



CSPA Annual General Meeting

2019-2020



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

12/11/2020



The CSPA Welcomes you!

Shaunna Taylor, PhD, CSPA Chair

Sharleen Hoar, PhD, CSPA Co-Chair



Annual General Meeting

- Attendance and keeping of minutes
- Highlights of 2019-2020 (Shaunna)
- Prof. Development Committee Report (Lisa)
- Treasurer Report (Natalie)
- Governance Report (Sharleen)
- Professional Standards Report (Shaunna)
- Certification Committee Report (Natalie)
- Membership Report (Connor)
- Review Committee Report (Diane)
- Diversity and Inclusion (Leisha)
- CSPA Regional Reports (Regional Reps)
- Website, Communication, Social Media (Poppy)
- Elections & Incoming Council
- Discussion & Adjournment





Attendance & Minutes



Canadian Sport Psychology Association
Association canadienne de psychologie du sport



2019-2020 Highlights

Shaunna Taylor



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

2019-2020 Highlights

- Managing Council Updates
- CSPA-AASP Certification
- Work on a new Strategic Plan (2019 - 2022)
- New Committee: Diversity and Inclusion
- NCCP Psychology of Performance / GMP
- Launch of French Website
- Professional Standards (Ethics / Pathways)
- Webinars and Newsletters

NCCP Psych of Performance



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

NCCP Psych of Performance



Overview of key mental skills

Canadian Sport Psychology Association (CSPA)

- The CSPA can connect you with Mental Performance Consultants who are professionals in the field of applied sport psychology and have considerable training and education.
- Visit the CSPA website at cspa-acps.com to learn more.

Gold Medal Profile



SPORT SCIENTIST CANADA

GOLD MEDAL PROFILE (GMP) FOR PSYCHOLOGY IN SPORT

Providing Canadian National Sport Organizations with evidence-informed mental performance competencies for podium success in high-performance sport

Authors

Frank van den Berg – Canadian Sport Institute Calgary
Dr. Joe Baker – York University Toronto
Dr. Gordon Bloom – McGill University Montreal
Dr. Natalie Durand-Bush – University of Ottawa
Dr. Véronique Richard – Institut National du Sport du Québec
Bryce Tully – Canadian Sport Centre Atlantic
Assisted by: Perri Ford – Calgary

Reviewers

Dr. Sharlene Hoar – Canadian Sport Institute Pacific
Dr. Adrienne Leslie-Toogood – University of Manitoba,
– Canadian Sport Centre Manitoba
Dr. Dave Paskevich – University of Calgary

NOT FOR CIRCULATION

August 2020



SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Mental Performance Support

Mental performance consultants (MPCs), as well as registered counsellors and psychologists have expert knowledge and skills to facilitate learning and growth in various areas of mental performance. However, as indicated in the IOC consensus statement, as well as other position statements pertaining to mental performance and mental health in high-performance sport, it is important to work with qualified practitioners who understand the intricacies of the competitive sport environment. This is crucial for athlete, coach, and IST member buy-in, and for the provision of effective, efficient, and relevant mental performance and mental health support services in sport.

National Sport Organizations (i.e. High-Performance Directors, Coaches) are encouraged to enlist the support of qualified professionals to assist with the development of desired mental performance competencies in their sport, the operationalization of individual athlete performance plans, and the education of coaches and athletes along the podium pathway.

According to the Canadian Sport Psychology Association (CSPA), in order to practice in Canada and in most countries across the globe, MPCs must demonstrate that they have (<https://www.cspa-acps.com/membership-requirements>):

1. A Master's degree in sport psychology or related field from an accredited university program;
2. Successfully completed a variety of courses relevant to applied sport psychology and foundational disciplines such as human kinetics or kinesiology, psychology, and counselling;
3. A supervised consulting experience (400-hour practicum);
4. Favourable supervisor and client evaluations.

The CSPA has as a mandate to review and list MPCs who meet minimum requirements to provide mental performance services. Practitioners who have additional credentials (e.g. registered counsellors and psychologists) are also listed on the CSPA's website (<https://www.cspa-acps.com/professional-members>).

