



SPRING 2023  
CANADIAN SPORT PSYCHOLOGY ASSOCIATION

# CSPA SPRING NEWSLETTER

## LETTER FROM THE CHAIR

Dear CSPA Members,

Welcome to our Spring 2023 newsletter. I am writing this letter from the airport in Toronto, ON. I am waiting for my flight back home to Victoria, B.C. My travel is supporting my mental performance work with Cycling Canada. This travel is a reminder that sport is returning to its typical rhythm. There is much work for our profession whether it be athlete wellness, athlete performance, team wellness, and or team performance. This edition of the newsletter has the theme of professionalism within the mental performance profession. We aim to communicate with you all the activities that CSPA-ACPS is doing to elevate you as a professional (through continuing education activities), us as a community (through supervision), and the profession (through certification) itself.

In the era of Safe Sport in Canada, it is more important than ever that our organization supports the professional activities of mental performance consultants. Mental performance consultants need a community that one can turn to for professional advice as well as advocate for one's work on the practitioners' behalf. We recognize this need. We are working hard to take on this role for you. We encourage you to engage with CSPA-ACPS in the many activities that have been coordinated on your behalf.

Stay in touch with our socials to learn about opportunities that have been scheduled.

Humbly in service,

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

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## Supervision/Mentorship CSPA Language Under Review

Historically, the CSPA has used 'supervision' as the appropriate language to capture the relationship between a student completing their applied practicum and an established professional within the field of mental performance consulting who is supporting their professional development. As CSPA continues to coordinate with AASP and their certification process, there are discrepancies that need to be addressed. AASP's usage of the title 'mentorship' and CSPA's usage of the title 'supervision' is one of these discrepancies.

CSPA is currently evaluating the implications of updating the title usage of 'supervision' to 'mentorship' in order to stay in alignment with AASP's certification process. The last paragraph in Section B of AASP's [CMPC Mentorship Handbook](#) provides a more detailed explanation as to why they've chosen to use the title of 'mentorship' instead of 'supervision'. In licensed professions in the United States, supervisors tend to be legally responsible for their supervisees services delivered.

You will notice within this newsletter, that both the 'supervision' title and the 'mentorship' title are used to capture the professional relationship between a student in their applied practicum and the established professional who is supporting their professional development. These titles are synonymous throughout this newsletter while we navigate this discrepancy. More updates on the usage of this language to come later this year.

## MENTAL PERFORMANCE IN ACADEMIA

The CSPA is fortunate to have a diverse membership of students, academics and professional members. In addition to highlighting the work that MPCs 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 Katrina Waldhauser at [kj.waldhauser@gmail.com](mailto:kj.waldhauser@gmail.com).

**Pomerleau-Fontaine, L., Bloom, G. A., & Alexander, D. (2023). Wheelchair basketball athletes' perceptions of the coach–athlete relationship. *Adapted Physical Activity Quarterly*, 40, 105-115. <https://doi.org/10.1123/apaq.2022-0003>**

The majority of research on the coach–athlete relationship has been explored from the perspective of able-bodied athletes. The purpose of this study was to explore wheelchair basketball athletes' perceptions of the coach–athlete relationship. Timelining and semistructured interviews were conducted with six wheelchair basketball athletes, and data were analyzed using a reflexive thematic analysis. Athletes highlighted the important role that parasport coaches played in fostering an enjoyable wheelchair basketball environment and valued coaches who displayed expertise regarding their athletes' equipment and had personal parasport athletic experiences. Additionally, athletes identified personal preferences, including coaches who addressed sex differences and maintained professional relationships at the national level as contributing factors to the coach–athlete relationship. The current results benefit both parasport coaches and athletes by providing a portrayal of coaching behaviors, characteristics, and expertise that not only influence the parasport coach–athlete dyad but also affect the well-being and athletic development of parasport athletes.





## **MENTAL PERFORMANCE IN ACADEMIA**

Richard, V. Lavoie-Léonard, B., & Romeas, T. (2021). Embedding perceptual-cognitive training in the athlete environment: An interdisciplinary case study among elite female goalkeepers preparing for Tokyo 2020. *Case Studies in Sport and Exercise Psychology*, 5, S1-44-S1-58. <https://doi.org/10.1123/cssep.2021-0028>.

