



SPRING 2024

CANADIAN SPORT PSYCHOLOGY ASSOCIATION

# CSPA SPRING NEWSLETTER

## LETTER FROM THE CHAIR

Dear CSPA Members,

Welcome to our Spring 2024 newsletter. As we welcome the arrival of spring, which, here in Calgary, has been teasing us with visits from robins, blue jays and buds on the trees amidst snowfall warnings and cool weather, I want to take this opportunity to acknowledge the land from which I'm writing. This land is situated on the traditional territory of the Treaty 7 Nations. This territory encompasses the Blackfoot Confederacy, the Tsuut'ina Nation, and the Îyâxe Nakoda Nations. We also recognize the Métis Nation of Alberta, Region 3, whose history and presence are an essential part of this region.

I am excited to write my first official welcome letter in my role as Chair of the CSPA- ACPS. Over the past 6 months there has been some incredible effort and work being accomplished from the Managing Council members and all the volunteers who support the various CSPA-ACPS working committees. Some of which is highlighted in this newsletter.

In this season of growth and renewal, we have been celebrating new CMPC's, engaging in diverse professional development opportunities, building the list of Approved Mentors in Canada, confirming "Mentorship" as our aligned language, and working at creating strong partnerships in the Canadian Sport landscape, to name a few.

With spring upon us, the fields become lined and manicured and it is exciting to watch many athletes of all levels and ages enjoy the outdoors for the abundance of spring and summer sports. Many of our members are sharing their knowledge and assisting these athletes, coaches and parents to learn, grow and develop their mental performance skills and strategies.

As we count down the Road to Paris, I want to send well wishes to all our members who are supporting Team Canada athletes, coaches and staff in the coming months at both the Olympic and Paralympic Games. Regardless of the level you are working with, grass roots to high performance, your work as mental performance consultants is extremely valuable in the Canadian Sport system.

Thank you for being part of our community and for your dedication to advancing sport psychology in Canada. Together, we can continue to make a positive impact.

Clare Fewster  
Chair CSPA-ACPS

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## **FROM SUPERVISION TO MENTORSHIP - CSPA LANGUAGE CHANGE**

Historically, CSPA has titled the training experience students and aspiring professionals receive to become a Certified Mental Performance Consultant a supervisory relationship. Borrowing from other similar fields like counselling and psychotherapy, supervision has been a common structure for teaching the applied skills of working to facilitate growth and improvement in teams and individuals. In 2018, when AASP became a nationally accredited credential with the National Commission for Certifying Agencies (NCCA), they decided to label the training experience as a mentorship relationship instead of a supervisory relationship. They made the title change to account for legal implications with insurance in the United States and also to set standards that promote ownership and initiative from the mentee for their development. While we don't have the same insurance implications here in Canada that require us to use the mentorship title, CSPA has decided to change our language to be consistent with AASP to create alignment between our Associations.

Moving forward, CSPA will be titling the training experience for students and aspiring professionals as a mentorship relationship instead of a supervisory relationship. To celebrate this change, CSPA is releasing a Mentorship Agreement as a resource for current and aspiring mentors as a starting point to build from when establishing a mentorship relationship with a mentee. You can find this in the documents tab after logging into the [members-only area](#) of the CSPA website.

### **Upcoming Mentorship Webinar**

How to find a balance between too much, or not enough feedback for mentees.

*June 24, 2024 at 4:00 pm PDT/5:00 pm MDT/7:00 pm EDT/8:00 pm ADT.*

This webinar explores using feedback effectively in mentorship through the lens of self-determination theory (SDT). Facilitators will discuss key elements of feedback such as how often to give it, its intensity, and the best times to provide it along with ways to encourage independence while still fostering growth. Through theory, practical examples, and experiences shared, participants will be encouraged to reflect on their approach to feedback, the ways they seek to meet individual psychological needs and create supportive environments for mentees.

Registration : <https://uso6web.zoom.us/meeting/register/tZEuf-yqpz4qGNfN269x9NQfOVY5EPXKBLfI>

After registering, you will receive a confirmation email containing information about joining the meeting.

## **IS THE APPROVED MENTORSHIP LIST FOR ME?**

- Do you provide advice or instruction to students working towards the CMPC credential?
- Do you work alongside students providing mental performance consulting services?
- Do you introduce potential clients to students when they are seeking out mental performance consulting services?
- Do you offer a class to teach students how to provide mental performance consulting services?
- Do you want to support student's development of their ability to deliver mental performance consulting?





