
**SPORT PSYCHOLOGY COUNCIL
MEETING MINUTES
WWW.SPORTPSYCHOLOGYCOUNCIL.ORG**

Meeting Date: 17 October, 2015

Meeting Location: Indianapolis, IN USA

Time: 7:00-8:00 am

Recorded By: Judy VanRaalte, Ph.D.

1 MEETING LOCATION

JW Marriott Indianapolis, 10 S West St., Indianapolis, IN USA, room 203

2 MEETING START

Meeting Start: 7:00 am

Meeting Scribe: Judy L. Van Raalte

3 AGENDA

1. Greeting –Judy VanRaalte- The Sport Psychology Council (SPC) was started in the 1990s by Michael Sachs who was interested in supporting collaboration among sport psychology organizations and leaders. In its current form, the SPC is a group of individuals who represent sport psychology organizations around the world. The SPC gathers at conferences and congresses to share sport psychology organizations' successes, trends, and difficulties. Also, to discuss and implement strategies to help promote all organizations and the field of sport psychology. There is no membership fee for organizations to join the SPC and no bylaws or typical organizational structure. Rather, the SPC maintains its informal status and meets at conferences and congresses when hosted by the generosity of sport psychology organizations worldwide.
2. Introductions
3. Brief reports on the state of associations. The following includes written reports submitted by sport psychology associations in 2015.

- a. **American Psychological Association Division of Exercise and Sport Psychology (APA Division 47).**

Report submitted by: Jamie Shapiro

APA Division 47 has approximately 1000 members and is working on several initiatives.

APA has designated sport psychology as a proficiency within psychology, noting that it is a multidisciplinary field spanning psychology, sport science and medicine. This proficiency recognizes specialization in sport psychology as typically a postgraduate specialization, following a doctoral degree in one of the primary areas of psychology. The proficiency encompasses training in psychological skills of athletes, in the well-being of athletes, in the systemic issues associated with sports organizations and in developmental and social aspects of sports participation. Division 47 is currently undertaking the development of a detailed set of practice guidelines in sport psychology that will supplement the proficiency materials.

The division is also working toward a name change to: the Society for Sport, Exercise & Performance Psychology.

- b. **Asian South Pacific Association of Sport Psychology (ASPASP)**

Report submitted by: Frank Lu and Garry Kuan

Formed in 1989, to facilitate development of sport psychology throughout the Asian South Pacific region. ASPASP represents 75 countries with close to

65% of the world's population, has 22 affiliate member countries (Australia, China, Fiji, Hong Kong, India, Indonesia, Iran, Iraq, Israel, Japan, Korea, Macau, Malaysia, New Zealand, Philippines, Qatar, Saudi Arabia, Singapore, Sri Lanka, Taiwan, Thailand, and Vietnam), and a membership of 4,000-5,000 members. The organization has begun an initiative to provide open educational resources in an online format with the goal to educate potential sport psychologists and explore the possibility of developing online accreditation. Its organizational website (<http://www.aspasp.org/>).

The ASPASP has created the text, "Secrets of Asian Sport Psychology" which is available for **FREE download** at <http://peterterry.wix.com/books>

The Asian-South Pacific Association of Sport Psychology (ASPASP) will publish an annual JPASPEX-ASPASP Special Edition beginning November 2015. The theme of this year's special issue is "creative applications of sport and exercise psychology theories and principles." ASPASP welcomes submission of manuscripts to JPASPEX before 10th September 2015. Visit <http://www.jpaspex.com> for instructions to submit the manuscript. Dr. Garry Kuan, Universiti Sains Malaysia, Malaysia is managing editor for this edition.

The 8th international congress of ASPASP will be held in Korea in 2018.

The 1st Malaysian Sports Psychology Conference will be held September 6-7, 2015 in Kota Bharu, Kelantan, Malaysia. Information is available on facebook.

c. **Asociación de Psicología del Deporte Argentina (APDA)**

Report submitted by: Carlos Giesenow

APDA offers courses and opportunities for the development of sport psychology in Argentina. The organizations' website is www.psicodeportes.com.

d. **Association for Applied Sport Psychology (AASP)**

Report submitted by: Rob Schinke and Brent Walker

The organization's strategic plan was presented to the member ship at the annual meeting in Indianapolis, IN in the USA. The new logo for the organization is in use.



