

Curriculum Vitae

Dr. Monna Arvinen-Barrow, PhD

CPsychol AFBPsS (United Kingdom); UPV sert. (Finland); Fellow AASP (United States)

Associate Professor, University of Wisconsin-Milwaukee
 Online Contributing Faculty, University of St Augustine for Health Sciences
 Establishing Editor-in-Chief, Journal for Advancing Sport Psychology in Research

Education

Formal Education

- 2011 **Postgraduate Diploma in Research Degree Supervision (PGCRDS)**, The University of Northampton, United Kingdom.
- 2010 **Postgraduate Diploma in Teaching in Higher Education (PGCTHE)**, The University of Northampton, United Kingdom.
- 2009 **Doctor of Philosophy (PhD) in Sport Psychology**, The University of Northampton, United Kingdom.
 Dissertation Title: Psychological rehabilitation from sports injury: Issues in training and development of chartered physiotherapists
- 2003 **Bachelor of Science (Hons) in Psychology (major) with Sport Studies (minor)**, University College Northampton, United Kingdom.
 Dissertation Title: The effects of competitive level and time of season on the use of imagery by Finnish synchronized skaters.
- 2000 **Bachelor of Arts in Technical Fashion Designing**, Helsinki Polytechnic (now known as Helsinki Metropolia University of Applied Sciences), Finland.

Formal Coaching Education

- 2000 **Sport Degree in Synchronized Skating Coaching (Level 3)**, Finnish Figure Skating Association in collaboration with Finnish Gymnastics Federation, Finland.
- 1998 **Psychological Coaching in Synchronized Skating (Level 1)**, Finnish Figure Skating Association, Finland.
- 1998 **Seminar in Synchronized Skating**, Finnish Figure Skating Association, Finland.
- 1998 **First Aid in Sport Injuries**, Sports Federation of Southern Finland, Finland.
- 1997 **Figure Skating Coaching (Level 2)**, Finnish Figure Skating Association, Finland.
- 1997 **Precision Skating Coaching (Level 1)**, Finnish Figure Skating Association, Finland.
- 1996 **Precision Skating Coaching (Level 2)**, Finnish Figure Skating Association, Finland.
- 1994 **General Sports Studies (Level A)**, Finnish National Sports Federation, Finland.
- 1992 **Figure Skating Coaching (Level B)**, Finnish Figure Skating Association, Finland.
- 1992 **General Sports Studies (Level B)**, Finnish National Sports Federation, Finland.
- 1991 **Figure Skating Coaching (Level C)**, Finnish Figure Skating Association, Finland.
- 1991 **General Sports Studies (Level C)**, Finnish National Sports Federation, Finland.

Levels: C, B and 1 = Foundation level; A and 2 = Advanced level, 3 = Elite Sport level, 4 = Associates degree, 5 = University level degree).

Significant Continuing Education

December 4-5, 2010	A 2-day Masterclass in Sport Psychology by Dr. Brian Hemmings, offered by the British Psychological Society. Rugby, United Kingdom
May 7-8, 2011	A 2-day Masterclass in Golf Psychology by Dr. Brian Hemmings, offered by the British Psychological Society. Rugby, United Kingdom
July 5, 2011	A 1-day Master class in Sport Psychology by Dr. Ken Ravizza, offered by British Association of Sport and Exercise Sciences. Liverpool, United Kingdom
March 7, 2012	A 1- day Masterclass in Sport Psychology by Dr. Brian Hemmings, offered by the British Psychological Society. Rugby, United Kingdom
August 22, 2012	D2L: Just the Basics! offered by UWM Center for Excellence in Teaching and Learning (CETL). Milwaukee, WI, United States
May 14, 2014	Importing Question Banks and Developing Effective Quizzes in D2L, offered by UWM Center for Excellence in Teaching and Learning (CETL). Milwaukee, WI, United States
April 15, 2014	Using Discussion Forums Effectively, offered by UWM Center for Excellence in Teaching and Learning (CETL). Milwaukee, WI, United States
April 13, 2015	Developing your teaching statement, offered by UWM Center for Excellence in Teaching and Learning (CETL). Milwaukee, WI, United States

Academic and Professional Experience

Academic Positions held

August 2018- Present	Associate Professor , College of Health Sciences, University of Wisconsin-Milwaukee, WI, United States.
May 2017- Present	Contributing Online Faculty , University of St Augustine for Health Sciences, FL, United States.
August 2012- August 2018	Assistant Professor , Department of Kinesiology, University of Wisconsin-Milwaukee, WI, United States.
September 2010- August 2012	Associate Lecturer in Sport and Exercise Psychology , The Open University, United Kingdom.
September 2007- August 2012	Senior Lecturer in Sport and Exercise Psychology , The University of Northampton, United Kingdom.
January 2005- August 2007	Lecturer in Sport and Exercise Psychology , The University of Northampton, United Kingdom.

ERASMUS MUNDUS Visiting Academic Scholar

June 15, 2015- June 19, 2015	Invited Erasmus Mundus Academic Scholar : Psychosocial interventions in sport injury rehabilitation: Application of theory to practice. A 2-ECTS credit course at the University of Leipzig, Germany.
June 6, 2015- June 12, 2015	Invited Erasmus Mundus Academic Scholar : Psychosocial interventions in sport injury rehabilitation: Application of theory to practice. A 2-ECTS credit course at the University of Jyväskylä, Finland.
June 17, 2013- June 21, 2013	Invited Erasmus Mundus Academic Scholar : Psychosocial interventions in sport injury rehabilitation: Application of theory to practice. A 2-ECTS credit course at the University of Leipzig, Germany.

June 17, 2013- June 21, 2013	Invited Erasmus Mundus Academic Scholar: Team building in sport teams: Role of goal setting, role clarification, interpersonal relationship development and problem solving methods. A 2-ECTS credit course at the University of Leipzig, Germany.
June 3, 2013- June 11, 2013	Invited Erasmus Mundus Academic Scholar: Psychosocial interventions in sport injury rehabilitation: Application of theory to practice. A 2-ECTS credit course at the University of Jyväskylä, Finland.
June 3, 2012- June 8, 2012	Invited visiting Erasmus Scholar: Psychology of sport and exercise injuries. A 2-ECTS credit (18 contact hours) course at the University of Jyväskylä, Finland.
May 30, 2011- June 3, 2011	Invited visiting Erasmus Scholar: Psychology of sport and exercise injuries. A 2-ECTS credit (18 contact hours) course at the University of Jyväskylä, Finland.

Sport Psychology Consultant Experience

January 2009- Present	Sport & Performance Psychology Consultant, Service provider to community clients (e.g., athletes, performing arts), Worldwide.
August 2016- Present	Sport & Performance Psychology Consultant, Contracted Service provider to UWM Student-Athletes, UWM Athletics Department, Milwaukee, WI, USA.

Coaching Positions Held

May 1997-August 2000	Figure and Synchronized Skating Coach, Etelä-Vantaan Taitoluistelijat, Ry, Myyrmäki, Finland.
Summer 1998	Figure Skating Coach, International Ice Experiences Summer Training Camp, Jyväskylä, Finland.
Summer 1997	Figure Skating Coach, International Ice Experiences Summer Training Camp, Jyväskylä, Finland.
January 1997 – May 1997	Synchronized Skating Coach, Keravan Taitoluistelijat Ry, Kerava Finland.
Summer 1996	Synchronized Skating Coach, International Ice Experiences Summer Training Camp, Lillehammer, Norway.
August 1996-April 1997	Figure Skating Coach, Järvenpään Taitoluistelijat Ry, Järvenpää, Finland.
September 1993-May 1997	Figure and Synchronized Skating Coach, Tikkurilan Taitoluisteluklubi Ry, Vantaa, Finland.
September 1993-May 1997	Assistant figure skating coach, Keravan Taitoluistelijat Ry, Kerava, Finland.