The Canadian Centre for Mental Health and Sport (CCMHS) also provides valuable information regarding different types of practitioners involved in the provision of mental performance and mental health services in Canada. Definitions and scope of practice are highlighted in the CCMHS's position statement and noted on the CCMHS website (<https://www.ccmhs-ccsms.ca/our-practitioners>).

Key article: Van Slingerland, K. J., Durand-Bush, N., Bradley, L., Goldfield, G., Archambault, R., Smith, D., Edwards, C., Delenardo, S., Taylor, S., Werthner, P., & Kenttä, G. (2019). Canadian Centre for Mental Health and Sport (CCMHS) position statement: Principles of mental health in competitive and high-performance sport. *Clinical Journal of Sport Medicine*, 29, 173-180.



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

Managing Council

- **Chair:** Dr. Shaunna Taylor
- **Past-Chair:** Dr. Adrienne Leslie-Toogood
- **Co-Chair:** Dr. Sharleen Hoar
- **Treasurer:** Dr. Natalie Durand-Bush
- **British Columbia:** Christie Gialloretto, MSc
- **Alberta:** Clare Fewster, MC
- **Prairies:** Lisa Hoffart, MC
- **Ontario:** Lisa Veloce, MSc
- **Quebec:** Heidi Malo, MHK
- **Atlantic:** Tara Costello, MA
- Communications / Marketing Lead – Poppy DesClouds
- Membership / Insurance – Connor Primeau
- Student Committee Lead – Katrina Waldhauser

MC Committees

- **Review:** Diane Culver (Chair)
- **Governance:** Sharleen Hoar (Chair)
- **Professional Standards:** Shaunna Taylor (Chair)
- **Marketing & Communications:** Poppy DesClouds (Chair)
- **Professional Development:** Lisa Hoffart (Co-Chair)
- **Membership, Finance & Insurance:** Connor Primeau (Chair)
- **Student:** Katrina Waldhauser (Chair)
- **Public Relations & Outreach:** Adrienne Leslie-Toogood (Chair)
- **Certification:** Natalie Durand-Bush (Chair)
- **Diversity and Inclusion:** Leisha Strachan (Chair)



Professional Development Report

Lisa Hoffart



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

Webinar #11 – Feb 2020



CSPA WEBINAR

LANGUAGE, STRATEGIES, & ALLYSHIP FOR LGBTQ2+ ATHLETES

WEDNESDAY, FEBRUARY 12, 2020 - 3PM EST



Register today!



Canadian Sport Psychology Association
Association canadienne de psychologie du sport



Upcoming Webinars

- Next webinar will occur in December 2020
- Stay tuned for announcement
- Get Involved!
- Contact Current Committee members:
 - Lisa Hoffart, Geoff Hackett, Josh Hoetmer, Katrina Waldhauser



Newsletter





Newsletter

Forthcoming Winter Newsletter

- If any members, including Student and Academic members, are interested in providing a piece for the newsletter, please contact the Managing Council
- We are always seeking ideas and contributors for both the newsletters and webinars that will be most beneficial to all our members



Treasurer Report

October 1, 2019 to October 31, 2020

Natalie Durand-Bush



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

Summary



Balance forwarded on Oct 1, 2019		39,254.02
A		\$39,254.02
Income	Membership, webinar, apparel	\$18,515.00
B		\$18,515.00
Expenses	Bank fees:	\$1,041.32
	Other (details on next slide):	\$7,220.12
C		\$8,261.44
Balance	Net Balance (A + B - C)	\$49,507.58
	(Desjardins Oct. 31, 2020)	\$49,507.58
	(Square Oct. 31, 2020)	\$0.00

Details - Other Expenses

Website fees	\$ 3,360.85
Translation	\$ 1,247.40
2019 Strategic Planning	\$ 1,468.34
Revision of Ethics Code	\$ 600.00
Young Professional Award	\$ 500.00
Miscellaneous	\$ 43.53
TOTAL	\$ 7,220.12



Governance Report

Sharleen Hoar



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

Governance Report

- Committee members: **Sharleen Hoar, Frank van den Berg, and Erin Brennan**
- Governance Achieved
 - Use of title, identification of membership class
 - Online voting procedures for Managing Council
 - Establishment of Diversity & Inclusion Chair and committee
- New Governance (in progress)
 - Online voting procedures for membership
 - Adopt updated Code of Ethics