AASP held two international regional conferences this past year and plans to continue with such offerings for international members in their own countries, moving into the future. The AASP newsletter now has an international corner. A new international tab is to be included on the AASP website with videos and in multiple languages and link to SPC website.

e. **Danish Society of Sport and Exercise Psychology**

Report submitted by: Knud Ryom

The Danish Forum of Sport Psychology (DIFO) was founded in 1992 and currently has over 200 members who present research, practice, and publish in Danish.

DIFO is represented in all Danish Universities.

Currently, DIFO is working to develop a framework for supervision and sport psychology supervisors and connections with Danish organizations for elite athletes.

f. **European College of Sport Science**

Report submitted by: Joan Duda

The organization has 2,000-3,000 attendees with a multi-disciplinary and interdisciplinary organization. Dr. Duda is president-elect and encourages social science practitioners as well as sport and exercise psychologists to attend and present. It is valuable for the sport psychology community to be represented and attend.

g. **European Network of Young Specialists in Sport Psychology (ENYSSP)**

Report submitted by Peter Schneider and Fredrik Weibull

The European Network of Young Specialists in Sport Psychology (ENYSSP) is an international organisation concerned with the promotion and dissemination of knowledge in the field of sport and exercise psychology in the areas of research, education and applied work. ENYSSP was founded 12 years ago by former students from the European Masters in Sport & Exercise Psychology. Work is underway to update the website of ENYSSP to connect new professionals in sport psychology with each other.

h. **FEPSAC**

Report submitted by Anne-Marie Elbe

A successful FEPSAC congress was held in Bern Switzerland, 14-19 July 2015. More than 700 attendants participated.

Members of the FEPSAC Managing Council for the 2015 - 2019 period are:
Anne-Marie Elbe – President, Xavier Sanchez - Vice President
Communication and Development, Nadine Debois - Secretary General,
Antonis Hatzigeorgiadis – Treasurer, Markus Raab - Vice President
Research, Karin Moesch, Lina Vaisetaite, Maurizio Bertollo, Rita De Oliveira

The next FEPSAC Conference will take place in collaboration with BASES in Nottingham, UK on Nov. 28 & 29, 2017. The link to website is:

<http://www.basesconference.co.uk/home-2016/>

FEPSAC will host a congress in Münster, Germany from July 15 to 20, 2019.

i. **Finnish Psychological Association**

Report submitted by: Montse Ruiz

The certification process for sport and exercise psychology consultants started in 2013. Currently there are 27 consultants certified by the Finnish Psychological Association. Seventeen proceed from the sport psychology route (for licensed clinical psychologists), while ten proceed from the performance enhancement and promotion of exercise activity (for those with a Master's degree in other behavioral sciences or sport sciences). Criteria for certification include: a) suitable education in psychology, or sport psychology, b) supervised work experience, and c) additional studies in the fields of psychology, sport and exercise psychology, and sport sciences. All members of the certification board possess a PhD in psychology.

Such certification is required by the State when hiring individuals to occupy consultant positions at sport academies or working with teams at major competitive events (i.e., Olympic Games).

The European Federation of Psychologists Associations (EFPA) Task-Force Sport Psychology has proposed to initiate a pilot phase for a first implementation of the EuroPsy Specialist Certificate in Sport Psychology in Finland as well as three other countries.

j. **Finnish Sport Psychology Association (Suomen Urheilupsykologinen yhdistys; SUPY)**

Report submitted by: Montse Ruiz

SUPY is organizing a seminar at the Kuortane Olympic Training Center, Finland, November 13-14, 2015. The seminar, partly in Finnish, is entitled "Emotions at the core. Emotional regulation in top level performance" and organized in collaboration between the Kuortane Olympic Training Center and the Olympic Committee. For more information:

<http://www.kuortane.com/supy/>

In line with SUPY's goal of internationalization, SUPY's new website is available in Finnish and English. SUPY is involved with the Finnish Psychological Association and the Finnish Olympic Committee in the creation of a certified consultant search service.

k. **Iberoamerican Society of Sport Psychology (SIPD)**

Report submitted by: Joaquin Dosil

SIPD has approximately 940 affiliates.