If you answered YES to any of the above questions, then the Approved Mentorship List is for you!

The Approved Mentorship List identifies professionals who have the credentials and competencies to aid in the development of others competency to practice mental performance consulting. It is held by the CMPC® Certification Council.

You can apply through two pathways, depending on whether you have achieved your CMPC® Credential or you have not. CSPA has provided a video and resources to streamline and make the application process simple and successful. This link will provide you with resources about mentorship and the application process.

Please consider being on the Approved Mentorship list and supporting the next generation of Canadian [certified] mental performance consultants!

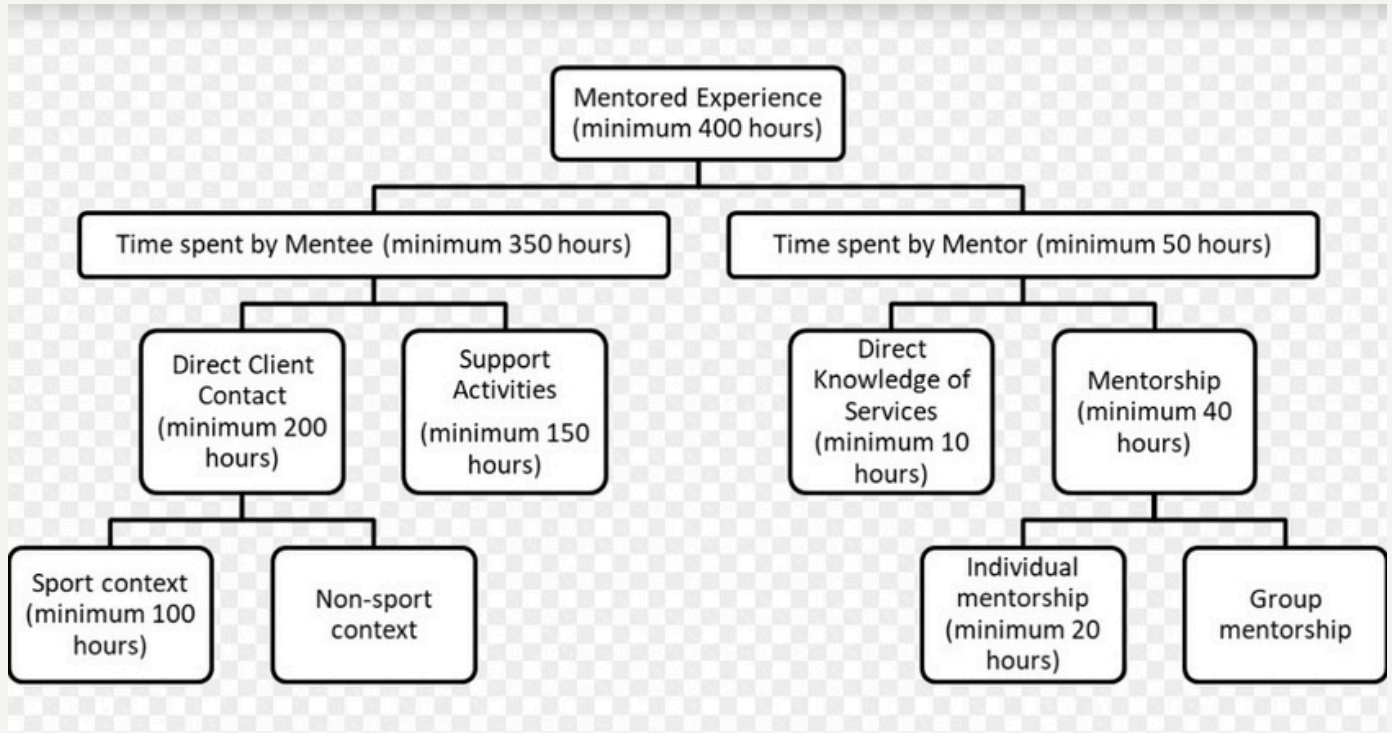
## **IMPORTANT RESOURCES FOR BOTH MENTORS AND MENTEES**

To ensure that you are up to date with mentorship requirements and updates, there are several important resources to review listed below. Mentors are primarily responsible for enforcing current certification requirements and ongoing updates. Mentees must ensure that their Mentor is listed on the Registry of Approved Mentors and that they will maintain their "Approved Mentor" status for the entirety of the mentorship relationship.