Professional Standards Report

Shaunna Taylor



Canadian Sport Psychology Association
Association canadienne de psychologie du sport



Professional Standards Report

- Semi-monthly meetings
- Committee members: Shaunna Taylor, Natalie Durand-Bush, Jonathan Lasnier, Anne Muscat
- Revisions to CSPA Code of Ethics
- Letter to Members and Non-members re: scope of practice / misuse of title
- Complaints / Education procedures





Certification Committee Report

Natalie Durand-Bush, Sharleen Hoar, Diane Culver



Canadian Sport Psychology Association
Association canadienne de psychologie du sport



Overview

- NCCA accreditation for CMPC credential established in Jan 2020
- Communication exchanges between AASP Certification Council and CSPA Certification Committee (documented meeting minutes & email)
- Legal advice sought on ability to trademark CMPC credential in Canada
- Transportability study completed October 20, 2020 (Results to follow)



Transportability Study

N = 21 Subject Matter Experts

Conducted by Dr. Elizabeth Shoenfelt & Siera Bramschreiber (WKU)

	OBJECTIVE OF STEP	RESULTS
Step 1	Determine if Task Domains required in CMPC and MPC jobs are equivalent	$r = .98$ $r^2 = .96$
Step 2	Assess whether knowledge needed to perform CMPC and MPC jobs is equivalent	$r = .98$ $r^2 = .97$
Step 3	Establish reliability of Knowledge Groups (KG) derived in Step 2 and determine convergence of MPC KG weights with CMPC KG weights	$r = .93$ $r^2 = .87$



Transportability Study

- Results of all three steps indicate that jobs of MPC and CMPC are substantially equivalent at both **Task Domain** level and **Knowledge Group** level
- There is strong support for validity of the CMPC certification exam for use with job of MPC





Next Steps

- Confirm pathway for Professional CSPA members to achieve CMPC credential
- Get input from membership via town hall and survey
- Negotiate agreement with AASP
- Approve CMPC credential in Canada within MC



Membership Committee Report

Connor Primeau



Canadian Sport Psychology Association
Association canadienne de psychologie du sport



Membership Committee Report

Membership as of November 1, 2020

- 171 Professional Members
- 8 Academic Members
- 7 Associate Members
- 117 Student Members

Total: 303 members



Membership Committee Report

- Welcome to our new Professional Members!
 - Information email sent out today
 - **Deadline: November 25th**
- Launching Membership # for all Professional Members in the new year





Membership Committee Report

Insurance

- Insurance renewed yearly
 - **Deadline: November 1st**
- Confirmation required for other insurance providers



Review Committee Report

Diane Culver



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

Review Committee Report

Updates

Members: Diane Culver (chair), Penny Werthner, Christiane Trottier, Barbi Law, Clare Fewster and Patrick Beland

- 30 new professional members
- 1 fast track (upcoming)
- 6 files remain open

Review Committee Report

Note:

- Number of hours permissible in a dual role is a maximum of 20.

What's Next?

- Revision of some forms for better clarification of hours

Review Committee Report

Thank you to Review Committee members!

- Diane Culver (Chair)
- Christiane Trottier
- Penny Werthner
- Barbi Law
- Clare Fewster
- Patrick Beland

Review Committee Report

New professional members as of November 11 2020:



- Klaudia Sapieja
- Kyle McDonald
- Mishka Blackler
- William Critchley
- Patricia Landry
- Will Critchley
- Ashley Dugay
- Chloe Gagnon
- Jennifer Diotte
- Haileigh Talbot
- Elyse Gorell
- Lindsay Berard
- Marissa Buth
- Rodrigo Caceres Belmont
- Naomi James
- Roxane Carriere
- Anthony Battaglia
- Melanie Dodd-Moher
- Elise Marsollier
- Chloé Grégoire
- Lucas Madill
- Megan Donovan
- Natalie Doucette
- Iman Hassan
- Walter McCutcheon
- Tanya Richman
- Cassandra Seguin
- Micaela Smith
- Robert Beer
- Ian Perry





Diversity and Inclusion

Leisha Strachan



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

Diversity and Inclusion Committee

Chair Appointment:

- Leisha Strachan, Professor, U of Manitoba
- 1) Working to establish short term goals
 - 2) Education! (8 months - 1 year)
 - 3) Recruitment of Committee Members (want to have representation)
 - 4) Establishment of Terms of Reference



CSPA Regional Reports



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

Regional Report

British Columbia – Christie Gialloreto

- 32 professional members; 1 associate member; 18 student members
- Peer consultation meetings (3)
 - Ongoing approximately every 3 months.
 - Focus on relevant topics and networking.
- Annual workshop day was held on June 6th virtually with approximately 50 participants!
 - Presentations focused on enhancing and understanding online consulting and young professional case studies.
 - Next one to be explored for June 2021.



Regional Report

Alberta – Clare Fewster

- 19 professional members; 11 student member; 2 Academic Members
- Meeting schedule for March 16, 2020 to share professional development. At that time the province had started to shut down. We shifted the conversation to Covid 19 conversations about uncertainty and how to support athletes and each other.
- Welcome Josh Hoetmer as the new CSPA AB Regional Rep



Regional Report

Prairies – Lisa Hoffart

- 17 members (8 professional, 2 academic, 7 student)
- Primary mode of communication - electronic
- Meeting dates are forthcoming but will likely continue to partner with other regions

Regional Report

Ontario – Lisa Veloce

- Strong membership: 62(60) professional; 44(25) student; 3(1) associate; 3(1) academic
- Ontario Region Facebook Group
 - Please join by searching “CSPA Sport Psych ACPS - Ontario Regional Members Group”
- Last year...
 - Sign-up sheet was circulated
 - Peer mentorship/consultation
 - Paper review groups
 - Case study discussion groups
 - Looking to help out? Group coordinators needed

Regional Report

Quebec – Heidi Malo

- Total Québec membership: **68 Members**
Professional : 38 Student : 26 Academic : 1 Associate: 3
- May - Regional meeting, Natalie Durand Bush presented CSPA & Sommer Christie presented on biofeedback
- June - Regional Meeting, Geneviève Cardella Rinfret - Presented her research on the impact music can have on performance
- Septembre - Regional Meeting, discussion on resilience
- Gordon Bloom has been organizing “legends in sport” talks on a monthly basis. He has had great speakers present and share their field of expertise
- Upcoming : November 20 Sport’aide training
Regional participation : apx 20-25 members per meeting.
- November: The launch of french website!!!

Regional Report

Atlantic – Tara Costello

- 11 professional members; 3 student members
- Primary mode of communication - electronic
- Interest from members to meet via Zoom more regularly for Professional Development / Networking as well as towards increasing visibility in Atlantic Canada of CSPA and MPC's
- Next meeting is booked for Dec. 14 at 3pm AST



Marketing & Communications

Poppy DesClouds



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

Website, Communication & Social Media



- Updates on CSPA News & Events
 - CSPA Website > News Tab
 - Emails to membership
 - Facebook, Twitter, LinkedIn
 - Instagram - new this year!

- CSPA Website
 - Member profiles updates
 - **Submission of bilingual profiles**
 - 'Members Only' page to complete / edit your profile



Website, Communication & Social Media



Launch of bilingual website!



<https://fr.cspa-acps.com/>

Website, Communication & Social Media



CSPA Social Media

- **Facebook** ([@CSPA Sport Psych ACPS](https://www.facebook.com/CSPA Sport Psych ACPS))
 - **554** likes - ↑ **49**
 - **574** followers

- **Private Facebook Group**
 - **129** members - ↑ **28**
 - Please ask to join our private Facebook group 'CSPA Sport Psych ACPS'
<https://www.facebook.com/groups/529525003831269/>



Website, Communication & Social Media



- **Twitter** ([@CSPA ACPS](#))
 - **1,318** followers - ↑ **176**
- **LinkedIn** ([CSPA-ACPS](#))
 - **218** followers - ↑ **41**, ↑ **visitor rate and page views**
- **Instagram** ([cspa acps](#))
 - New this year!
 - **163** followers, **highest-level of SM interaction**

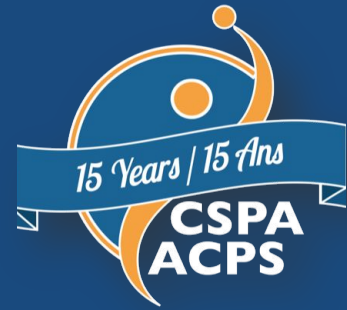


Website, Communication & Social Media



Call for Social Media Volunteers!