Professional Awards, Honors and Memberships

Awards and Bursaries

2016	Dorothy V. Harris Memorial Award. Association for Applied Sport Psychology, United States. https://appliedsportpsych.org/awards/dorothy-v-harris-memorial-award/
2003-2006	Research bursary for Doctoral studies (2003-2006). University College Northampton, United Kingdom.

Licensures and Certifications

2019-2024	Certified Mental Performance Coach and Exercise Practitioner (UPV sert.), Finnish Psychology Association. (September 3, 2019- September 3, 2024).
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2014-2019	Certified Mental Performance Coach and Exercise Practitioner (UPV sert.) , Finnish Psychology Association. (August 24, 2014- August 24, 2019).
2014-2015	The Chartered Scientist , UK Science Council. (September 15, 2014- September 15, 2015).
2010-Present	Chartered Psychologist (CPsychol) , British Psychological Society.

Fellowships & Other Recognitions of Excellence

May 12, 2020-Present	Fellow , Association for Applied Sport Psychology, United States.
June 16, 2014-Present	Associate Fellow , British Psychological Society (AFBPsS), United Kingdom.
2008-Present	Elected expert member , Finnish Sport Psychology Association, Finland.

Research, Scholarship, and Professional Activities (In Chronological Order)

Articles and Papers Published in Academic and Professional Print and Electronic Journals

- Arvinen-Barrow, M.**, Hemmings, B., Weigand, D. A., Becker, C., & Booth, L. (2007). Views of chartered physiotherapists on the psychological content of their practice: A follow-up survey in the UK. *Journal of Sport Rehabilitation*, 16(2), 111-121. <https://doi.org/10.1123/jsr.16.2.111>
- Arvinen-Barrow, M.**, Weigand, D. A., Thomas, S., Hemmings, B., & Walley, M. (2007). Elite and novice athletes' imagery use in open and closed sports. *Journal of Applied Sport Psychology*, 19(1), 93-104. <https://doi.org/10.1080/10413200601102912>
- Arvinen-Barrow, M.** (2008). Back to basics: Using goal setting to enhance rehabilitation. *SportEX Medicine*, 37(2), 15-19.
- Arvinen-Barrow, M.**, Hemmings, B., Becker, C., & Booth, L. (2008). Sport psychology education: A preliminary survey on chartered physiotherapists' preferred methods of training delivery. *Journal of Sport Rehabilitation*, 17(4), 399-412. <https://doi.org/10.1123/jsr.17.4.399>
- Arvinen-Barrow, M.**, Weigand, D. A., Hemmings, B., & Walley, M. (2008). The use of imagery across competitive levels and time of season: A cross-sectional study among synchronized skaters in Finland. *European Journal of Sport Science*, 8(3), 135-142. <https://doi.org/10.1080/17461390801987968>
- Arvinen-Barrow, M.**, Penny, G., Hemmings, B., & Corr, S. (2010). UK chartered physiotherapists' personal experiences in using psychological interventions with injured athletes: An interpretative phenomenological analysis. *Psychology of Sport and Exercise*, 11(1), 58-66. <https://doi.org/10.1016/j.psychsport.2009.05.004>
- Rovio, E., **Arvinen-Barrow, M.**, Weigand, D. A., Eskola, J., & Lintunen, T. (2010). Team building in sport: A narrative review and critique of the program effectiveness, current methods, and theoretical underpinnings. *Athletic Insight*, 2(2), 147-164.
- Arvinen-Barrow, M.**, Clement, D., & Bayes, N. (2012). Athletes attitudes toward physiotherapist. *International Journal of Multi-Disciplinary Studies and Sports Research*, 2(July), 324-334.
- Clement, D., Hamson-Utley, J., **Arvinen-Barrow, M.**, Kamphoff, C., Zakrajsek, R. A., & Martin, S. B. (2012a). College athletes' expectations about injury rehabilitation with an athletic trainer. *International Journal of Athletic Therapy & Training*, 17(4), 18-25. <https://doi.org/10.1123/ijatt.17.4.18>
- Rovio, E., **Arvinen-Barrow, M.**, Weigand, D. A., Eskola, J., & Lintunen, T. (2012). Using team building methods with an ice hockey team: An action research case study. *The Sport Psychologist*, 26(4), 584-603. <https://doi.org/10.1123/tsp.26.4.584>
- Arvinen-Barrow, M.** (2013). Urheiluvamman synnyn ja tervehtymisen taustalla monia psykologisia tekijöitä [Behind sport injury occurrence and rehabilitation lies a range of psychological factors]. *Liikunta & Tiede*, 50(5), 33-38.

- Clement, D., Granquist, M. D., & **Arvinen-Barrow, M.** (2013). Psychosocial aspects of athletic injuries as perceived by athletic trainers *Journal of Athletic Training*, 48(4), 512-521. <https://doi.org/10.4085/1062-6050-48.3.21>
- Arvinen-Barrow, M.**, Manley, A., & Maresh, N. (2014). The potential psychological benefits of active video games in the rehabilitation of musculoskeletal injuries and deficiencies: A narrative review of the literature. *Physical Therapy Reviews*, 19(6), 410-439. <https://doi.org/10.1179/1743288X14Y.0000000156>
- Arvinen-Barrow, M.**, Massey, W. V., & Hemmings, B. (2014). Role of sport medicine professionals in addressing psychosocial aspects of sport-injury rehabilitation: Professional athletes' views. *Journal of Athletic Training*, 49(6), 764–772. <https://doi.org/10.4085/1062-6050-49.3.44>
- Pack, S. M., Hemmings, B., & **Arvinen-Barrow, M.** (2014). The self-practice of sport psychologists: Do they practice what they preach? *The Sport Psychologist*, 28(2), 198-210. <https://doi.org/10.1123/ijsem.2012-0085>
- Zalewski, K. R., Alt, C., & **Arvinen-Barrow, M.** (2014). Identifying barriers to remaining physically active after rehabilitation: Differences in perception between physical therapists and older adult patients. *Journal of Orthopaedic & Sports Physical Therapy*, 44(6), 415-424. <https://www.jospt.org/doi/10.2519/jospt.2014.5171>
- Arvinen-Barrow, M.**, & Clement, D. (2015). A preliminary investigation into athletic trainers' views and experiences of a multidisciplinary team approach to sports injury rehabilitation. *Athletic Training and Sports Health Care*, 7(3), 97-107. <https://doi.org/10.3928/19425864-20150422-05>
- Arvinen-Barrow, M.**, Clement, D., Hamson-Utley, J. J., Zakrajsek, R., Kamphoff, C., Lee, S.-M., Lintunen, T., Hemmings, B., & Martin, S. B. (2015). Athletes' use of mental skills during sport injury rehabilitation. *Journal of Sport Rehabilitation*, 24(2), 189-197. <https://doi.org/10.1123/jsr.2013-0148>
- Arvinen-Barrow, M.**, Nässi, A., & Ruiz, M. C. (2015). Kun vamma päättää, milloin ura loppuu. [When injury determines when the career ends]. *Liikunta & Tiede*, 52(6), 45-49.
- Clement, D., **Arvinen-Barrow, M.**, & Fetty, T. (2015). psychosocial responses during different phases of sport-injury rehabilitation: A qualitative study. *Journal of Athletic Training*, 50(1), 95-104. <https://doi.org/10.4085/1062-6050-49.3.52>
- Arvinen-Barrow, M.**, Clement, D., Hamson-Utley, J. J., Zakrajsek, R., Kamphoff, C., Lee, S.-M., Lintunen, T., Hemmings, B., & Martin, S. B. (2016). Athletes' expectations about sport-injury rehabilitation: A cross-cultural study. *Journal of Sport Rehabilitation*, 25(4), 338-347. <https://doi.org/10.1123/jsr.2015-0018>
- Gnacinski, S. L., Cornell, D., Meyer, B. B., **Arvinen-Barrow, M.**, & Earl, J. E. (2016). Functional movement screen factorial validity and measurement invariance across sex among collegiate athletes. *Journal of Strength and Conditioning Research*, 30(12), 3388-3395. <https://doi.org/10.1519/JSC.0000000000001448>
- Arvinen-Barrow, M.**, & Clement, D. (2017). Preliminary investigation into sport and exercise psychology consultants' views and experiences of an interprofessional care team approach to sport injury rehabilitation. *Journal of Interprofessional Care*, 31(1), 66-74. <https://doi.org/10.1080/13561820.2016.1235019>
- Arvinen-Barrow, M.**, Hurley, D., & Ruiz, M. C. (2017). Transitioning out of professional sport: The psychosocial impact of career-ending injuries among elite Irish rugby football union players. *Journal of Clinical Sport Psychology*, 10(1), 67-84. <https://doi.org/10.1123/jcsp.2016-0012>
- Ford, J., Ildefonso, K., Jones, M. & **Arvinen-Barrow, M.** (2017). Sport-related anxiety: Current insights. *Open Access Journal of Sports Medicine*, 8, 205-212. <https://doi.org/10.2147/OAJSM.S125845>
- Gnacinski, S. L., **Arvinen-Barrow, M.**, Brewer, B. W. & Meyer, B. B. (2017). Factorial validity and measurement invariance of the Perceived Susceptibility to Sport Injury scale. *Scandinavian Journal of Medicine & Science in Sports*, 27(7), 754-761. <https://doi.org/10.1111/sms.12681>
- Gnacinski, S. L., Massey, W. V., Hess, C. W., Nai, M. M., **Arvinen-Barrow, M.** & Meyer, B. B. (2017). Examining stage of change differences in NCAA student-athletes' readiness for psychological skills training. *The Sport Psychologist*, 31(4), 356-368. <https://doi.org/10.1123/tsp.2016-0139>