The next Congress of SIPD will be held in Costa Rica in October 2016.

For more information, go to our website: www.sipd.org or www.mastersipd.com

I. International Association of Applied Psychology (IAAP) Division 12

Report submitted by: Montse Ruiz

The Sport Psychology Division (Division 12) of the International Association of Applied Psychology (IAAP) was established in 1994, at the 23rd International Congress of Applied Psychology (ICAP) in Madrid, Spain. IAAP is focused on larger world issues including the health and the wellness of women and children.

The new <http://www.iaapsy.org/divisions/div-12-sport-psychology> is now available. The website provides information about professional events, forthcoming activities, publications and other initiatives.

Next meeting will be held in Montreal, June 23-30, 2018.

m. International Society Of Mental Training For Excellence (ISMTE)

Report submitted by: Jitendra Mohan

The 3rd WORLD CONGRESS ON EXCELLENCE was held October 19-23, 2015, organized by the Department of Psychology , Panjab University Chandigarh, INDIA under ,the auspices of INTERNATONAL SOCIETY OF MENTAL TRAINING FOR EXCELLENCE.

The congress was attended by 100 plus foreign and 700 hundred Indian delegates, and about 30 guests. The exalted presence of His Excellency, the Governor of Haryana & Punjab and Administrator of Chandigarh, Professor Kaptan Singh Solanki, during the inauguration, was symbolic and inspiring. His Excellency released the special volume, EXCELLENCE: A MULTIDIMENSIONAL APPRAISAL (edited by Jitendra Mohan) and encouraged the delegates to remain dedicated to excellence.

The generous patronage of the Vice Chancellor Professor Arun Kumar Grover, dynamic leadership of the D.U.I., Professor Ashwani Kumar Bhandari, efficient management by Secretary General, Professor Meena Sehgal, valuable inputs of the dedicated core group and smiling volunteers created the entire chemistry of this mega event --called excellence!

Among 102 foreign delegates there were a galaxy of global experts like Professor Terry Orlick (Canada), Professor Unestahl (Sweden), Professor Michel Gagne (Malaysia), Professor Ward & Professor Ale (U.S.A.), Professor Malkin (Russia) , Professor Andreas (Greece), Professor Schmid , Dr.Furst, Professor Hauser, Dr.Sigrun and Dr.Beate Westleur (Germany), Professor Keerthisinghe (Sri Lanka), Dr.Brigitte Melzig (Austria), and many other experts put the stamp of international excellence on the congress!

The Indian Presence was equally remarkable. Professor Amod Gupta (Chandigarh), Professor K.R.Rao (Vizag), Professor Tarnjee (Patna), Professor Mukundan (Ahmedabad/Bangalore), Professor Gawli (Mumbai), Professor Husain (Aligarh), Professor Manickam (Mysore), Professor Chouhan (Udaipur), Professor Arti (Jammu), Mr.Rajan Kashyap, Professor

Awasthi, Professor N.S.Mann, Professor Ronki Ram , Professor V.V. Upmanyu (Chandigarh), Dr.Updesh Kumar (New Delhi) led discussion in the fields of Health, Philosophy, Psychology, Neuroscience, Education, Professional Networking, Administration and Sport Psychology.

The main keynote address by Professor Terry Orlick; theme address during inauguration by Professor Emeritus Jitendra Mohan was followed by 12 keynote addresses, 70 paper presentation and 180 poster presentations highlighted the recent advances and research in excellence. Five Workshops on Enhancing Excellence; Leadership in Organizations; Advances in Sport Psychology; Contemporary Cinema and Communication and Health Living carried on the training part successfully. The embedded foundation day lecture on 19th by a Distinguished Professor Kamaljit Bawa, a renowned ecologist and the awards to the WCE delegates was highly appreciated.

An MOU was signed between Panjab University and Antioch University, U.S.A. An offer to have another MOU was received from the Russian delegation.

International Society of Mental Training for Excellence conferred Life Time Achievement Awards to Professor Lars-Eric Unestahl (Founder President), Professor Terry Orlick (a former President) and Professor Emeritus Jitendra Mohan, the current President of ISMTE for outstanding contribution in the field of mental training for excellence. Professor Mrs. Grover was the chief Guest during the Cultural program in honour of the international and Indian delegates!

