

Curriculum Vitae

Thomas Minkler, Ph.D., CMPC

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Education:

West Virginia University, Morgantown, WV

Ph.D.: *Sport, Exercise, and Performance Psychology*

April 2023

M.A.: *Clinical Mental Health Counseling*

December 2022

Primary Adviser: Sam Zizzi, Ed.D.

Dissertation: "Drivers of Change in Mindfulness-Based Interventions with Athletes: Investigating the Influence of Dosage, Readiness, and Attitudes"

The Catholic University of America, Washington, DC

M.A., *Psychological Science*

May 2019

Primary Adviser: Carol Glass, Ph.D.

Topic Paper: "Mindfulness Training for a College Team: Feasibility, Acceptability, and Effectiveness from Within an Athletic Department"

Ohio Wesleyan University, Delaware, OH

B.A., *History (Cum Laude)*

Overall GPA: 3.67

May 2015

Major GPA: 3.95

Senior Thesis: "From Deliverance to Victory: The Battle of Dunkirk and Operation Dynamo"

Research Interests:

- Mindfulness and Psychological Wellbeing
- Mental Health and Performance in Collegiate Athletics
- EMDR, Stress, Trauma, and Trauma-Informed Service Provision
- Resilience
- Mixed- and Multi-Method Research

Peer-Reviewed Publications & Book Chapters:

9. **Minkler, T. O.**, Zizzi, S., & Follmer, D. J. (2024). The roles of readiness and dosage in predicting outcomes of a mindful sport performance enhancement intervention with U.S. college student-athletes. *Psychology of Sport and Exercise*, 70, 102539. <https://doi.org/10.1016/j.psychsport.2023.102539>
8. Gretton, T. W., Farrello, A., **Minkler, T.O.**, Caya, J., & Eccles, D. W. (2023). *Impossible perfection: A storytelling reflection*. *Qualitative Inquiry*. Advance online publication. 10778004231176763
7. Hut, M., **Minkler, T. O.**, Glass, C. R., Weppner, C. H., Thomas, H. M., & Flannery, C. B. (2023). A randomized controlled study of mindful sport performance enhancement and psychological skills training with collegiate track and field athletes. *Journal of Applied Sport Psychology*, 35(2), 284-306. <https://doi.org/10.1080/10413200.2021.1989521>

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6. Zizzi, S. J., Andersen, M. B., & **Minkler, T. O.** (2023). An eastern philosophical approach. In D. Tod, K. Hodge, & V. Krane (Eds.), *Routledge handbook of applied sport psychology: A comprehensive guide for students and practitioners* (2nd ed.), pp. 231-240. Taylor & Francis.
7. Augustus, A. C., Zizzi, S., **Minkler, T. O.**, & Lindauer, C. (2022) Mindfulness for the moment: Adapting interventions for the period of the sport season to facilitate student-athlete thriving. *Journal of Sport Psychology in Action*, Advance online publication. <https://doi.org/10.1080/21520704.2022.2103222>
4. **Minkler, T. O.**, Zizzi, S., Costalupes, B., & Follmer, D. J. (2022). A mixed-method study of athletes' experiences with mindfulness across stages of readiness. *Journal of Clinical Sport Psychology*. Advance online publication. <https://doi.org/10.1123/jcsp.2021-0089>.
3. Hut, M., Glass, C. R., Degnan, K. A., & **Minkler, T. O.** (2021). The effects of mindfulness training on mindfulness, anxiety, emotion dysregulation, and performance satisfaction among female student-athletes: The moderating role of age. *Asian Journal of Sport and Exercise Psychology*, 1, 75-82. <https://doi.org/10.1016/j.ajsep.2021.06.002>
2. **Minkler, T. O.**, Glass, C. R., & Hut, M. (2021). Mindfulness training for a college team: Feasibility, acceptability, and effectiveness from within an athletic department. *Journal of Applied Sport Psychology*, 33(6), 609-626. <https://doi.org/10.1080/10413200.2020.1739169>
1. Pineau, T. R., Glass, C. R., Kaufman, K. A., & **Minkler, T. O.** (2019). From losing record to championship season: A case study of mindful sport performance enhancement. *Journal of Sport Psychology in Action*, 10, 244-254. <https://doi.org/10.1080/21520704.2018.1549639>

Research in Progress:

7. Costalupes, B., **Minkler, T. O.**, Zizzi, S., & Wood, A. (under review). Mindfulness to me: A qualitative investigation of athletes' unique understanding of mindfulness.
6. **Minkler, T. O.**, Hut, M., Glass, C. R., Thomas, H. M., Weppner, C. H., & Flannery, C. B. (under revision). Mindful sport performance enhancement (MSPE) with an American college rugby team: A consensual qualitative research study.
5. Costalupes, B., Zizzi, S., **Minkler, T. O.**, Voelker, D., & Augustus, A. C. (under revision). How do college student-athletes' understanding and expectations of mindfulness and self-compassion change through an intervention?
4. **Minkler, T. O.**, Hut, M., Glass, C. R., Thomas, H. M., Weppner, C. H., & Flannery, C. B. (revise and resubmit). Mindful sport performance enhancement (MSPE) with an American college rugby team: A consensual qualitative research study.
3. **Minkler, T. O.**, Oparina, E., & Kostrna, A. (in preparation). A systematic review of the Mindful Sport Performance Enhancement program.
2. Piasecki, P. A., **Minkler, T. O.**, & McGehee, C. (under revision). Cultivating mindfulness: Exploring new horizons in sport, exercise, and performance psychology.

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1. Swary, S., Zizzi, S., Van Dyke, E., **Minkler, T. O.**, & Fairhurst, K. (under revision). Yo, I like your walk-up song! Music integration in professional baseball gamedays.

Presentations (Oral Presentations, Posters, and Workshops):

36. **Minkler, T. O.**, Breniaux, R., & Bernier, M. (2024, July 15-19). *A differential item functioning analysis of the Mindfulness Inventory for Sport*. [Accepted Poster Presentation]. Submitted to the European Congress of Sport and Exercise Psychology, Innsbruck, Austria.
35. **Minkler, T. O.**, Oparina, E., Rodriguez, A., Gelman A. G., Fraile, A., & Kostna, J. (2024, July 15-19). *A systematic review of the Mindful Sport Performance Enhancement program*. [Accepted Oral Presentation]. Submitted to the European Congress of Sport and Exercise Psychology, Innsbruck, Austria.
34. Pineau, T. R. & **Minkler, T. O.** (2024, October 23-26). What's next? Long-term integration of mindfulness beyond 6 sessions of MSPE. [Workshop]. Submitted to the Association for Applied Sport Psychology Annual Conference, Las Vegas, NV
33. **Minkler, T. O.**, Zizzi, S. J., & Follmer, D. J. (2023, October 18-21). *Associations between readiness, dosage, and outcomes in mindfulness-based interventions with athletes*. [Virtual oral presentation]. Presented at Association for Applied Sport Psychology, Orlando, FL.
32. Piasecki, P. A., **Minkler, T. O.**, Sapinsley, A., & Weyhenmeyer, L. A. (2023, October 18-21). *Challenges and opportunities of a meditation training support system within an NCAA DI athletic department: A case study*. [Poster presentation]. Presented at Association for Applied Sport Psychology, Orlando, FL.
31. **Minkler, T. O.**, Zizzi, S. J., & Huysmans, Z. (2022, October 26-29). *Screening for trauma and PTSD before mindfulness-based interventions with athletes: Applied, clinical and research implications*. [Oral presentation]. Association for Applied Sport Psychology, Fort Worth, TX.
30. **Minkler, T. O.**, Hut, M., & Glass, C. R. (2022, October 26-29). *An introduction to consensual qualitative research (CQR and CQR-M) for sport, exercise, and performance psychology*. [Workshop]. Association for Applied Sport Psychology, Fort Worth, TX.
29. **Minkler, T. O.**, Glass, C. R., Hut, M., & Follmer, D. J. (2022, October 26-29). *A partially latent structural regression model investigating the relationship between sport anxiety and self-rated athletic performance*. [Poster presentation]. Association for Applied Sport Psychology, Fort Worth, TX.
28. Hut, M., **Minkler, T. O.**, Glass, C. R., Thomas, H. M., Weppner, C. H., Flannery, C. B. (2022, October 26-29). *The benefits and outcomes of MSPE training for both sport and daily life: An in-depth qualitative study with a college rugby team*. [Oral presentation]. Association for Applied Sport Psychology, Fort Worth, TX.