If you have news/stories that you would like to share on CSPA social media, or if you would like to contribute a post, please email Poppy at: poppy.desclouds@gmail.com



Young Professional Award



Canadian Sport Psychology Association
Association canadienne de psychologie du sport



This year's winner: Jonathan Lasnier

Congratulations, Jonathan!

See his article in our
fall/winter newsletter



Canadian Sport Psychology Association
Association canadienne de psychologie du sport



Incoming and Outgoing MC Members

Shaunna Taylor & Sharleen Hoar



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

02/10/2019

2020 Elections

3 Year Term: 2020 - 2023



Chair: Sharleen Hoar
Co-Chair: Clare Fewster
Past Chair: Shaunna Taylor

BC Regional Rep: Christie Gialloreto
Alberta Regional Rep: Josh Hoetmer
Ontario Regional Rep: Lisa Veloce (Repeat)

Diversity & Inclusion Chair: Leisha Strachen
(By appointment)



Managing Council - Incoming

- **Chair:** Dr. Sharleen Hoar
- **Past-Chair:** Dr. Shaunna Taylor
- **Co-Chair:** Clare Fewster, MC
- **Treasurer:** Dr. Natalie Durand-Bush
- **British Columbia:** Christie Gialloretto, MSc
- **Alberta:** Joshua Hoetmer, MA
- **Prairies:** Lisa Hoffart, MC
- **Ontario:** Lisa Veloce, MSc
- **Quebec:** Heidi Malo, MHK
- **Atlantic:** Tara Costello, MA
- **Diversity & Inclusion:** Leisha Strachan
- **Communications / Marketing Lead** – Poppy DesClouds
- **Membership / Insurance** – Connor Primeau, MHK
- **Student Committee Lead** – Katrina Waldhauser





Welcome from our New Chairs

Sharleen Hoar, PhD, CSPA Chair Clare Fewster, MA, CCC, CSPA Co-Chair



Canadian Sport Psychology Association
Association canadienne de psychologie du sport



Outgoing Positions

Past Chair: Adrienne Leslie-Toogood

Chair: Shaunna Taylor

Co-Chair: Sharleen Hoar

Alberta Regional Rep: Clare Fewster



Strategic Planning for 2020 - 2025

Sharleen Hoar



Canadian Sport Psychology Association
Association canadienne de psychologie du sport

Strategic Planning Meeting

Dec. 9 - 10, 2019



In Attendance

- Shaunna Taylor
- Sharleen Hoar
- Adrienne Leslie-Toogood
- Natalie Durand-Bush
- Diane Culver
- Poppy DesClouds
- Connor Primeau

Work Accomplished

- Review 2016 Strategic Plan
- Revise Vision & Mission statement
- Strategic Goals & Priorities



Canadian Sport Psychology Association
Association canadienne de psychologie du sport



Vision & Mission

CSPA Vision

LEADING EXCELLENCE IN SPORT AND PERFORMANCE PSYCHOLOGY: ONE INDIVIDUAL, ONE TEAM, ONE COMMUNITY AT A TIME.

CSPA Mission

- (a) Our people: Qualified mental performance and mental health practitioners fostering learning and growth for optimal performance and well-being.
- (b) Our organization: Dedicated to driving advocacy for and governance of sport and performance psychology through leadership, education, and innovation.
- (c) Our work: Inspiring, developing, and protecting cultures of excellence at all levels of human performance.





Our Goal

BHAG: Be the leading authority for mental performance and mental health in sport in Canada.

3HAG: Clear CSPA brand and certification pathways leading to qualified practitioners and quality partnerships in sport and other performance domains.

Next Steps

- Obtain approval from MC members
- Set work timelines on strategic tasks
- Seek out assistance on committees to complete tasks



Discussion



Canadian Sport Psychology Association
Association canadienne de psychologie du sport



The CSPA Thanks You!



Canadian Sport Psychology Association
Association canadienne de psychologie du sport