

Presenter: Stacy Poe-Jamison

Session & Time: Oral VI

Room/Time: GUZ 201 / 5:10-5:30

Discipline: Applied Sport and Performance Psychology

Faculty Mentor: Tanner Biwer

Digital Portfolio URL:

Title: Philosophy of Practice

Abstract:

This presentation will impart the philosophy of practice I have developed as a result of my coursework and placement experiences in the Applied Sport and Performance Psychology Masters program at Dominican University of California. The framework of mental performance consulting I have curated is informed by my deeply held core values and beliefs of inclusivity, agency, spirituality and connection. My decades of professional experiences as a student affairs professional, the intersection of my life coaching training with mental skills training, and my lived experience as a Black woman have all uniquely informed my approach to the sport and performance realm.

The purpose that will guide my philosophy of practice incorporates my commitment to creating belonging, self-efficacy and self-awareness, and a desire to embrace the phenomenal will we have within us to achieve the desires of our heart in the

pursuit of performance excellence. Central and foundational to this purpose are the evidence based theoretical approaches of Cognitive Behavioral Therapy and the Humanistic Approach. Both are aligned with my personal values in that they are inherently collaborative and client-centered and provide guidance on identifying and restructuring thoughts that are harmful to optimal performance. These approaches emphasize an athlete's personal growth, self-awareness, and well-being, rather than solely focusing on performance gains.

I will describe how the mental skills that I have relied on heavily in my graduate training, including positive self-talk, cognitive restructuring, and mindfulness, have been incorporated into my philosophy of practice and are essential in centering the needs of the client and creating space for them to create agency over their performance experience.

Keywords: mental skills, performance, client-centered, values, inclusivity, belonging, self-awareness