The media followed the congress with great enthusiasm and highlighted the message, " EXCELLENCE IS VISITING CHANDIGARH THESE DAYS , LET'S MAKE IT A PERMANENT RESIDENT OF THE CITY BEAUTIFUL! "

n. **International Society of Sport Psychology**

Report submitted by: Gangyan Si

ISSP will hold its first Regional Conference in April 2016, in Belo Horizonte, Brazil, the main theme is Sports Psychology Service for Olympics.

The 14th ISSP World Congress will be held July 2017 in Sevilla, Spain. The congress theme is: "Integrating Science and Practice through Multicultural Bridges."

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

Report submitted by: Penny McCullagh and Jennifer Etnier

NASPSPA was founded in 1967 and maintains an average membership of approximately 500 students and professionals from nearly 20 countries. The mission of NASPSPA is to develop and advance the study of Motor Behavior (development, learning, and control) and Sport and Exercise Psychology. This mission is advanced largely through our annual conference which provides a venue for the presentation of current research. The organization

also has a focus on student professional development. This takes the form of pre-conference workshops, formalized opportunities for student and professional interactions at the conference, student awards for research and international conference travel, and student involvement on the executive committee. More information about NASPSPA can be found at www.naspspa.com.

The 2016 NASPSPA annual conference will be held June 15-18, 2016 in Montreal, Canada. Abstract submissions are due January 2016.

The 2017 NASPSPA - 50th Anniversary – conference will be held starting June 4, 2017 in San Diego, CA USA.

p. **Sport Psychology Council (SPC)**

Report submitted by: Kwok Ng and Judy VanRaalte

The SPC has continued to update the organization's website, **SportPsychologyCouncil.org**. Feedback from other organizations has allowed for the updating of links to keep the site current. All organizations are welcome to provide a link to SportPsychologyCouncil.org. Help with translation of key website terms into more languages would be much appreciated. Funding for the website was provided by AASP.

Kwok Ng prepared information on the state of the website:

There has been increased interest in www.SportPsychologyCouncil.org over the past year. Site visitors have viewed the website in English (44%), Russian (27%) and Portuguese (10%). The website has also been viewed in Chinese, Japanese, German, and Italian. Arabic, Korean, and Dutch language versions have been viewed least often.



Figure 1. Website sessions 2015 (by month)

The majority of visits are through the Macintosh operating systems in particular, Macintosh (69%) and for mobile devices, iOS (71%).

Future website plans:

To add license/certification/accreditation/registry information related to organizations coordinated content. If organisations complete forms related to

this topic, data can then be included on the website once there is sufficient information available.

q. **Women Sport International**

Report submitted by: Stilani "Ani" Chroni

The 2015 WSI Executive Board meeting took place in Paris in connection with the International Sport Sociology conference, on June 13. In addition, the board has been holding online meetings.

The group is supporting efforts to revise the 1978 UNESCO international charter for participation in PE and sport document and also supporting female soccer players in lawsuits against FIFA and the Canadian Soccer Association.

4 NEW BUSINESS

- a. Remind organizations that they can link to **SportPsychologyCouncil.org**
 - i. Update on multiple language versions of the website
 - ii. Plan for new languages and organizations to be added to the website
 - iii. Correct any errors or failed links
- b. Determine the feasibility of using the website to provide licensure/certification/accreditation information (include content on SPC website and/or identify organizations and link to their websites)
- c. Next Sport Psychology Council meeting planned for AASP in USA.
- d. other issues

5 MEETING END

8:00 am

POST MEETING ACTION ITEMS

Action	Assigned To	Deadline
Review minutes and submit corrections to Judy VanRaalte (jvanraal@SportPsychologyCouncil.org)	Everyone	November 30, 2015
Submit information about credentialing for your organization to share worldwide	Everyone who has sport psychology credentialing information to share	November 30, 2015
Support website linking to SportPsychologyCouncil.org	Everyone	November 30, 2015
Suggest location of next meetings	Everyone	November 30, 2015

6 NEXT MEETING

Details to be determined.