Goalkeepers play a very specific and crucial role in water polo. They rely on advanced perceptual-cognitive (P-C) skills to make fast and accurate decisions. However, their daily training environment often lacks stimulation and representativeness of game demands. This was exacerbated by the COVID-19 pandemic, where noncontact practices became the “new normal.” In the Canadian Women’s National Team preparation for the 2020 Olympics, goalkeepers’ P-C training was made a priority. Led by the team’s mental performance consultant and experts from transdisciplinary fields, the initiative began with an evaluation of a broad range of P-C skills in goalkeepers. Leading up to the Olympics, a series of P-C activities (i.e., anticipatory training using video occlusion, eye-hand coordination, and visuomotor drills) were adopted based on ecological dynamics principles. Virtual reality technology and constraints-focused tools were used to enrich and diversify the goalkeepers’ daily trainings environment. This case study reports the evaluation of P-C skills, the context, and the way in which the P-C activities were implemented, as well as their holistic impact on goalkeepers. Reflections and limitations are also shared to encourage interdisciplinary efforts in sport psychology and increase awareness among mental performance consultants about the importance of psycho-perceptual-motor skill training for mental performance.

## **SUPERVISION - INITIAL STEPS**

*Written by: Josh Zettel, Lead of Supervision Committee*

The formal supervision process plays an important and formative role in the professional development of all Certified Mental Performance Consultants (CMPC). As the Canadian Sport Psychology Association (CSPA) continues to grow its membership, there is an associated need for competent supervisors who are prepared and available to support young professionals working to enter the field. For established CMPCs considering taking on the role of a supervisor or any students seeking out a supervisor, there are several things to consider before getting started. First, it is important to communicate here that CSPA has chosen to use the titles of “Supervisor” and “Supervisee” instead of the “Mentor” and “Mentee” titles used by the Association for Applied Sport Psychology (AASP). Keep this in mind when reviewing resources from AASP about certification. As mentioned above, CSPA is reviewing these titles.

### **Important Resources for both Supervisors and Supervisees**

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

- [Registry of Approved Mentors](#)
- [CMPC Certification Program Candidate Handbook](#)
- [CMPC Mentor Guidelines and Best Practice Recommendations](#)
- CMPC Certification Updates
- Supervision Agreement Template - to be posted in the coming weeks





## **SUPERVISION - INITIAL STEPS**

*Written by: Josh Zettel, Lead of Supervision Committee*

### **Things to prepare for supervision:**

For those who are interested in being a supervisor or supervisee, we've compiled a list of documents and resources that will help you get started. The Supervision Agreement Template offers a strong starting point for supervisors to discuss and establish expectations with their supervisees. Additionally, consider the cost of supervision meetings, how hours will be tracked, how payments will be processed, how you will meet, and how you will share files.

#### *Supervisor:*

- Supervision Agreement Template
- Supervision Hour Tracker
- Invoice template
- Payment Tracker
- File Sharing Software
- Virtual Meeting Software

#### *Supervisee:*

- Practicum Hour Tracker
- Supervision Hour Tracker
- Specific Questions about Supervision
- Funds to Pay for Supervision

### **Topics to discuss before beginning supervision:**

The first meeting between a supervisor and a prospective supervisee is an opportunity for each person to get to know the other and discuss what supervision will entail. There are several details that are important to cover during a first meeting so the supervisee can make a well-informed decision that is in alignment with their professional development goals as they seek out a supervisor. Below is a list of topics to help supervisors and supervisees prepare for this initial conversation.

- Career Background; Professional Goals
- Areas of Expertise
- Practicum Placement Requirements
- Liability Insurance Coverage
- Supervision Availability and Meeting Frequency
- Expectations of the Supervisor
- Expectations of the Supervisee
- File Sharing and Meeting Software
- Cost of Supervision
- Cancellation Policy



## **CERTIFICATION NEWS**

*Written by: Sharleen Hoar, PhD., CMPC, Lead of CSPA Certification Committee*

Committee members: Sharleen Hoar (sdhoar@gmail.com; Lead), Sommer Christie, Diane Culver, Natalie Durand-Bush, Sebastian Harenberg, Katharine Tannimen

### **IMPORTANT DATES**

#### **January 1, 2023**

- CMPC must pay credential dues to Certification Council
- All non-CMPC mentors must have proof of 6 mentorship CEU to get on registry
- Any student starting the certification process must have three courses at the Master's level (3 credit course) in Sport Psychology knowledge area.
- Any individual applying for CSPA Professional membership with CSPA must have CMPC credential

#### **October 31, 2023**

- Last opportunity for corrections on file for individuals applying for CSPA Professional membership as of Jan. 1st 2023. All incomplete files will be declined. Applicants will be required to obtain the CMPC before re-applying for Professional membership.