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27. Hut, M., **Minkler, T. O.**, Glass, C. R., Thomas, H. M., Weppner, C. H., Flannery, C. B. (2022, July 11-16). *Best practice in mindfulness-based interventions: Considerations for session scheduling*. [Oral presentation]. European Congress of Sport & Exercise Psychology, Padova, Italy.
26. Hut, M., **Minkler, T. O.**, & Glass, C. R. (2022, July 11-16). *Using consensual qualitative research (CQR) in Sport, Exercise, and Performance Psychology*. [Workshop]. European Congress of Sport & Exercise Psychology, Padova, Italy.
25. **Minkler, T. O.**, Follmer, D. J., Zizzi, S. J., & Costalupes, B. (2022, July 11-16). *A confirmatory factor analysis of the cognitive and affective mindfulness scale-revised with American college student-athletes*. [Poster Presentation]. European Congress of Sport & Exercise Psychology, Padova, Italy.
24. **Minkler, T. O.**, Hut, M., Glass, C. R., Pineau, T. R., & Kaufman, K. A. (2022, July 11-16). *Mindfulness-based interventions in distance consulting and psychotherapy with athletes: Lessons learned and best practices*. [Oral presentation]. European Congress of Sport & Exercise Psychology, Padova, Italy.
23. Flannery, C. B., Thomas, H. M., Weppner, C. H., Glass, C. R., **Minkler, T. O.**, & Hut, M. (2021, October 6-9). *Anxiety and college athletes: How do general and sport anxiety relate to sport performance satisfaction?* [Poster presentation]. Association for Applied Sport Psychology, Virtual Conference.
22. Hut, M., **Minkler, T. O.**, Glass, C. R., Thomas, H. M., Weppner, C. H., & Flannery, C. (2021, October 6-9). *Best practice for Mindful Sport Performance Enhancement: Before or after practice and during a pandemic*. [Poster presentation]. Association for Applied Sport Psychology, Virtual Conference.
21. **Minkler, T. O.**, Thomas, H. M., Glass, C. R., & Hut, M. (2021, October 6-9). *Mindfulness training and flow: Does experience matter?* [Poster presentation]. Association for Applied Sport Psychology, Virtual Conference.
20. Thomas, H. M., **Minkler, T. O.**, Glass, C. R., & Hut, M. (2021, October 6-9). *The role of an established mindfulness practice for college student-athletes in Mindful Sport Performance Enhancement Training*. [Poster presentation]. Association for Applied Sport Psychology, Virtual Conference.
19. Thomas, H. M., Glass, C. R., Minkler, T. O., & Hut, M. (2020, November 19-22). *Impact of mindfulness on emotion regulation in sport*. [Poster presentation]. The Association for Behavioral and Cognitive Therapies Conference, Virtual Conference.
18. Weppner, C. H., Doorley, J., Glass, C. R., Hut, M., & Minkler, T. O. (2020, November 19-22). *Negative emotional states and experiential avoidance in sport: What role does mindfulness play?* [Poster presentation]. Association for Behavioral and Cognitive Therapies, Virtual Conference.

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17. Glass, C. R., **Minkler, T. O.**, Hut, M., Thomas, H. M., & Weppner, C. H. (2020, October 21-24). *Measuring mindfulness: Findings and suggestions for sport research and practice*. [Oral presentation]. Association for Applied Sport Psychology, Virtual Conference.
16. Hut, M., Degnan, K. A., Glass, C. R., & **Minkler, T. O.** (2020, October 21-24). *Mindfulness and development: Athletes' transition from adolescence to young adulthood* [Poster presentation]. Association for Applied Sport Psychology, Virtual Conference.
15. **Minkler, T. O.**, Hut, M., & Glass, C. R. (2020, October 21-24). *A randomized controlled pilot study comparing the effectiveness of a mindfulness-based intervention to traditional psychological skills training*. [Oral Presentation]. Association for Applied Sport Psychology, Virtual Conference.
14. Thomas H. M., Glass C., Hut M., **Minkler T.O.**, Weppner C. (2020, October 21-24). *Flow in college athletes: An examination of both general and sport-specific measures of mindfulness and anxiety*. [Poster presentation]. Association for Applied Sport Psychology, Virtual Conference.
13. **Minkler, T. O.**, & Glass, C. R. (2019, October 23-26). *Mindfulness training for athletes: Feasibility, acceptability, and effectiveness from within an athletic department*. [Poster presentation] Association for Applied Sport Psychology Conference, Portland, OR.
12. **Minkler, T. O.**, Hut, M., Glass, C. R., & Wallace, E. M. (2019, October 23-26). *A qualitative study of mindfulness-based training for collegiate lacrosse players*. [Poster presentation]. Association for Applied Sport Psychology Conference, Portland, OR.
11. Hut, M., **Minkler, T. O.**, & Glass, C. R. (2019, July 15-20). *The impact of mindfulness training on stress, performance, and team culture in college athletes*. [Oral Presentation] European Congress of Sport & Exercise Psychology, Münster, Germany.
10. Hut, M., **Minkler, T. O.**, & Glass, C. R. (2019, July 15-20). *Mindfulness training for college athletes: Associations between mindfulness practice and sport performance*. [Poster presentation] European Congress of Sport & Exercise Psychology, Münster, Germany.
9. Hut, M., **Minkler, T. O.**, & Glass, C. R. (2019, March 29-30). *The impact of mindfulness training on stress, performance, and team culture in college athletes*. [Poster presentation]. AASP Regional/Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.
8. Wallace, E. M., **Minkler, T. O.**, Hut, M., & Glass, C. R. (2019, March 29-30). *Mindfulness, flow, sport anxiety, and season outcomes for two collegiate teams*. [Poster presentation]. Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.
7. Flynn, J. T., Wallace, E. M., Glass, C. R., & **Minkler, T. O.** (2018, October 3-6). *Put me in, coach! Differences between coach and athlete perceptions of sport performance*. [Poster Presentation]. Association for Applied Sport Psychology, Toronto, Canada.