- Hamson-Utley, J. J., **Arvinen-Barrow, M.**, & Clement, D. (2017). Managing mental health aspects of post-concussion syndrome in collegiate student-athletes. *Athletic Training & Sports Health Care*, 9(6), 263-270. <https://doi.org/10.3928/19425864-20171010-05>
- Pack, S., Kelly, S. & **Arvinen-Barrow, M.** (2017). "I think I became a swimmer rather than just someone with a disability swimming up and down": Paralympic athletes perceptions of self and identity development. *Disability and Rehabilitation*, 39(20), 2063-2070. <https://doi.org/10.1080/09638288.2016.1217074>
- Arvinen-Barrow, M.**, DeGrave, K., Pack, S. & Hemmings, B. (2019). Transitioning out of professional sport: The psychosocial impact of career-ending non-musculoskeletal injuries among male cricketers from England and Wales. *Journal of Clinical Sport Psychology*, 13(4), 629-644. <https://doi.org/10.1123/jcsp.2017-0040>
- Clement, D. & **Arvinen-Barrow, M.** (2019). Athletic trainers' views and experiences of discussing psychosocial and mental health issues with athletes: An exploratory study. *Athletic Training & Sports Health Care*, 11(5), 213-224. <https://doi.org/10.3928/19425864-20181002-01>
- Ford, J. & **Arvinen-Barrow, M.** (2019). Exploring the use of psychological skills training interventions in a music domain: A systematic review. *Medical Problems of Performing Artists*, 34(4), 222-229. <https://doi.org/10.21091/mppa.2019.4033>
- Pack, S., Hemmings, B., Winter, S. & **Arvinen-Barrow, M.** (2019). A preliminary investigation into the use of humor in sport psychology practice. *Journal of Applied Sport Psychology*, 31(4), 494-502. <https://doi.org/10.1080/10413200.2018.1514428>
- Arvinen-Barrow, M.**, Maresh, N. & Earl-Boehm, J. (2020). Functional outcomes and psychological benefits of active video games in the rehabilitation of lateral ankle sprains: A case report. *Journal of Sport Rehabilitation*, 29(2), 213–224. <https://doi.org/10.1123/jsr.2017-0135>
- Pack, S., **Arvinen-Barrow, M.**, Winter, S. & Hemmings, B. (2020). Sport Psychology Consultants' Reflections on the Role of Humor: "It's like having another skill in your arsenal". *The Sport Psychologist*, 34(1), 54-61. <https://doi.org/10.1123/tsp.2018-0148>
- Ford, J., Vosloo, J., & **Arvinen-Barrow, M.** (2020). 'Pouring everything that you are': Musicians' experiences of optimal performances. *British Journal of Music Education*, 37(2), 1-13. <https://doi.org/10.1017/S0265051720000078>
- Ildefonso, K., Blanton, J., Durwin, C., **Arvinen-Barrow, M.** & Kamphoff, C. (2020). A preliminary investigation into collegiate student-athletes' attitudes towards athletic training and sport psychology consultants. *The Journal of SPORT*, 8(1), 55-75.
- Clement, D. & **Arvinen-Barrow, M.** (in press). An investigation into former high school athletes' experiences of a multidisciplinary approach to sport injury rehabilitation. *Journal of Sport Rehabilitation*.

Books Published by Major Commercial Publishing Houses

- Arvinen-Barrow, M.**, & Walker, N. (Eds.). (2013). *Psychology of sport injury and rehabilitation*. Abingdon, UK: Routledge.
- Arvinen-Barrow, M.**, & Clement, D. (Eds.). (2019). *The psychology of sport and performance injury: An interprofessional case-based approach*. Abingdon, UK: Routledge.
- Arvinen-Barrow, M.**, & Walker, N. (Eds.). (2019). *Psychology of sport injury and rehabilitation. (Korean translation)*. Seoul: Sungshin Women's University Press.

Chapters in Books Published by Appropriate Publishers

- Arvinen-Barrow, M.**, Clement, D., & Hemmings, B. (2013). Imagery in sport injury rehabilitation. In **M. Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 71-85). Abingdon, UK: Routledge.
- Arvinen-Barrow, M.**, & Hemmings, B. (2013). Goal setting in sport injury rehabilitation. In **M. Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 56-70). Abingdon, UK: Routledge.