#### **December 31, 2023**

- Last opportunity for non-CMPC CSPA Professional members to apply for CMPC credential through the CSPA Application process.

### **CMPC Application for CSPA Professional Member Workshop**

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.

#### **Dates for Workshop:**

- June 21st 4:00 pm ET
- August 23rd 12:00 pm ET
- October 4th 3:00 pm ET
- December 1st 3:00 pm ET





## **CERTIFICATION NEWS**

### How to Get on the Certification Council's Registry of Approved Mentors

#### **What is the Registry of Approved Mentors?**

The Registry of Approved Mentors is a combined listing of certified and non-certified mentors who are approved by the Certification Council to provide mentorship to candidates related to the certification program's mentored experience requirement. Candidates should confirm that mentors are listed in the Registry and approved by the Council before beginning their mentored experience and ensure their mentors maintain their Registry listing throughout to avoid the risk of accumulated hours not being eligible for credit.

#### How to Get on the Registry of Approved Mentors?

As of January 1, 2023 there are two pathways for CSPA professional members to appear on the Certification Council's Registry of Approved Mentors.

##### **1. CMPC credential Pathway.**

For professionals who are more than 2 years from completion of their education, this pathway requires (a) obtain the CMPC credential and (b) submit proof of completing 6 hours of Continuing Education Units (CEU) on Supervision and Mentorship. If you are less than 2 years from the completion of your education, you must wait 2 years before using the pathway.

[Application Form and CEU Log can be found here](#)

##### **2. Non-CMPC credential Pathway**

This pathway requires 5 years post confirmation of appropriate graduate degree, completion of an extensive application form documenting education and applied practice experience. You must also submit proof of completing 6 hours of Continuing Education Units (CEU) on Supervision and Mentorship.

[Application Form and CEU Log can be found here.](#)

#### Why Should I Strive to be on the Registry of Approved Mentors?

As professional members of CSPA, we strive to be in compliance with our ethical code. Ethical code Principle C (Professional and Scientific Responsibility) and Professional Standard 14 (Delegation to and Supervision of Subordinates) speak directly to the responsibility of mentorship and supervision. Submitting to the Registry of Approved Mentors validates that one's skill set to supervise is satisfactory. The supervisee can not submit the hours worked with supervisors who are not on the Registry of Approved Mentors in their application for CMPC Credential.



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### **What are the Requirements for Approval?**

- Completed a master's or doctoral degree from a regionally-accredited institution of higher education (or non U.S. equivalent) in an area clearly related to sport science or psychology
- Five or more years of experience post-graduation from qualifying master's or doctoral degree in which they have provided programs and/or services with participants in sport or other performance settings in which the focus was on helping clients develop and use mental, life, and self-regulatory skills to optimize performance, involvement, enjoyment, and/or personal development
- Accumulated substantial knowledge of the field of sport psychology and/or made significant contributions to the professional or public knowledge of the field as evidenced through participation in multiple activities pre- and/or post-graduation of qualifying master's or doctoral degree (i.e., completing sport psychology coursework/educational experiences, teaching sport psychology courses, attending/presenting at professional sport psychology conferences/seminars/workshops/clinics, belonging to sport psychology professional organizations, publishing sport psychology content, completing sport psychology grants/projects)
- Received formal training in mentorship/supervision and/or have extensive experience providing mentorship/supervision to mentees/supervisees
- Received mentorship, supervision, and/or peer consultation with regard to the provision of programs and/or services to sport or other performance populations throughout their career

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

Some suggested activities:

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 <https://apa.content.online/catalog/searchResult.xhtml>

Canadian Psychological Association Education

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





## **A NOTE FROM THE EDIA COMMITTEE**

The EDIA committee would like to extend a sincere thank you to those who took part in our recent CSPA EDIA Speaker Series that explored Muslim Experiences in Sport. A special thank you to our speakers for that event, Zeana Hamdonah and Humaira Sedu! We would also like to invite members to our future CSPA EDIA Speaker Series where we will continue to foster discussions on equity, diversity, inclusion, and accessibility in the sport system. Our next webinar will take place on May 12th, 2023 where we will explore Women in Sport through the lens of our speakers Shireen Ahmed, Sabrina Razack, and Christa Eniojukan. If you missed it, check out the members page in the coming weeks to watch the recording.