- Registry of Approved Mentors
- CMPC Certification Program Candidate Handbook
- CMPC Mentor Guidelines and Best Practice Recommendations
- CMPC Certification Updates
- Mentorship Agreement Template

## **MENTORSHIP HOURS FOR CMPC CERTIFICATION**

To clarify the distribution of mentorship hours required by a CMPC Candidate, this graphic has been produced by the CMPC Certification Council (April 2024).



## **WORKSHOP FOR CSPA - NEW APPLICATION**

In this short 30-minute workshop, a member of the CSPA Certification committee will support professional member completion of the application. The host will also be available to answer any questions about the Certification process including the Certification Exam, and applying to be on the Registry of Mentors. Look out for a workshop in fall 2024!

## **WHERE CAN I GET CONTINUING EDUCATION CREDITS IN SUPERVISION/MENTORSHIP?**

Continuing education units can be collected through a variety of activities such as:

- AASP sponsored conference sessions and/or webinars
- Conference sessions and/or webinars held by nationally recognized organizations (i.e., APA, APA Div 47, ISSP, NATA, NCC, etc.) related to will be accepted





## **MENTORSHIP WEBINARS**

[Link to CSPA Mentorship In Canada webinar](#) - 3 CEU Credits can obtained

Past AASP Webinars :

- [Multicultural Mentorship: Define. Explore. Act.](#)
- [Three Pathways for Providing Supervision in Sport and Performance Psychology: Adapting Supervision into Different Settings](#)
- [Professional Development as a Journey - With the Supervisor as a Tour Guide](#)
- [Best Practices in Supervision for Developing Competent Consultants](#)

American Psychological Association Continuing Education

APA has a number of on-demand webinars that you can purchase to collect continuing education credits.

Canadian Psychological Association Education

CPA offers an on-demand course in both English and French language.

## **CMPC STUDY GROUP**

The next CMPC study group will be starting at the end of June. Look out for more detailed information coming to your inbox and social media. There are numerous benefits to the CMPC study group. They include connecting with colleagues across the country, accountability to reading and reviewing the chapters in a timely manner, and great discussion on relevant topics.

## **CMPC RECERTIFICATION**

As a reminder, after 5 years of becoming a CMPC, there are recertification requirements to maintain your CMPC status. A total of 75 CEUs must be accumulated to recertify.



## **NOTE FROM THE EQUITY, DIVERSITY, INCLUSION, AND ACCESSIBILITY (EDIA) COMMITTEE**

The EDIA committee would like to extend a sincere thank you to those who took part in our recent CSPA EDIA Webinar Transgender Participation in Sport: The Fight for Inclusion in Public Space. A special thank you to our speaker for the event, Dr. Travers. If you missed it, you can access the recording on the [members-only area](#) section of the CSPA website. This webinar has been approved for 2 CEUs in the area of Diversity & Culture to partially meet the continuing education recertification requirements for CMPC. Please note, non-CSPA members can access the webinar recording for a fee of \$75.00 CAD.

Here's what membership had to say about their webinar takeaways:

- As a sport participant in an adult inclusive league that doesn't organize by gender, but by skill level, I can say that it just makes more sense. We are all there to have fun and enjoy the sport. - Anonymous
- Empathy and understanding are key. There is so much we don't know as a sport community, and this is limiting our ability to facilitate positive change. - Anonymous
- We need to do our part and continue to participate in these types of sessions if we truly want to make sport accessible and safe for ALL. Engaging in conversations with Dr. Travers and our membership is an excellent first step towards any type of positive shift. - Anonymous
- Focus on inclusion, not fairness. - Anonymous

We would also like to invite members to our next CSPA EDIA webinar which will take place on June 14th where we will explore Classification: An Integrated Approach. This webinar will provide CSPA members with an opportunity to explore the para-athlete classification process through the lens of four members of Canada's National Wheelchair Rugby Team: CMPC Sommer Christie, head coach Patrick Côté, athletic therapist Marnie McRoberts and Paralympian Shayne Smith. You can register for this webinar [here](#); non CSPA members can pay to attend or access the recording at a later date for \$75.00 CAD.



We also encourage members to check out our Amplify and Spotlight initiatives that are shared regularly through CSPA's media platforms. We recently spotlighted Head2Core's co-founders, Joanne Rossy and Susan Handrigan. Head2Core's mission is to bring together communities who are educated on the benefits of physical activity on mental health and to raise funding for organisations who strive to provide programs and resources for mental health disorders that include lifelong physical activity. To nominate a CSPA member or people in our community whose commitment to EDIA in sport, in their personal and/or professional work should be spotlighted, please reach out and let us know by connecting with our committee Lead, Shelbi Snodgrass at: [snodshel@telusplanet.net](mailto:snodshel@telusplanet.net).