- Arvinen-Barrow, M.**, & Pack, S. M. (2013). Social support in sport injury rehabilitation. In M. **Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 117-131). Abingdon, UK: Routledge.
- Arvinen-Barrow, M.**, & Walker, N. (2013). Introduction to the psychology of sport injuries. In M. **Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 2-5). Abingdon, UK: Routledge.
- Clement, D., & **Arvinen-Barrow, M.** (2013). Sport medicine team influences in psychological rehabilitation: A multidisciplinary approach. In M. **Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 156-170). Abingdon, UK: Routledge.
- Walker, N., & **Arvinen-Barrow, M.** (2013). Conclusions and future directions. In M. **Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (199-202). Abingdon, UK: Routledge.
- Hamson-Utley, J. J., **Arvinen-Barrow, M.**, & Granquist, M. D. (2014). Psychosocial strategies: Effectiveness and application. In M. D. Granquist, J. J. Hamson-Utley, L. Kenow, & J. Stiller-Ostrowski (Eds.), *Psychosocial strategies for athletic trainers: An applied and integrated approach* (pp. 231-268). Philadelphia, PA: FA Davis Publishers.
- Clement, D., **Arvinen-Barrow, M.**, & Van Horn, S. (2016). Les émotions comme antécédent et conséquences de la blessure en sport. [Emotions as antecedents and consequences of sport injury]. In M. Campo & B. Louvet (Eds.), *Les émotions en sport et en EPS: Appretissage, performance et santé. [Emotions in sport, exercise and physical education - Learning performance and health]* (pp. 401-415). Brussels, Belgium: De Boeck.
- Arvinen-Barrow, M.**, & Clement, D. (2018). Persons with exercise injuries. In S. Razon & M. Sachs (Eds.), *Applied exercise psychology: The challenging journey from motivation to adherence* (pp. 339-355). New York, NY: Routledge.
- Arvinen-Barrow, M.**, Hamson-Utley, J. J., & DeFreese, J. D. (2018). Sport injury, rehabilitation, and return to sport. In J. Taylor (Ed.), *assessment in sport psychology consulting* (pp. 266-295). Champaign, IL: Human Kinetics.
- Arvinen-Barrow, M.**, & Clement, D. (2019). A case for interprofessional care. In M. **Arvinen-Barrow** & D. Clement (Eds.), *The psychology of sport and performance injury: An interprofessional case-based approach* (pp.1-9). Abingdon, UK: Routledge.
- Arvinen-Barrow, M.**, Clement, D., & Hemmings, B. (2019). Imagery in sport injury rehabilitation (Korean translation). In M. **Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 129–150). Seoul, South Korea: Sungshin Women's University Press.
- Arvinen-Barrow, M.**, & Hemmings, B. (2019). Goal setting in sport injury rehabilitation (Korean translation). In M. **Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 107–128). Seoul, South Korea: Sungshin Women's University Press.
- Arvinen-Barrow, M.**, & Pack, S. (2019). Social support in sport injury rehabilitation (Korean translation). In M. **Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 195–210). Seoul, South Korea: Sungshin Women's University Press.
- Arvinen-Barrow, M.**, & Walker, N. (2019). Introduction to the psychology of sport injuries (Korean translation). In M. **Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 29–36). Seoul, South Korea: Sungshin Women's University Press.
- Clement, D., & **Arvinen-Barrow, M.** (2019). Case made! What's next?. In M. **Arvinen-Barrow** & D. Clement (Eds.), *The psychology of sport and performance injury: An interprofessional case-based approach* (pp. 165-170). Abingdon, UK: Routledge.
- Clement, D., & **Arvinen-Barrow, M.** (2019). Sport medicine team influences in psychological rehabilitation: A multidisciplinary approach. (Korean translation). In M. **Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 249–268). Seoul, South Korea: Sungshin Women's University Press.
- Clement, D., LaGuerre, D., & **Arvinen-Barrow, M.** (2019). Role of religion and spirituality in sport injury rehabilitation. In B. Hemmings, A. Parkes, & N. Watson (Eds.), *Sport, psychology and Christianity: Welfare, performance and consultancy* (pp. 71–86). Abingdon, UK: Routledge.

- Ford, J., Johnson, R., Clement, D., & **Arvinen-Barrow, M.** (2019). Reactions to music performance injury rehabilitation: Brandon Jackson, a freshman music performance major. In **M. Arvinen-Barrow** & D. Clement (Eds.), *The psychology of sport and performance injury: An interprofessional case-based approach* (pp. 99-113). Abingdon, UK: Routledge.
- Hemmings, B., Watson, N. J., Parkes, A., Clement, D., **Arvinen-Barrow, M.**, & Oliver, M. (2019). Introduction. In B. Hemmings, N. J. Watson, & A. Parker (Eds.), *Sport, psychology and Christianity: Welfare, performance and consultancy* (pp. 1–9). Abingdon, UK: Routledge.
- Ildefonso, K., **Arvinen-Barrow, M.**, & Clement, D. (2019). Reactions to a football injury: Adrian Jones, a freshman collegiate football player. In **M. Arvinen-Barrow** & D. Clement (Eds.), *The psychology of sport and performance injury: An interprofessional case-based approach* (pp. 10-26). Abingdon, UK: Routledge.
- Walker, N., & **Arvinen-Barrow, M.** (2019). Conclusions and future directions (Korean translation). In **M. Arvinen-Barrow** & N. Walker (Eds.), *The psychology of sport injury and rehabilitation* (pp. 309–314). Seoul, South Korea: Sungshin Women's University Press.
- Arvinen-Barrow, M.**, & Granquist, M. D. (2020). Psychosocial considerations for rehabilitation of the injured athletic patient. In W. Prentice (Ed.), *Rehabilitation Techniques for Sports Medicine and Athletic Training* (7th ed.). Thorofare, NJ, USA: SLACK Incorporated.
- Arvinen-Barrow, M.**, Visek, A. J., & Barrow, A. (2020). Pidä hauskaa – have fun! In M. Sachs, L. Tashman, & S. Razon (Eds.), *Performance excellence: Stories to make your endeavors a success*. (pp. 146-149). Lanham, MD, USA: Rowman & Littlefield.
- Clement, D., & **Arvinen-Barrow, M.** (2020). Coping with injury: Deep breathing and praying. In M. Sachs, L. Tashman, & S. Razon (Eds.), *Performance excellence: Stories to make your endeavors a success*. (pp. 187-189). Lanham, MD, USA: Rowman & Littlefield.
- Clement, D., & **Arvinen-Barrow, M.** (2020). Psychosocial strategies for the different phases of sport injury rehabilitation. In A. Ivarsson & U. Johnson (Eds.), *Psychological bases of sport injuries* (4th ed.) (pp. 297-310). Morgantown, WV, USA: Fitness Information Technology.
- Zike, D., & **Arvinen-Barrow, M.** (2020). Leaving sport with a spinal cord injury. In M. Sachs, L. Tashman, & S. Razon (Eds.), *Performance excellence: Stories to make your endeavors a success*. (pp. 75-77). Lanham, MD, USA: Rowman & Littlefield.
- Arvinen-Barrow, M.**, & Clement, D. (2021). Role of emotions in sport injury. In M. C. Ruiz & C. Robazza (Eds.), *Feelings in sport: Theory, research, and practical implications for performance and well-being*. Abingdon, UK: Routledge.
- Arvinen-Barrow, M.**, Clement, D., & Hemmings, B. (2021). “This is the final jump,” I respond. Why, why do I utter those words?” Using storytelling in sport injury rehabilitation. In R. Wadey (Ed.), *Sport Injury Psychology: Cultural, Relational, Methodological, and Applied Considerations*. Abingdon, UK: Routledge.
- Arvinen-Barrow, M.**, & Kaski, S. (2021). Urheilupsykologian merkitys vammojen kuntoutusprosessissa. [Role of sport psychology in injury rehabilitation]. In: Pasanen, K., Haapasalo, H., Halen, P., & Parkkari, J. (Eds.), *Urheiluvammat [Sport Injuries]*. Lahti, Finland: VK-Kustannus Oy.

Training Manuals

- Brewer, B. W. & **Arvinen-Barrow, M.** (Anticipated 2020). Psychology of injury and rehabilitation. *Certified Mental Performance Consultant® Essentials Resource Guide*. Association for Applied Sport Psychology.

