the importance of individual personalities, team make-up, culture, role definition, and working together.

Start by asking the questions:

- What do we know about kitchens?
- What can we find in the kitchen?



Take 2-3 minutes to brainstorm the purpose of kitchens, what we can find etc. I then ask each person to think about themselves as an object/appliance or something they might find in the kitchen. I give them a few minutes to reflect. I give the example, "In our team kitchen, I would be a blender. I am good at taking many things, putting them together and creating one thing. Sometimes I can be very quiet until I am needed and then once I get going, you can hear me". I then have each of the team members share what they would be and why. I often ask prompting questions after they share. For example, I had one athlete say they were the island/counter in the kitchen, "sturdy, reliable, holds things up and is always in the middle of the kitchen", so after their response I may ask, "what can other members of the kitchen do when the counter needs support?" I then go through how the kitchen works, why we need to each do our jobs, how do we step in to run efficiently when others need support etc. This can be a short or long exercise depending on participation and richness of conversation. My favourite outcomes are when the group buys in and connects this to their daily training environment, competition spaces and best practice.

4. Feelings Jenga (Perri Ford-MPC)

This game is an opportunity for teams and groups to explore their connection, increase emotional awareness, normalize emotions as a part of sport experiences, and compete in a lighthearted environment. It can become an important conversation starter for presentations about emotional regulation, and also highlight sport specific scenarios that require a focus on self-regulation.

Equipment- 1 - 3 sets of Jenga blocks (depending on how many members are playing) with one emotion written on each block (eg. disgust, fear, joy, etc.). The tower can be placed on a table or on the floor while the group circles around it.

When introducing the activity, include a short explanation of the ways in which emotion can impact sport performance. Take care that the group has a foundation of trust and psychological safety before diving into the activity. Split the group so there are two teams at each Jenga Tower. The teams will choose one player for each turn to pull one of the jenga blocks from the tower (see the [rules of Jenga](#)). Once they have pulled the block, the player will read out the emotion and describe one sport specific situation in which they have experienced the emotion before placing it on top of the tower. Teams will take turns sending one player at a time to remove a block until the tower topples.

If a debrief is desired, consider the following questions to start the discussion:

- Which emotions and experiences did you relate to most?
- What was it like to hear your teammates give examples of their own emotional experiences in sport?
- Did you notice a theme or trend on the team? What themes showed up?



Bizz Buzz- High Performance Team - Karen MacNeill

This game is an opportunity to create awareness of personal and performance factors that contribute to optimal team function.

Objective - Experiential exercise to create awareness of reactions to performance on demand, reactions to being accountable to a team, and personal reactions to teammates under performing.

Set up - Have the team split into groups of about 7 or 9 people (odd number is better). Once in groups, have them all stand in a circle formation.

OBJECTIVE: How high can you count?

Round 1 - Teams see how high they can count by each individual saying a number in order- 1, 2, 3... (let them go on and be curious about the activity?) Reinforces how performance can be minimized when there is not clear vision, purpose or goal)

Round 2 -. Teams cannot use the number 4 or the number 7 or any number with a 4 or 7 in it (7, 14, 27 etc). Instead the number needs to be replaced with the word BIZZ or BUZZ (i.e., 123 Bizz 5 6 Buzz 8 9...). If BIZZ is used - keeps the direction going the same way. If BUZZ is used - makes things go counter clockwise

If there is more than one team, a competition can be created between teams. Give the teams a practice round to help them get understanding.

Round 3 - Ask the team to set a collective goal of how high they can count (will highlight different reference points members have (some will shoot low... some super high)

Ask the team to discuss strategies (process) to achieve their goal number- (usually things teams come up with are- don't use buzz, have one person put fingers up when they get to 40's to keep them on track etc.)

Debrief questions

- What was your experience of this exercise? What did you notice about yourself? What did you notice about the team process? General comments
- How did you find it when you messed up? (feel responsibility- can make us fearful and not ask the right questions- or be open to feedback)
- How about when another person messes up? (Can use humour to highlight groans/reactions. - Normalize it is okay to be goal-oriented, just notice how it can direct behaviour... which may not be best for the team functioning)
- What factors lead to effective individual and team functioning (communication, leader, roles, norms or standards of behaviours etc.)
- So what- tie how this can relate to cultivating a high performance team culture.

Robinson, et al. (June, 2023) The Benefits of Play for Adults. Help Guide.
<https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm>

Proyer, R. T., Tandler, N., & Brauer, K. (2019). Chapter 2 – Playfulness and Creativity: A Selective Review. In S. R. Luria, J. Baer, & J. C. Kaufman (Eds.), Creativity and Humor (pp. 43–60). Academic Press.

Proyer, R. T. (2012). Examining playfulness in adults: Testing its correlates with personality, positive psychological functioning, goal aspirations, and multi-methodically assessed ingenuity. Psychological Test and Assessment Modeling, 54(2), 103–127.