## **NEW PART-TIME PROJECT MANAGER OF MARKETING AND COMMUNICATIONS- CHANTE WEIR**

She/Her

CSPA is pleased to introduce our new part-time Project Manager for Marketing and Communications, Chante Weir. She is a recent graduate with a Bachelor of Science degree in Human Kinetics (BScHK) from the University of Ottawa. She has a great interest in the fields of mental performance and sport psychology. Additionally, Chante brings a ton of experience in social media and communications from her involvement with the uOttawa Gee-Gees, bringing a fresh perspective to the association. Welcome Chante!





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## **NEW ATLANTIC REGIONAL REPRESENTATIVE** **DR. SIMON TAYLOR**



Dr. Simon Taylor is the founder of Taylored Mindset, a mental performance consultancy specialising in helping individual athletes and teams take their game to the next level. He is a certified mental performance consultant with the Canadian Sport Psychology Association and also works at the Canadian Sports Institute Atlantic. His role is to support individual athletes, teams and coaches in maximising their performance and well-being. As a former NCAA Division golfer Simon has played golf at the highest level as an amateur, having competed at Division I in the NCAA and in international events across the globe. Throughout his golfing career, Simon was fortunate enough to be coached by a variety of different coaches whom all had a shared interest—support Simon become the best golfer possible. During this time, it quickly became apparent that some coaching styles were more effective than others, leading Simon to pursue a PhD to examine different types of coaching more closely and the impact they have on athletes. As a result, Simon now spends much of his time supporting coaches directly, or via group workshops, to implement psychologically sound strategies that not only benefit the athlete but also the coach themselves.







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## **NEW ALBERTA REGIONAL REPRESENTATIVE - NATALIE DOUCETTE**

Natalie is a bilingual Registered Psychologist and Certified Mental Performance Consultant. She completed her Masters in Counselling Psychology from the University of Calgary and is currently living and working in Fort McMurray, Alberta. Prior to this, her first career as a teacher took her to many interesting places including living and working in the UK and Cambodia. These experiences developed her love for travel and since entering the mental performance and psychology field, she has enjoyed many opportunities to travel for work and support teams and athletes at provincial and national levels.

She currently operates a full-time private practice in Fort McMurray supporting athletes, coaches and teams locally and throughout Alberta, and is also a Registered Play Therapist supporting local children, youth and their families through this approach. Having been a competitive swimmer and varsity basketball player, she understands firsthand the complexities of navigating performance and mental wellbeing while balancing daily life demands. She uses a client-centered and trauma-informed approach with all of her clients and caters interventions to their particular needs. She is very excited about her new role as Provincial Representative for Alberta through the CSPA and looks forward to helping members across the province connect and further grow the mental performance field.



## **EARLY CAREER PROFESSIONAL AWARD - SHELBI SNODGRASS**

The CSPA would like to congratulate Shelbi Snodgrass as the 2024 Early Career Professional Award recipient. Shelbi has been a professional member of the CSPA since 2022 and is completing her Doctorate in Counselling Psychology at the University of Calgary in the Relational Practices Research Lab focused on relational practices related to well-being, recovery, and family systems. She is a Registered Clinical Counsellor (RCC) through the BC Association of Clinical Counsellors (BCACC), a Certified Mental Performance Consultant<sup>®</sup> (CMPC), and a Canadian Certified Counsellor (CCC) through the Canadian Counselling and Psychotherapy Association. She is the co-founder of Snodgrass and Duff Performance Consulting and Counselling Inc. and has been working in the field as an applied practitioner for over seven years. Shelbi's formal training is in the areas of mental health, addiction and recovery, and performance psychology.



As a former elite swimmer, Shelbi is passionate about the field of performance and is a strong advocate of mental health as evidenced in her work with Team Canada athletes and various provincial organizations and post-secondary institutions within British Columbia.

Shelbi's approach to consulting centres around collaboration, the exploration of intersecting identity development, self-empowerment, and leadership. She strives to meaningfully contribute to the profession in a way that is trauma-informed, culturally responsive, and anti-oppressive, which is evident in her role as Lead of the Equity, Diversity, Inclusion, and Accessibility (EDIA) committee and BC Representative for the CSPA. She values a systems perspective to behaviour and aims to create a safe and inclusive environment for individual clients, groups, and teams. Shelbi is passionate about growing mental performance consulting in Canada and continuing her work with the CSPA. She also looks forward to mentoring up-and-coming mental performance consultants and is enthusiastic about creating more regional and national sport partnerships that support both mental health and mental performance initiatives.