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6. Glass, C. R., Pineau, T. R., Kaufman, K. A., & **Minkler, T. O.** (2018, October 3-6). *Conducting research on mindfulness and sport in a university setting: Lessons learned*. [Oral Presentation]. Association for Applied Sport Psychology, Toronto, Canada.
5. **Minkler, T. O.** (2018, October 3-6). *Mindful coaching: Learning mindfulness to implement with athletes and teams*. [Poster presentation] Association for Applied Sport Psychology, Toronto, Canada.
4. **Minkler, T. O.**, Glass, C. R., Wallace, E. M., & Flynn, J. R. (2018, October 3-6). *Pathways from mindfulness to flow and peak sport performance*. [Poster presentation]. Association for Applied Sport Psychology, Toronto, Canada.
3. **Minkler, T. O.**, Pineau, T. R., Glass, C. R., Wallace, E. M., Flynn, J. T. (2018, April 19). *Mindful Sport Performance Enhancement for college coaches*. [Poster presentation]. Catholic University Research Day, Washington, DC.
2. **Minkler, T. O.** (2018, March 23-24). *Becoming mindful: A case study on establishing mindfulness for sport*. [Oral presentation]. AASP Regional/Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.
1. **Minkler, T. O.**, Pineau, T. R., Glass, C. R., Wallace, E. M., & Flynn, J. T. (2018, March 23-24). *Mindful Sport Performance Enhancement for college coaches*. [Poster presentation]. AASP Regional/Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.

Manuscript Reviewer:

- *Journal for Advancing Sport Psychology in Research*
- *Journal of Clinical Sport Psychology*
- *Psychology of Sport and Exercise*
- *International Journal of Sport Psychology*
- *International Journal of Sport and Exercise Psychology*

Teaching Appointments:

Miami University (2024-Present)

- Psychosocial Aspects of Coaching (SLM 338), Primary Instructor (Fall 2024)
- Psychological Perspectives in Sport and Exercise (SLM 375), Primary Instructor (Fall 2024)

Rider University (2024)

- Clinical Sport Psychology (ATHL 521), Primary Instructor (Spring 2024, virtual format)
- Assessment in Sport Psychology (ATHL 522), Primary Instructor (Summer 2024, virtual format)

West Virginia University (2020)

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- Psychological Aspects of Sport (SEP 272), Primary Instructor (Spring 2020, hybrid in-person and virtual)

Guest Lectures, Panels & Podcasts:

- Guest Lecturer
 - Psychopathology (PSYCH 435/PSYCH 635): Fall 2023
 - Psychological Aspects of Sport (SEP 272): Fall 2019, Fall 2023
 - Sport Performance Enhancement (SEP 420): Fall 2021, Fall 2023
 - Psychological Aspects of Sport Injury (SEP 425): Spring 2022, Spring 2023, Fall 2023
 - Special Topics Graduate Course, Mindfulness in Sport Psychology: Spring 2022
 - Special Topic Undergraduate Course, Mindfulness in Sport Psychology: Spring 2023
 - Exercise Psychology (SEP 383): Spring 2023, Fall 2023
- Washington Interscholastic Activities Association (WIAA) Mental Health Lecture Series— "Gen Z and Mental Health: The Role of Coach Support During the COVID-19 Pandemic" (Fall 2020, co-presented with Alison Ohashi, Luna Ugrenovic, and Dana Voelker)
- Graduate School Panel (SEP 420, Fall 2019 & Spring 2020; SEP 312, Fall 2021)
- Outside the Box with Janeane Bernstein (April 11, 2022, Podcast)
- Mindful Sport Performance Podcast (Episode 28; June 25, 2021, Podcast)
- All Season with Sunny Park (Episode 20, September 18, 2020, Podcast)

