

Presenter: Maggie Kersting

Session & Time: Oral VI

Room/Time: GUZ 201 / 5:30-5:50

Discipline: Applied Sport and Performance Psychology

Faculty Mentor: Tanner Biwer

Digital Portfolio URL:

Title: Philosophy of Practice: Maggie Kersting

Abstract:

Abstract: This presentation outlines the philosophy of practice I have cultivated during my two years of study in the Masterâ€™s program of Applied Sport and Performance Psychology at Dominican University of California. The purpose of my philosophy of practice is to describe my approach in developing an evidence-informed framework for mental performance consulting. Rooted in a mindfulness-orientation, my philosophy is informed by my core values, my own athletic and coaching experiences, and a multi-conceptual approach to theoretical rationale. Utilizing a MAC (mindfulness, acceptance, commitment) approach that encompasses ACT (acceptance and commitment theory), and a flexible approach towards incorporating aspects of CBT (cognitive behavioral therapy), my philosophy is collaborative, client-centered, and adaptable based on meeting the client â€œwhere their feet are.â€ My approach emphasizes values

driven action, acceptance and intentional presence, while attending to power dynamics, cultural contexts, and ethical complexities. My philosophyâ€™s framework for development emphasizes developing the core mental skills of attentional awareness, emotional intelligence, arousal regulation, and self-awareness through scaffolding sessions. Ultimately, this philosophy of practice aims to empower athletes to find more enjoyment, resilience, and personal growth in their performances, enabling them to reach their highest potential in all of their pursuits.
Keywords: mindfulness, acceptance, commitment, mental skills, philosophy of practice