When Shelbi is not working, she enjoys traveling for business and personal reasons whether it be presenting in an academic/professional conference or exploring a new city. Look out for an article from Shelbi in our fall newsletter.

## **PROFESSIONAL DEVELOPMENT** **EXPRESSION OF INTEREST**

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 CEU's 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.



## **CELEBRATION OF NEW CMPC'S**

The CSPA is excited to announce the success of our professional members who have recently received their Certified Mental Performance Consultant (CMPC) certification in allegiance with the Association of Applied Sport Psychology (AASP). CMPC Certification is in line with our commitment to providing the highest level of certification to practice as an MPC in Canada and allows our members increased opportunities to provide high quality services to the public.

To learn more about the certification process to become a CMPC, take a look at our website for more information! <https://www.cspa-acps.com/certified-mental-performance-consultant>.

Congratulations to the following Professional Members who have achieved CMPC since our Fall 2023 Newsletter (as of May 9, 2024)

**Karl Bicomumpaka**  
**Mark Bruner**  
**Roxane Carriere**  
**Sabrina Cormier**  
**Diane Culver**  
**Christopher DeWolfe**  
**Brendan Dinsdale**  
**Jennifer Diotte**  
**Scott Donald**  
**Perri Ford**  
**Chole Gagnon**  
**Elyse Gorrell**  
**Colin Guthrie**

**Trista Hill**  
**Renee Hock**  
**Naomi James**  
**Sara Lachance**  
**Cait Leavitt**  
**Christina Leonardelli**  
**Beth McCharles**  
**Kyle McDonald**  
**Veronika Moore**  
**Carl Nienhuis**  
**Kyle Paquette**  
**Marie-Helene Paquette**  
**Laura Parrott**

**Donna Perry**  
**Lara Pomerleau-Fontaine**  
**Emily Riley**  
**Lisa Rogerson**  
**Amelie Soulard**  
**Kara Stelfox**  
**Shaunna Taylor**  
**Lisa Veloce**  
**Rolf Wagschal**  
**Kayley Walsh**  
**Natascha Wesch**

## **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 100 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.

The 2025 Annual Conference will take place October 15-18 in Montreal, Quebec!





## ANNUAL CONFERENCES

| Conference  | 2024 Date                 | Location               |
|---|---------------------------|------------------------|
| <a href="#"><u>Association for Psychological Science</u></a>                                    | May 23 - May 26           | San Francisco, CA, USA |
| <a href="#"><u>American College of Sports Medicine</u></a>                                      | May 28 - May 31           | Boston, MA, USA        |
| <a href="#"><u>North American Society for the Psychology of Sport and Physical Activity</u></a> | June 5 - June 8           | New Orleans, LA, USA   |
| <a href="#"><u>ISBNPA</u></a>   | May 20 - May 23           | Omaha, NE, USA         |
| <a href="#"><u>Canadian Psychological Association</u></a>                                       | June 21 - June 23         | Ottawa, ON             |
| <a href="#"><u>IPPA World Congress on Positive Psychology</u></a>                               | July 2 - 5, 2025          | Brisbane, Australia    |
| <a href="#"><u>American Psychological Association</u></a>                                       | August 8 - August 10      | Seattle, WA, USA       |
| <a href="#"><u>International Society of Behavioural Medicine</u></a>                            | August 6 - August 9, 2025 | Vienna, Austria        |
| <a href="#"><u>American Public Health Association</u></a>                                       | October 27 - October 30   | Minneapolis, MN, USA   |
| <a href="#"><u>Association for Applied Sport Psychology</u></a> (CEU's can be accumulated)      | October 23 - October 26   | Las Vegas, NV, USA     |
| <a href="#"><u>Canadian Counselling and Psychotherapy Association</u></a>                       | May 31 - June 2           | Charlottetown, PEI     |