Applied Sport Psychology Consulting Experience:

Certified Mental Performance Consultant (CMPC #1394), January 2024 – Present

- Provide individual and group mental performance consulting services to youth, adolescent, and emerging adult athletes through Whole Brain Performance, LLC

Mental Performance Consultant Trainee, August 2019 – December 2023

- Supervised by Scott Barnicle, PhD, CMPC, Ashley Coker Cranney, PhD, LPC, CMPC, and Zenzi Huysmans, PhD, CMPC, LPC
- Consulted with collegiate women's and men's golf, women's (Division I, III) and men's soccer (Division III), field hockey, acrobatics and tumbling, baseball, lacrosse, and volleyball teams, as well as individual athletes from a range of sports
- Developed an 8-session resilience training program for a youth sport organization in North Central West Virginia, informed by Polyvagal Theory and Adaptive Information Processing theory, to be implemented from October 2023 to April 2024
- Draw upon positive psychology, Self-Determination Theory, AIP, Polyvagal Theory, and mindfulness- and acceptance-based approaches in consulting work, with a Humanistic foundation. I also integrate traditional psychological skills training interventions.

Mindful Sport Performance Enhancement® Instructor, December 2017 – Present

- Learned from MSPE developers (Fall of 2017) and completed 2-day MSPE Instructor Training in spring of 2021

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- Led MSPE interventions with collegiate men's and women's lacrosse, field hockey, men's and women's soccer, and acrobatics and tumbling teams between Spring of 2018 and Spring of 2023

Counseling Experience:

Whole Brain Solutions (WV), December 2022 – Present

- Psychotherapist (Provisionally-Licensed Professional Counselor #843, West Virginia), supervised by J. Laurel Thornton, MA, LPC, EMDR-C, ALPS
- Conduct individual psychotherapy (15-20 direct hours per week), serving an ethnically, socioeconomically, gender, and identity-diverse population of adolescents, emerging adults, young adults, and middle adults, treating primarily trauma- and stress-based disorders (including complex PTSD and dissociative disorders) in addition to anxiety and mood disorders
- Engage in diagnosis, treatment planning, and record-keeping

Whole Brain Solutions (WV), August 2022 – December 2022

- Psychotherapist Intern, supervised by Ashley Coker-Cranney, PhD, CMPC #591, LPC #2575, EMDR-T, and Monica Leppma, PhD, LMHC
- Conducted individual and group psychotherapy (12-18 direct hours per week), serving youth, adolescent, and emerging adult populations, treating primarily trauma- and stress-based disorders (including complex PTSD) in addition to mood disorders
- Engaged in diagnosis, treatment planning, and record-keeping

Fairmont State University (WV), Counseling Services, January 2022 – December 2022

- Mental Health Counseling Internship trainee, supervised by Shannon Ackermann, MA, MS, NCC, EMDR-T and Monica Leppma, PhD, LMHC
- Conducted triage and intake sessions, provided individual adult in-person and telehealth counseling services to students, and engaged in record-keeping, treatment planning, and outreach (8-12 direct hours per week)
- Treated primarily anxiety, mood, and stress-based concerns, serving a diverse range of protected classes

Fairmont State University (WV), Counseling Services, August 2021 – December 2021

- Mental Health Counseling Practicum Trainee, supervised by Shannon Ackermann, MA, MS, NCC, EMDR-T and Monica Leppma, PhD, LMHC
- Conducted triage and intake sessions, provided individual adult in-person and telehealth counseling services to students, and engaged in record-keeping, treatment planning, and outreach (8-12 direct hours per week)
- Treated primarily anxiety, mood disorders and stress-based presenting concerns

Theoretical Orientation

- Integrative orientation with a Humanistic/Person-Centered foundation; influenced by existential theory, attachment theory, and Relational-Cultural Theory; utilize parts work and mindfulness-

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and acceptance-based approaches (e.g., Acceptance and Commitment Therapy, Mindfulness-Based Cognitive Therapy)

- The Adaptive Information Processing (AIP) model and Polyvagal Theory guide much of my case conceptualization
- Completed Eye Movement Desensitization and Reprocessing (EMDR) Basic Training with Rebecca Kase and Co. (October 2022)