We also encourage members 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, [Zeana Hamdonah](#) and [Humaira Sedu](#), who spoke at our Muslim Experiences in Sport webinar. 'Spotlight' is a monthly series from the CSPA EDIA committee to highlight various members or people in our community who are showing a commitment to equity, diversity, inclusion, and accessibility in sport. We recently spotlighted [Maria Gallo](#), a Teaching Professor in the School of Kinesiology at the University of British Columbia and an ambassador for women's rugby

If you know any members or people in our community whose commitment to equity, diversity, inclusion, and accessibility in sport in their personal or professional work should be spotlighted, we want to hear from you! Please reach out and let us know by connecting with our committee Lead, Shelbi Snodgrass at: [snodshel@telusplanet.net](mailto:snodshel@telusplanet.net)

## **CCMHS MENTAL HEALTH WORKSHOPS FOR COACHES**

The Canadian Centre for Mental Health and Sport, in collaboration with the Coaching Association of Canada, is offering a Trilogy of workshops titled "Powering Coach Mental Health Literacy". Canadian coaches with a valid NCCP number, registered with the Coaching Association of Canada (CAC), 18 years of age and up, and able to read, speak, and write in English or French are eligible to attend. To support equity and accessibility, all 3 workshops will be available at no cost for one year from April 2023 to March 2024.

Project Lead, Jennifer Misurelli, Director of Education and Community Outreach, CCMHS  
[education.outreach@ccmhs-ccsms.ca](mailto:education.outreach@ccmhs-ccsms.ca)

1. Maximizing Coach Potential through the Power of the Mental Triad (Mental Health/Illness/Performance)
2. Powering Coach Wellness & Performance through Self-Care
3. Promoting the Power of Mental Health through Coaching Practice







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CANADIAN SPORT PSYCHOLOGY ASSOCIATION

**LEARN MORE HERE**



#### LEARNING FACILITATORS

Workshops are delivered by trained CCMHS Learning Facilitators who:

- Have knowledge of sport, coaching, and the mental triad (mental health/illness/performance)
- Are registered/licensed mental health practitioners (counsellors, psychologists, psychotherapists)
- and/or mental performance consultants (MPCs)
- Represent diverse demographics (background, experience, language, social location, geographical area)

Anyone can host a workshop for an organization or a team by clicking [here](#) or using the QR code above.

## UPCOMING CONFERENCES

### OCTOBER

October 18-21, 2022

Association for Applied Sport Psychology (AASP) Annual Conference

Orlando, Florida

<https://appliedsportpsych.org/annual-conference/>

### NOVEMBER

November 12-15, 2023

American Public Health Association Annual Meeting & Expo

Atlanta, GA

<https://www.apha.org/events-and-meetings/annual>

### MAY

May 31-June 3, 2023

North American Society for the Psychology of Sport and Physical Activity (NASPSPA)

Toronto, ON

<https://www.naspspa.com/future-conferences/>

### JUNE

June 14-17, 2023

International Society of Behavioral Nutrition and Physical Activity ISBNPA Annual Meeting

Uppsala, Sweden (+virtual)

<https://annualmeeting.isbnpa.org>

June 23-25, 2023

Canadian Psychological Association (CPA) Annual Convention

Toronto, ON

<https://convention.cpa.ca/>

### JULY

July 20-23, 2023

International Positive Psychology Association (IPPA) World Congress on Positive Psychology

Vancouver, BC

<https://www.ippaworldcongress.org>

### AUGUST

August 3-5, 2023

American Psychological Association Convention

Washington, DC

<https://convention.apa.org>

August 22-26, 2023

International Congress of Behavioral Medicine

Vancouver, BC

<https://www.isbm.info/isbm-activities/isbm-congresses/>

## **A BIG THANK YOU!**

Thank you to all the volunteers that keep the CSPA moving forward 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.