## 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.

# HOW-TO:

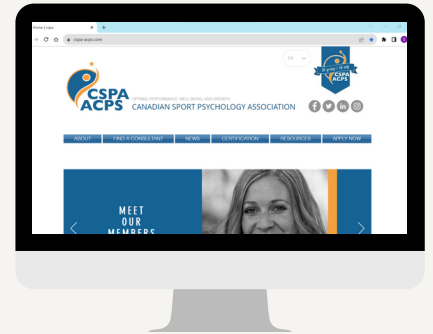
## WATCH WEBINARS, SUBMIT FEEDBACK FORMS & RECEIVE CEUS



# 01

### VISIT OUR WEBSITE

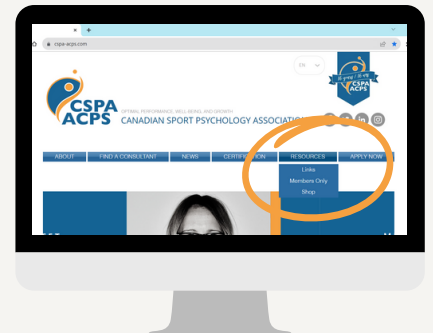
[www.cspa-ascp.com](http://www.cspa-ascp.com)



# 02

### CLICK “RESOURCE” TAB

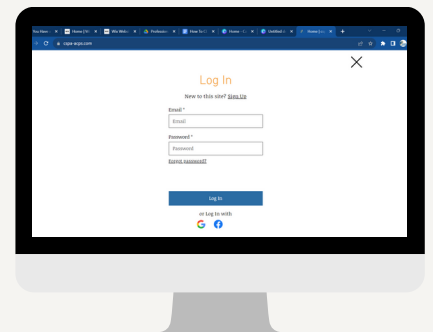
A drop down menu will appear. Select the “member’s only” sub-tab.



# 03

### LOGIN/SIGN UP

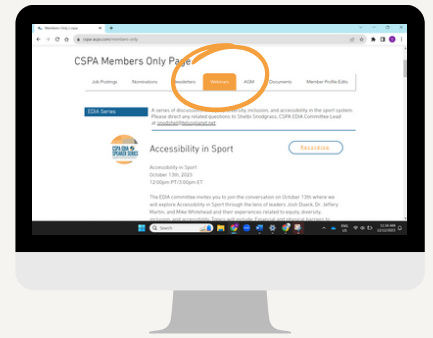
Please note. If you are not currently a website member, you must sign up and create an account. After you create an account, an automatic request will be sent to the CSPA Virtual Administrative Assistant. Please allow 1-2 business days for the request to be approved. Once approved, you will have full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



# 04

## SELECT “WEBINARS” TAB

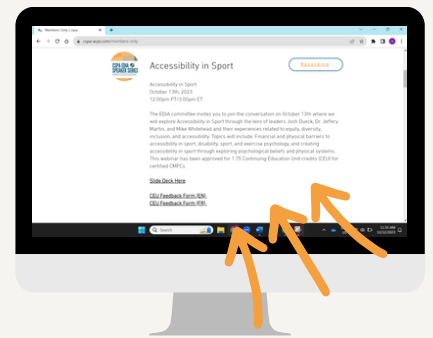
There is a secondary tab bar that shares job postings, nominations, newsletters, webinars, AGM recordings, member profile edit forms. Please select the “webinars” sub-tab.



# 05

## SCROLL TO A WEBINAR OF INTEREST

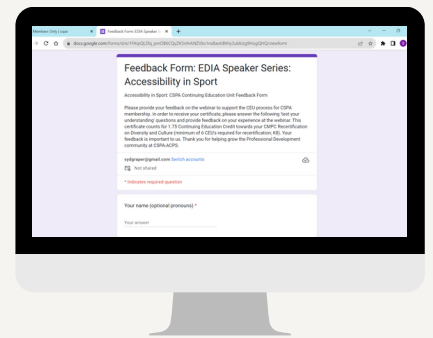
Every webinar will have the title, date, description, recording (mp4 ) slide deck (pdf ) ,and links to CEU forms.



# 06

## COMPLETE & SUBMIT CEU FEEDBACK FORM

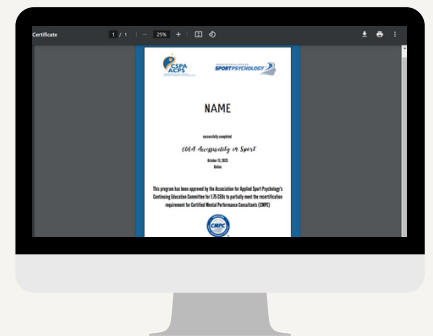
After clicking the “CEU Feedback Form” link, you will be redirected to a Google Form. There will be an English and French version available. Complete form as prompted.



# 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**