Reports of Completed Research

- Konttinen, N., Mononen, K., Pihlaja, T., Sipari, T., **Arvinen-Barrow, M.**, & Selanne, H. (2011). Urheiluvammojen esiintyminen ja niiden hoito nuorisourheilussa - Kohderyhmänä 1995 syntyneet urheilijat [Sport injury occurrence and treatment in youth sports - athletes born in 1995 as a target population]. *KIHUn julkaisusarja nro 25 (PDF-julkaisu)*, 1-16. Retrieved from https://www.urheilututkimukset.fi/media/urtu/julkaisut/2011_kon_urheiluvam_sel95_18425.pdf

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Encyclopedia Entry

Arvinen-Barrow, M. (2018). Injury prevention in sport and performance psychology. In O. Braddick (Ed.), *Oxford Research Encyclopedia of Psychology*. Oxford: Oxford University Press.
<http://dx.doi.org/10.1093/acrefore/9780190236557.013.171>

Book Reviews

Arvinen-Barrow, M. (2010). Review of the book *Applied Sport Psychology: A case-based approach*. *The Sport Psychologist*, 24(1), 117-118. [doi:10.1123/tsp.24.1.117](https://doi.org/10.1123/tsp.24.1.117) (Invited).

Editorials, Commentaries, and Opinion Papers

Arvinen-Barrow, M. (2015). Role of psychology in therapy and rehabilitation: Where does it “fit”? [Opinion]. *International Journal of Therapy and Rehabilitation*, 22(11), 508-508. doi:[10.12968/ijtr.2015.22.11.508](https://doi.org/10.12968/ijtr.2015.22.11.508)

Arvinen-Barrow, M. (2015). Urheilijan psyykinen ja fyysinen hyvinvointi keskiössä – juniorista huipulle [Athlete centered approach to athletes’ psychological and physical wellbeing – from novice to elite]. *Liikunta & Tiede*, 52(4), 84-86. Retrieved from [http://www.lts.fi/sites/default/files/page_attachment/lt_4-15_84-](http://www.lts.fi/sites/default/files/page_attachment/lt_4-15_84-86_lowres.pdf)

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Arvinen-Barrow, M. (2017). “Äiti, what do you even know about sports?” Urheilupsykologian ammattilaisen ajatuksia seuran, valmentajan, ja vanhemman rooleista nuoren urheilijan kehityspolulla [Mom, what do you even know about sports? Sport psychology professionals’ reflections on the role of sports club, coaches, and parents as part of the young athlete development. *Tikkurilan Taitoluisteluklubin Kausijulkaisu*. 16-17.

Interviews

- 2016 **Magazine**, Interview with Jennifer Earl-Boehm by Erin O’Donnell regarding interprofessional performance enhancement program (Panther-PEP). UWM Alumni Magazine. (Fall, 2016). “PEP RALLY: How a UWM assessment program helps athletes perform better.”
- 2017 **Magazine**, Interview with Barbara Meyer by Erin O’Donnell regarding sport psychology and the UWM’s Laboratory for Sport Psychology & Performance Excellence. UWM Research report, 2017 and UWM homepage. (Spring 2017). “Right state of mind: How UWM sport psychology experts help athletes achieve peak performance.”
- 2017 **Radio**, On-air interview with Barbara Meyer by Thomas Luljak of WUWM radio station WUWM/NPR regarding sport psychology and the UWM’s Laboratory for Sport Psychology & Performance Excellence. WUWM Today radio show. (June 22, 2017). <http://wuwmm.com/post/body-mind-two-uwm-experts-share-insights-sports-psychology#stream/0>
- 2017 **Radio**, On-air interview by Ann Fisher of WOSU-NPR in Ohio regarding sport psychology and recovery from devastating injuries. All Sides with Ann Fisher. (November 8, 2017). <http://radio.wosu.org/post/wellness-wednesday-dieting-fads-diy-dentistry-sports-injuries>
- 2020 **Radio**, On-air interview for SiriusXM "Doctor Radio" Orthopedics Show (January 13, 2020)
- 2020 **Internet**, Suomen taitoluisteluliiton ajankohtaismedia SKATINGFINLAND, An interview to provide an expert statement on the psychological impact of coronavirus (COVID-19) cutting the season short for Finnish synchronized skating teams Helsinki Rockettes and Team Unique, both heading to the

Synchronized Skating World Championships at Lake Placid, New York. (March 19, 2020).
<https://www.skatingfinland.fi/tapahtumat/koronavirus-murskasi-muodostelmaluistelijoiden-mm-haaveet/>

Other Minor Publications (Abstracts)

- Arvinen-Barrow, M.** (2004). *Reach for your dreams*. Science's Next Wave.
[http://sciencecareers.sciencemag.org/career_development/issue/articles/3150/reach_out_for_your_dreams/\(parent\)/](http://sciencecareers.sciencemag.org/career_development/issue/articles/3150/reach_out_for_your_dreams/(parent)/)
- Arvinen-Barrow, M.,** Weigand, D. A., Hemmings, B. & Walley, M. (2004). *The effects of competitive level and time of season on the use of imagery by Finnish synchronized skaters* (3rd ed., vol. 22, pp. 298). Journal of Sports Sciences.
- Arvinen-Barrow, M.,** Hemmings, B., Weigand, D. A., Becker, C. A. & Booth, L. (2005). *Views of chartered physiotherapists on the psychological content of their practice: A national follow-up survey in the United Kingdom* (11-12 ed., vol. 23, pp. 1236-1237). Journal of Sports Sciences.
- Arvinen-Barrow, M. &** Hemmings, B. (2006). *Investigation into the UK chartered physiotherapists' perceptions on the prevailing characteristics in defining coping success amongst injured athletes* (4th ed., vol. 7, pp. 172-173). Physical Therapy in Sport.
- Kelley, K., Poel, D., Cornell, D., Gnacinski, S., Hess, C., O'Connor, M., Zander, R., **Arvinen-Barrow, M.,** Truebenbach, C. & J. E.-B. (2015). *Identifying sport and gender differences in the Lower Extremity Functional Test (LEFT)* (6 (Supplement) ed., vol. 50, pp. S193). Journal of Athletic Training.
- O'Connor, M., Cornell, D., Gnacinski, S., Hess, C., Kelley, K., Poel, D., Zander, R., **Arvinen-Barrow, M.,** Truebenbach, C. & Earl-Boehm, J. (2015). *Relationship between hip strength and dynamic balance performance* (6 (Supplement) ed., vol. 50, pp. S267). Journal of Athletic Training.
- Earl-Boehm, J., O'Connor, M., Thorpe, J., Truebenbach, C. & **Arvinen-Barrow, M.** (2016). *Relationships among isometric hip strength measures in Division I collegiate athletes* (6 (Supplement) ed., vol. 51, pp. S78). Journal of Athletic Training.
- Ildefonso, K., Gnacinski, S., Earl-Boehm, J. & **Arvinen-Barrow, M.** (2016). *Physical predictors of perceived susceptibility to sport injury among collegiate athletes: An exploratory investigation* (6 (Supplement) ed., vol. 51, pp. S178). Journal of Athletic Training.
- Maresh, N., Ebersole, K., **Arvinen-Barrow, M.** & Earl-Boehm, J. (2016). *Functional and psychological benefits of active video gaming in chronic ankle instability* (6 (Supplement) ed., vol. 51, pp. S108). Journal of Athletic Training.
- Sigmund, K., **Arvinen-Barrow, M.** & Earl-Boehm, J. (2016). *A prospective investigation into injury occurrence and college athletes' perceptions of susceptibility to sports-related injury* (6 (Supplement) ed., vol. 51, pp. S155). Journal of Athletic Training.
- Thorpe, J., **Arvinen-Barrow, M.** & Earl-Boehm, J. (2016). *Does hip strength predict performance on the landing error scoring system in collegiate athletes?* (6 (Supplement) ed., vol. 51, pp. S76). Journal of Athletic Training.