Applied Interests

- Mental health and performance among athlete and tactical populations, group and individual counseling and consulting, mood disorders, trauma- and stress-based disorders, resilience, team dynamics and cohesion, interpersonal issues, and grief

Grants:

- National Collegiate Athletic Association, “EMDR Performance Enhancement Protocol for NCAA Student-Athlete Wellness: A Pilot Study” [\$31,500, not funded, submitted on 1/13/2023]
- Association for Applied Sport Psychology, “Drivers of Change in Mindfulness-Based Interventions with Athletes: Investigating the Influence of Dosage, Readiness, and Attitudes” [\$500.00, funded on 2/24/2022]
- American Psychological Association and Psi Chi, “NCAA Student-Athlete Mental Health Promotion: A Pilot Study Investigating Mobile Phone-Based Mindfulness Training” [\$1,500.00, not funded, submitted on 5/1/2020]

Research Experiences and Ongoing Projects:

Research Assistant, Mindfulness and Sport Lab (Catholic University), August 2017 – Present

- PI: Dr. Carol Glass, Ph.D., Professor, later Professor Emerita, Clinical Psychology
 - Assist Dr. Glass and her colleagues in investigating the effectiveness of Mindful Sport Performance Enhancement and related mindfulness/acceptance-based and cognitive-behavioral interventions for athletes and coaches
 - <https://sites.google.com/cua.edu/mindfulnessandsportlab>

Research Assistant (West Virginia University), August 2021 - Present

- “Drivers of Change in Mindfulness-Based Interventions with Athletes: Investigating the Influence of Dosage, Attitudes, and Readiness,” November 2021-Present
 - P.I. Sam Zizzi, Ed.D.
 - Investigating predictors and moderators of change in mindfulness-based interventions
- Graduate Research Assistant, CDC Grant (High Obesity) “Be Wild Be Wonderful Be Healthy”
 - August 2022-May 2023
 - Supervised by Sam Zizzi, Ed.D.
 - Evaluate community-based efforts to enhance access to healthy food and physical activity in two WV counties with high obesity rates

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Professional Sport Coaching Experience:

Assistant Men's Club Lacrosse Coach, West Virginia University, August 2020-July 2021

Assistant Men's Lacrosse Coach, The Catholic University of America, August 2016-July 2019

Assistant Men's Lacrosse Coach, Ohio Wesleyan University, November 2015-August 2016

Assistant Boy's Soccer Coach, Landon School, August 2015-November 2015

Campus Activities, Sports, and Leadership:

WVU College of Physical Activity and Sport Sciences Dean's Advisory Board, August 2020-May 2021

WVU Sport, Exercise, and Performance Psychology Student Organization President, 2021-2022

Ohio Wesleyan University Varsity Lacrosse, August 2011-May 2015

Certifications/Licenses, Honors, Awards, and Membership in Professional Organizations

- Certified Mental Performance Consultant (CMPC # 1394)
- Nationally Certified Counselor (NBCC)
- Licensed Professional Counselor (Provisional #843, West Virginia)
- 2022 WVU Outstanding Sport and Exercise Psychology Doctorate Student
- 2022 Outstanding American Kinesiology Association Writing Student
- 2022 Outstanding American Kinesiology Association Doctorate Student
- 2020 Association for Applied Sport Psychology (AASP) Student Abstract Award
- 2019-2021 Arlen G. and Louise Stone Swiger Fellow (WVU)
- International Sports Sciences Association (ISSA) – Certified Strength and Conditioning Coach (2017-2020)
- Aerobics and Fitness Association of America (AFAA) – Certified Indoor Cycling Instructor (2016-2020)
- Psi Chi – International Honor Society in Psychology, August 2017 - Present
- Phi Alpha Theta – National History Honor Society, May 2015 - Present
- OWU Hasting Eells Prize in History (given to the most outstanding senior History Major)
- OWU Dean's List, 2011-2015 (in one or both semesters each year)
- OWU Top 50 Award, 2013, 2015 (given to the 50 student-athletes with the highest GPAs)
- Minkler Leadership Award (OWU), 2015 (men's lacrosse)
- Professional Organizations
 - American Counseling Association
 - American Psychological Association
 - Society for Counseling Psychology, APA Division 17
 - Society for Sport, Exercise, and Performance Psychology, APA Division 47
 - Association for Applied Sport Psychology (AASP)
 - European Federation of Sport Psychology (FEPSAC)