PROFESSIONAL DEVELOPMENT AND CEU'S

In order to maintain certification, there are 75 CEU requirements over 5 years that must be completed, in a variety of Knowledge Areas and submitted for review. Be sure to keep track of your professional development dates, webinars, certificates and other professional development opportunities. Click on this [Recertification link](#) for additional information.

The CSPA Professional Development, EDIA, Supervision, and Regional committees are working hard to provide various opportunities for members to gain CEU's in the various knowledge areas that are required to maintain certification.

CSPA-ACPS has offered numerous webinars to accumulate CEU's over the past 6 months and the committees are organizing up to 10 CEU opportunities for the upcoming year free of charge to CSPA-ACPS members. This will be revisited on a year to year basis based on budget.

If you are a CSPA member and would like to provide a webinar for CSPA-ACPS members that relates to one of the knowledge areas or supervision, please feel free to email the Professional Development Committee Lead, Clare Fewster at clarew@telusplanet.net for more information.

Knowledge areas include:

- | | |
|---------------------------------------|--|
| K1. Professional Ethics and Standards | K5. Helping Relationships |
| K2. Sport Psychology | K6. Research Methods and Statistics |
| K3. Sport Science | K7. Psychological Foundations of Behaviour |
| K4. Psychopathology | K8. Diversity and Culture |

BC Regional Mini-Conference on Safety in Sport

Available for all members in the membership portal on November 16, 2023. There are 1.5 CEU's dedicated to the Ethics Knowledge Area.

CSPA Supervision Webinar: Mentorship in Canada: Getting Started, First Meetings, and Common Challenges for Mentors

November 26th, 2023
2:00 pm - 5:00 pm EST

The CSPA is committed to improve the support for supervision-mentorship in Canada. CSPA is excited to host a 3 hour workshop - free for CSPA members - that will provide both new and established professional members and mentors the opportunity to gain a deeper understanding about the mentorship process.

During the workshop 3 CMPC approved mentors will provide information about how to get started as a mentor, how to develop a mentorship approach, building a productive and effective mentor-mentee relationship, and how to navigate the challenges that mentors and mentees may face. Please join Josh Zettel, Dr. Laura Farres, and Dr. Sommer Christie on Sunday, November 26, 2023 from 2:00 pm – 5:00 pm EST. In order to register for this event, please click on [this link](#). Non-CSPA members are welcome to attend for \$99 CAD. Please use [this link](#) to pay the webinar fee before registering above. This webinar has been accepted for 3 CEU's for Supervision.

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A MESSAGE FROM THE EDIA COMMITTEE

The EDIA committee would like to extend a sincere thank you to everyone who took part in our recent CSPA EDIA Speaker Series and a special thank you to our speakers for the events:

- Accessibility in Sport (1.75 CEU): Josh Dueck, Dr. Jeffrey Martin, and Mike Whitehead!
- Women in Sport (1 CEU): Shireen Ahmed, Sabrina Razack, and Christa Eniojukan!

In case you missed these presentations or want to revisit them at a later date, you can access all EDIA Speaker Series presentations through the Members Only section of the CSPA website (see the Webinars link).

We also encourage you to check out our Amplify and Spotlight initiatives that are shared regularly through CSPA's media platforms:

'Amplify' is a CSPA EDIA initiative to revisit and reconnect with the important work of EDIA leaders who have very generously shared their time and insights with our CSPA community (e.g., through book discussions, invited lectures, webinars, panel discussions, etc.). Most recently, we amplified EDIA leaders, Dr. Fenton Litwiller (Transgender Visibility and Inclusion in Sport; <https://www.cspa-acps.com/single-post/cspa-edia-amplify-2>) and Dr. Dan Henhawk (Indigenous Sport Participation; <https://www.cspa-acps.com/single-post/cspa-edia-amplify-3>), both of whom presented a guest lecture as part of our 2021 CSPA EDIA Lecture Series. We also amplified EDIA leader Shireen Ahmed who spoke at our Women in Sport webinar (<https://www.cspa-acps.com/single-post/cspa-edia-amplify-4>).

'Spotlight' is a monthly series from the CSPA EDIA committee to highlight various CSPA members or people in our community who are showing a commitment to equity, diversity, inclusion, and accessibility in sport. We recently spotlighted Lali Toor, the Co-Founder of Apna Hockey—a network that inspires and supports the next generation of South Asian hockey athletes and professionals, and Christa Eniojukan, chair of Active Scholars and head coach of the York University Lions women's basketball team.

If you know a CSPA member who has demonstrated a commitment to equity, diversity, inclusion, and accessibility in their personal or professional work, please consider nominating them for a Spotlight! Let us know by connecting with our committee lead, Shelbi Snodgrass at: snodshel@telusplanet.net



EDIA COMMUNITY CALL

If you know a CSPA member who has demonstrated a commitment to equity, diversity, inclusion, and accessibility in their personal or professional work, please consider nominating them for a Spotlight! Let us know by connecting with our committee lead, Shelbi Snodgrass at: snodshel@telusplanet.net

PUBLIC OUTREACH AND RELATIONS COMMITTEE UPDATE

We are excited to share an update from the Public Outreach and Relations Committee, a dedicated team of individuals working tirelessly to further the mission of the CSPA (Canadian Sport Psychology Association). Here's a glimpse of our recent activities and ongoing projects.