Papers and Other Presentations at Academic and Professional Meetings

Keynote/Plenary Address

- Arvinen-Barrow, M.,** (November 2013). *Urheiluvammojen psykososiaaliset vaikuttajat - teorian ja tutkimuksen avulla apua käytäntöön [Psychosocial facets of sport injuries: From theory and research to applied practice]*, Liikuntalääketieteen päivät, Liikuntatieteellinen Seura [Finnish Society of Sport Sciences Sport Medicine Conference], Helsinki, Finland.

- Arvinen-Barrow, M.**, (March 2015). *Psychosocial process of sport injury: Towards an athlete centered care in an interdisciplinary world*, Association for Applied Sport Psychology Regional Conference, Association for Applied Sport Psychology, Mankato, MN, USA.
- Arvinen-Barrow, M.**, (February 2016). *The journey through academia: Understanding me, myself, and I (and my research topic)*, Association for Applied Sport Psychology Regional Conference and 26th Midwest Sport and Exercise Psychology Symposium, Chicago, IL, USA.
- Arvinen-Barrow, M.**, (October 2019). *Biopsychosocial approach to patellofemoral pain: Role of theory in research and clinical practice*, 6th International Patellofemoral Research Retreat, Milwaukee, WI, USA.

Invited Lectures at Academic and Professional Meetings (Face-To-Face)

- Arvinen-Barrow, M.** (2006, February). *Views of chartered physiotherapists on the psychological content of their practice: A national follow-up survey in the United Kingdom*. The psychology research seminar programme, Northampton, United Kingdom. (Invited, academic audience, formal paper, presenter).
- Arvinen-Barrow, M.** (2008, November). *The role of chartered physiotherapists in the psychological rehabilitation from sport injuries: Recent research findings and suggestions for further research*. The physical activity and health networking event for the Centre for Health and Wellbeing Research, Northampton, United Kingdom. (Invited, academic, clinical, industry audience, formal paper, presenter).
- Arvinen-Barrow, M.** (2009, March). *Psychological rehabilitation from sport injury: The role of the physiotherapist*, The Northampton Sports Medicine and Science Group Meeting, Pavillion Clinic, Northampton, United Kingdom. (Invited, academic, clinical, industry audience, formal paper, presenter).
- Arvinen-Barrow, M.**, Redwood, T., Armstrong-Hallam, S., Pyer, M., Kitson, E., (2011, March). *Benefits of Swimming with Babies (SWB) Approach: An exploratory study*, University of Northampton School of Health development Day, Northampton, United Kingdom. (Invited, academic, clinical, industry audience, formal paper, presenter).
- Arvinen-Barrow, M.** (2011, November). *Role of sport medicine professionals in psychological rehabilitation of sport injuries: Experiences and expectations*. The Sport and Exercise Research Seminar Series, Northampton, United Kingdom. (Invited, academic audience, formal paper, presenter).
- Arvinen-Barrow, M.** (2013, November). *Urheiluvammojen psykososiaaliset vaikuttajat - teorian ja tutkimuksen avulla apua käytäntöön [Psychosocial facets of sport injuries: From theory and research to applied practice]. Lisää terveitä harjoittelupäiviä: Laadukas terveydenhuolto luo pohjaa urheilijan menestymiselle. [More injury and illness free training days: Quality healthcare forms the foundation for athletic success]. Liikuntalääketieteen päivät, Liikuntatieteellinen Seura [Finnish Society of Sport Sciences Sport Medicine Conference], Helsinki, Finland. (Invited, academic and clinical audience, formal paper, presenter).*
- Earl-Boehm, J., Truebenbach, C., & **Arvinen-Barrow, M.** (2015, April). *Interprofessional practice: Building bridges between professions*. Wisconsin Athletic Trainer's Association Annual Meeting, Milwaukee, WI, USA. (Invited, academic audience, formal paper, presenter).
- Arvinen-Barrow, M.** (2018, January). *"Baseball was made for kids and grown-ups only screw it up" (Bob Lemon): Thoughts on biopsychosocial youth athlete development*, Major Youth Baseball Annual Meeting, Milwaukee, WI, USA. (Invited, professional audience, formal paper, presenter).
- Arvinen-Barrow, M.** (2019, October). *Pain and Psychosocial Aspects of Patellofemoral Pain: What can I, as a clinician do?*, 2019 International Patellofemoral Pain Clinical Symposium, Milwaukee, WI, USA. (Invited, academic and professional audience, formal paper, presenter).

Invited Lectures at Academic and Professional Meetings (Online)

- Arvinen-Barrow, M.** (2019, June). *UoN doctoral alumni presentations*, Graduate School Update Day 2019: PGR Futures, The University of Northampton, Northampton, United Kingdom. (Invited, academic audience, presenter).

Arvinen-Barrow, M. (2020, January). *Life after the doctorate and career advice*, Graduate School Event: Doctoral Careers and Professional Development, The University of Northampton, Northampton, United Kingdom. (Invited, academic audience, presenter).

Symposia at Academic and Professional Meetings

Lintunen, T., Huotari, K., **Arvinen-Barrow, M.**, & Kuusela, M. (2013, June). Ryhmän toiminnan kehittäminen urheilussa [Team Building in Sport]. In: A. Pönkkö, (Chair), *Liikuntatieteiden soveltaminen: Liikuntaympäristö innostavaksi tunne- ja vuorovaikutusosaamisella [Applying sport science knowledge: Creating innovative sport and exercise environment through emotional and interactional Skills]*. Symposium conducted at the Finnish Conference of Sport Sciences, Jyväskylä, Finland. (Reviewed, academic and clinical audience, formal paper, presenter).

Arvinen-Barrow, M., Clement, D., Granquist, M., & Hamson-Utley, J.J. (2013, October). It's the athlete that counts: Placing the athlete in the center of the multidisciplinary care. In: **M. Arvinen-Barrow** (chair). *Psychosocial aspects of sport injury: An athlete-centered approach*. Symposium conducted at the Association for Applied Sport Psychology Annual Conference, New Orleans, LA, USA. (Reviewed, academic and clinical audience, formal paper, presenter).

Heil, J., Wiese-Bjornstal, D. M., Williams, J. A., (2014, October). "Study the past if you would define the future" (Confucius): A historical perspective on the psychology of sport injury. In: **M. Arvinen-Barrow** & B. W. Brewer (chairs). *A discussion on psychology of sport injury past, present and future*. Roundtable discussion conducted at the Association for Applied Sport Psychology Annual Conference, Las Vegas, NV, USA. (Reviewed, academic and clinical audience, chair).

Wadey, R., Appaneal, R., **Arvinen-Barrow, M.**, Podlog, L., (2019, October). *Psychology of sport injury: Theory to practice and practice to theory*, Association for Applied Sport Psychology Annual Conference, "" Portland, OR, USA. (Reviewed, academic and clinical audience).

Workshops at Academic and Professional Meetings

Mazurek, R., Verdegan, R. L., **Arvinen-Barrow, M.**, (2016, January). *Collaborative teaching development program: An innovative approach to peer review*, 2016 UWM Teaching and Learning Symposium, University of Wisconsin-Milwaukee, Milwaukee, WI, USA. (Reviewed, academic audience, Presenter).

Mazurek, R., Reckelberg, R., Huddleston, W. E., **Arvinen-Barrow, M.**, (2018, January). *Three years in the making: Lessons learned from a collaborative teaching development program - faculty and academic staff peer review process*, 2018 UWM Teaching and Learning Symposium, University of Wisconsin-Milwaukee, Milwaukee, WI, USA. (Reviewed, academic audience, Presenter).

Visek, A., Mannix, H., **Arvinen-Barrow, M.**, (2018, October). *Linking fun to physical literacy and the 3ps: A logic model approach to transforming youth sport climates*, Association for Applied Sport Psychology Annual Conference, Toronto, Canada. (Reviewed, academic and professional audience, Presenter).

Arvinen-Barrow, M., Visek, A., Gnacinski, S., Sheadler, T., Johnson, C., Cawthra, J., Hess, C., (2019, October). *The path to publishing your work: Understanding academic publication procedures*, Association for Applied Sport Psychology Annual Conference, Portland, OR, USA. (Reviewed, academic and professional audience, chair).

Oral Presentations at Academic and Professional Meetings

Arvinen-Barrow, M. (2004, April). *The effects of competitive level and time of season on the use of imagery by Finnish synchronized skaters*. Paper presented at the Sport & Exercise Research & Consulting Seminar Series, Northampton, United Kingdom. (Invited, academic audience, formal paper, presenter).

Arvinen-Barrow, M. (2006, July). *Collecting large quantities of questionnaire survey data online and by post: Either-or, or possibly a combination of both?* Paper presented at the University of Northampton Annual

Postgraduate Research Degree Student & Contract Researcher Conference, Northampton, United Kingdom. (Reviewed, academic audience, formal paper, presenter).

- Arvinen-Barrow, M.,** & Hemmings, B. (2006, July). *Investigation into the UK chartered physiotherapists' perceptions on the prevailing characteristics in defining coping success amongst injured athletes*. Paper presented at the Association of Chartered Physiotherapists in Sports Medicine and International Federation of Sports Physiotherapists Conference Physical Therapy in Sport: Enhancing Recovery and Performance in Sport, Birmingham, United Kingdom. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.,** Clement, D., Robson, R., Hamson-Utley, J., Kamphoff, C.S., Zakrajsek, R., & Martin, S. (2012, April). *UK Triathletes expectations of rehabilitation physiotherapy: A cross-sectional study*. Paper presented at the British Psychological Society Annual Conference, London, United Kingdom. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.,** Rovio, E., M., Hakonen, H., Eskola, J., Tammelin, T., Helakorpi, S., Uutela, A., Havas, E., Weigand, D., Mutrie, N. (2012, April). *Characterizing inactive adults in Finland: Dissimilar casts typically grouped in the same mold?* Paper presented at the British Psychological Society Annual Conference, London, United Kingdom. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.,** Manley, A., & Maresh, N. (2013, December). *Role of active video gaming in psychosocial rehabilitation from injury: A systematic review of literature*. Paper presented at the British Psychological Society Division of Sport and Exercise Psychology Conference, Manchester, United Kingdom. (Reviewed, academic and clinical audience, formal paper, presenter).
- Manley, A., **Arvinen-Barrow, M.,** & Wallace, J. (2013, December). *An exploration of athletes' perceptions and experiences of active video games in relation to rehabilitation from sports injuries*. Paper presented at the British Psychological Society Division of Sport and Exercise Psychology Conference, Manchester, United Kingdom. (Reviewed, academic and clinical audience, formal paper, presenter).
- Zalewski, K.R., Alt, C. & **Arvinen-Barrow, M.** (2014, August). *Barriers to being active in older adults with rehabilitation needs: Thoughts on the Transtheoretical model of change in physical activity*. Paper presented at the Health Promotion Research- An International Forum "Next Health", Trondheim, Norway. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Arvinen-Barrow, M.** (2014, October). *Key issues in psychology of sport injury research and practice: Where are we now?* The Association for Applied Sport Psychology Annual Conference, Las Vegas, NV, USA. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.,** Nässi, A., Ruiz, M. (2015, June). *Suomalaisten ammattijääkiekkoilijoiden kokemuksia urheiluran loppumiseen johtaneiden urheiluvammojen psykososiaalisista vaikutuksista: Kvalitatiivinen tutkimus. [Finnish professional hockey player's experiences of psychosocial aspects of career-ending sport injuries: qualitative study]*. Paper presented at the Finnish Conference of Sport Sciences, Jyväskylä, Finland. (Reviewed, academic and clinical audience, formal paper, presenter).
- Mazurek, R., Verdegan, R., & **Arvinen-Barrow, M.** (2016, January). *Collaborative teaching development program: An innovative approach to peer review*. Paper presented at the 2016 UWM Teaching and Learning Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, presenter).
- Earl-Boehm, J., O'Connor, M., Thorpe, J., & **Arvinen-Barrow M.** (2016, June). *Functional and psychological benefits of active video gaming in chronic ankle instability*. Paper presented at the National Athletic Trainer's Association Annual Symposia and Convention, Baltimore, MD, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Arvinen-Barrow, M.,** & Hemmings, B. (2016, December). *Strategies to improve athletes' coping with career-ending sport injuries*. Paper presented at the British Psychological Society Division of Sport and Exercise Psychology Conference, Cardiff, United Kingdom. (Reviewed, academic audience, formal paper, presenter).

Student-Led Oral Presentations at Academic and Professional Meetings

- Moore, G., & **Arvinen-Barrow, M.** (2010, September). *Self-talk in cycling: Motivational and cognitive functions used by competitive and non-competitive cyclists*. Paper presented at the British Association for Sport and Exercise Sciences Annual Conference: Challenging the Dogma, Glasgow, United Kingdom. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Ford, J., Emmer, G., Earl-Boehm, J., & **Arvinen-Barrow, M.** (2016, February). *Conceptualizing grit: A preliminary investigation with collegiate student-athletes*. Paper presented at the AASP Regional Conference and 26th Midwest Sport and Exercise Psychology Symposium, Chicago, IL, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Ildefonso, K., Gnacinski, S.L., Earl-Boehm, J.E., & **Arvinen-Barrow, M.** (2016, June). *Physical predictors of perceived susceptibility to sport injury among collegiate athletes: An exploratory investigation*. Paper presented at the National Athletic Trainer's Association Annual Symposia and Convention, Baltimore, MD, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Maresh, N.T., Ebersole, K.T., **Arvinen-Barrow, M.**, & Earl-Boehm, J.E. (2016, June). *Relationships among isometric hip strength measures in Division-I collegiate athletes*. Paper presented at the National Athletic Trainer's Association Annual Symposia and Convention, Baltimore, MD, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Sigmund, K.J., **Arvinen-Barrow, M.**, & Earl-Boehm, J. (2016, June). *A prospective investigation into injury occurrence and college athletes' perceptions of susceptibility to sports-related injury*. Paper presented at the National Athletic Trainer's Association Annual Symposia and Convention, Baltimore, MD, USA. ((Reviewed, academic and clinical audience, formal paper, non-presenter).
- Thorpe, J., O'Connor, M., **Arvinen-Barrow, M.**, & Earl-Boehm, J. (2016, June). *Does hip strength predict performance on the landing error scoring system in collegiate athletes?* Paper presented at the National Athletic Trainer's Association Annual Symposia and Convention, Baltimore, MD, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Hess, C. W., Meyer, B. B., **Arvinen-Barrow, M.**, & Pack, S. (2016, September). *The lived experiences of an elite athlete performance management team through injury rehabilitation*. Paper presented at the Association for Applied Sport Psychology Annual Conference, Phoenix, AZ, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Ford, J., Vosloo, J., **Arvinen-Barrow, M.**, & Kaye, M. (2016, September). *Pouring everything that you are': musicians' experiences of optimal performances*. Paper presented at the Association for Applied Sport Psychology Annual Conference, Phoenix, AZ, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Ildefonso, K., **Arvinen-Barrow, M.** (2019, March). *Exploring mental toughness in sport injury rehabilitation: A grounded theory approach*. The Midwest Regional Association for Applied Sport Psychology Conference, Mankato, MN, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Eckenrod, M. R., Zakrajsek, R. A., Jones, M. S., **Arvinen-Barrow, M.**, Clement, D. (2019, October). *Mental performance consultants' experiences with support staff in NCAA DI athletic departments*. Association for Applied Sport Psychology Annual Conference, Portland, OR, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).