Committee Members: We are proud to have a passionate and committed team on board:

- Connor Primeau (Lead)
- Sieger Rhorda (Co-Lead)
- Ashley Duguay
- Nicole Kuzmich
- Jay Peacock

Our Purpose: Our primary goal is to boost public awareness and appreciation for Certified Mental Performance Consultants (CMPCs) in Canada. By doing so, we aim to ensure that the CSPA, its people, organization, and work, are acknowledged and valued for their leadership in sport and performance psychology. To achieve this, we are actively engaged in public outreach and cultivating mutually beneficial relationships with external partners.

Target Partnerships: We are diligently working to establish partnerships in four key areas:

- **Sport and Performance Partners:** Our focus here is to advance the position of CSPA members in the Canadian marketplace.
- **Academic Partners:** We are committed to enhancing educational pathways for CMPCs.
- **Shared Advocacy Partners:** Our efforts are directed towards promoting the professional nature of mental performance consulting.
- **Professional Merchandise and Tools:** We are striving to provide discounts and benefits to our members on items such as journals, clothing, and more.



Current Tasks: Our team is actively engaged in several important projects:

- CMPC Information Session Slides: We are developing a bilingual slide deck to present to potential partners, advocating for the hiring of our members.
- Call for Application Template: We are creating a "Call for Applications" template to share with interested organizations.
- Potential Partner List & Contacts: Continuously updating our list of potential partners and initiating conversations to address the four key areas mentioned earlier.

We are dedicated to advancing the field of mental performance consulting and ensuring the recognition and success of our members. If you have any questions or suggestions, please feel free to reach out to any of our committee members. Together, we can make a significant impact on the future of sport and performance psychology in Canada.

INSURANCE UPDATE

Mitchell & Abbott Group continues to support the CSPA and provides personal liability insurance for our membership. Our insurance has been extended on a pro-rata basis this year to align with CSPA membership renewal timeline.. The renewal period will run from November 1, 2023 to January 31, 2025, and the premium has been prorated. This change has been implemented to allow membership and insurance operations to run more efficiently.

In addition, Mitchell and Abbott Group provides the option of Commercial Liability for CSPA members. This is coverage in the event there is a lawsuit brought against the member for causing bodily injury or property damage. This coverage is recommended where the member is seeing clients in person.

If you have any questions, please do not hesitate to contact Ashley Strike at ashleystrikempc@gmail.com.



CELEBRATION OF CMPC

Congratulations to the following Professional Members who have achieved CMPC status.

**Nick Alderton
Danielle Alexander
Matt Barnes
Fanny Barthell Girard
Anthony Battaglia
Amy Bell
Karl Bicomumpaka
Jason Boivin
Véronique Boudreault
Sarah Brisson-Legault
Jeff Caron
Roxane Carriere
Sommer Christie
Susan Cockle
Sabrina Cormier
Tara Costello
Poppy DesClouds
Christopher DeWolfe
Brendan Dinsdale
Lori Dithurbide
Scott Donald
Natalie Doucette
Ashley Duguay
Natalie Durand-Bush
Laura Farres
Leah Ferguson
Clare Fewster**

**Chole Gagnon
Christie Gialloredo
Zarina Giannone
Judy Goss
Onika Green
Geoff Hackett
Sebastian Harenberg
Alayne Hing
Sharleen Hoar
Renee Hock
Alex Hodgins
Lisa Hoffart
Naomi James
Danelle Kabush
Marek Komar
Michael Kostka
Kolin Kritmaa
Elise Lacoste
Jonathan Lasnier
Cait Leavitt
Joseph Leszner
Karen MacNeill
Lucas Madill
Andrei Mandzuk
Julia McAllister
Lauren McBride**

**Beth McCharles
Kyle McDonald
Bryan McLaughlin
Fiona Meikle
Carl Nienhuis
Duncan O'Mahony
Kyle Pacquette
Marie-Helene
Pacquette
Arthur Perlini
Ian Perry
Lan-Anh Phan
Connor Primeau
Emily Riley
Lisa Rogerson
Siobhan Rourke
Claudia Spaieja
Whitney Sedgwick
Cassandra Sequin
Jackson Slauenwhite
Amelie Soulard
Shelbi Snodgrass
Taylor Staden
Zoran Stojkovic
Frank van den Berg
Lisa Veloce
Austin Wilson**

We have just over 140 professional members that have successfully applied for the CMPC credential. We wish you good luck on your exam.

A BIG THANK YOU!

Thank you to all the volunteers that keep the CSPA moving and growing. This includes the CSPA Managing Council and all the members of the working committees that are spending many hours behind the scenes to support the ongoing CSPA activities. Your time, energy and dedication to the CSPA is much appreciated.