Poster Presentations at Academic and Professional Meetings

- Arvinen-Barrow, M.**, Weigand, D.A., Hemmings, B. & Walley, M. (2003, September). *The effects of competitive level and time of season on the use of imagery by Finnish synchronized skaters*. Poster presented at the British Association of Sport and Exercise Sciences Annual Conference, Sheffield, United Kingdom. (Reviewed, academic audience, formal paper, presenter).
- Weigand, D.A., **Arvinen-Barrow, M.**, Thomas, S., Hemmings, B., & Walley, M. (2014, July). *Elite/novice athlete's imagery use in open/closed sports*. Poster presented at the American Psychological Association (APA)

- 112th Annual Convention, Honolulu, HI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Arvinen-Barrow, M.**, Hemmings, B., Weigand, D.A., Becker, C., & Booth, L. (2005, September). *Views of chartered physiotherapists on the psychological content of their practice: A national follow-up survey in the United Kingdom*. Poster presented at the British Association of Sport and Exercise Sciences Annual Conference in Loughborough University, Loughborough, United Kingdom. (Reviewed, academic audience, formal paper, presenter).
- Arvinen-Barrow, M.**, Weigand, D.A., & Hemmings, B. (2005, May). *Assessing the use of cognitive and motivational imagery amongst figure and synchronized skaters: Preliminary study*. Poster presented at the International Congress in Science in Figure Skating, Joensuu, Finland. (Reviewed, academic and professional audience, formal paper, presenter).
- Arvinen-Barrow, M.**, & Hemmings, B. (2006, July). *Investigation into the UK chartered physiotherapists' perceptions on the prevailing characteristics in defining coping success amongst injured athletes*. Poster presented at the Association of Chartered Physiotherapists in Sports Medicine and International Federation of Sports Physiotherapists Conference Physical Therapy in Sport: Enhancing Recovery and Performance, Birmingham, United Kingdom. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.**, & Hemmings, B. (2007, July). *Using psychological intervention techniques in sports injury rehabilitation: Chartered physiotherapists in the UK tell their stories*. Poster presented at the 12th Annual Congress of the European College of Sport Science (ECSS), Jyväskylä, Finland. (Reviewed, academic audience, formal paper, presenter).
- Arvinen-Barrow, M.**, Hemmings, B., Becker, C., & Booth, L. (2007, July). *Demystifying existing suggestions and recommendations: Chartered physiotherapists preferred methods of delivery for sport psychology training*. Poster presented at the 12th Annual Congress of the European College of Sport Science (ECSS), Jyväskylä, Finland. (Reviewed, academic audience, formal paper, presenter).
- Arvinen-Barrow, M.** (2008, September). *Injured athletes' expectations of, and experiences on psychological aspects of rehabilitation physiotherapy: An interpretative phenomenological analysis*. Poster presented at the East Midlands University Association (EMUA) Sport Research Showcase, Loughborough, United Kingdom. (Invited, academic audience, formal paper, presenter).
- Weigand, D., Rovio, E., **Arvinen-Barrow, M.**, & Lintunen, T. (2008, September). *Using team building methods in a Finnish ice hockey team: An action research study*. Poster presented at the Association for Applied Sport Psychology Annual Conference, St. Louis, MO, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Arvinen-Barrow, M.**, Redwood, T., Townsend, N., Armstrong-Hallam, S., Pyer, M., & Kitson, E. (2010, December). *Benefits of swimming with babies infant aquatics: An exploratory study*. Poster presented at the British Psychological Society Division of Sport and Exercise Psychology Bi-Annual Conference, London, United Kingdom. (Reviewed, academic audience, formal paper, presenter).
- Clement, D., Hamson-Utley, J., **Arvinen-Barrow, M.**, Kamphoff, C.S., & Zakrajsek, R. & Martin, S. (2011, September). *College athletes' expectations about athletic training and injury rehabilitation*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Honolulu, HI, USA. (Reviewed, academic and clinical audience, formal paper, presenter).
- Clement, D., **Arvinen-Barrow, M.**, Hamson-Utley, J. J., Kamphoff, C., Zakrajsek, R., Lee, S-M., Robson, R., Hemmings, B., Lintunen, T., & Martin, S. B. (2012, October). *Injured athletes' use of psychosocial strategies during sport injury rehabilitation*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Atlanta, GA, USA. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.**, Clement, D., & Bayes, N. (2013, July). *Athletes' attitudes toward physiotherapist*. Poster presented at the International Society of Sport Psychology 13th World Congress of Sport Psychology, Beijing, China. (Reviewed, academic and clinical audience, formal paper, presenter).

- Clement, D., & **Arvinen-Barrow, M.** (2013, October). *Psychosocial responses to different phase of sport injury rehabilitation: A qualitative study*. Poster presented at the Association for Applied Sport Psychology Annual Conference, New Orleans, LA, USA. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.**, Clement, D., Hamson-Utley, J., Kamphoff, C., Zakrajsek, R., Lee, S-M., Hemmings, B., Lintunen, T., & Martin, S. B., (2014, October). *Athletes' expectations about sport injury rehabilitation: A cross-cultural study*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Las Vegas, NV, USA. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.**, & Clement, D. (2015, July). *Strategies to improve sport psychology consultants relationships with sport medicine professionals and access to injured athletes*. Poster presented at the 14th European Congress of Sport Psychology (FEPSAC), Bern, Switzerland. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.**, DeGrave, K., Pack, S., & Hemmings, B. (2015, July). *Transitioning out of professional sport: The psychosocial impact of career-ending injuries among UK cricketers*. Poster presented at the 14th European Congress of Sport Psychology (FEPSAC), Bern, Switzerland. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.**, Hurley, D., & Ruiz, M. (2015, October). *Transitioning out of professional sport: The psychosocial impact of career-ending injuries among elite Irish rugby football union players*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Indianapolis, IN, USA. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.**, & Clement, D. (2015, October). *A preliminary investigation into sport psychology professionals' views and experiences of a multidisciplinary team approach to sport injury rehabilitation*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Indianapolis, IN, USA. (Reviewed, academic and clinical audience, formal paper, presenter).
- Arvinen-Barrow, M.**, & Clement, D. (2016, September). *Preliminary investigation into previously injured athletes' views and experiences of a multidisciplinary approach to sport injury rehabilitation*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Phoenix, AZ, USA. (Reviewed, academic and clinical audience, formal paper, presenter).
- Clement, D., & **Arvinen-Barrow, M.** (2017, July). *Athletic trainers' views and experiences of discussing psychosocial and mental health issues with athletes: An exploratory study*. Poster presented at the International Society of Sport Psychology 14th World Congress, Sevilla, Spain. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Clement, D., **Arvinen-Barrow, M.** (2019, October). *An investigation into former high school athletes' experiences of a multidisciplinary approach to sport injury rehabilitation*. Association for Applied Sport Psychology Annual Conference, Portland, OR, USA. (Reviewed, academic and clinical audience, formal paper, presenter).

Student-Led Poster Presentations at Academic and Professional Meetings

- Gleeson, C., & **Arvinen-Barrow, M.** (2010, September). *An Investigation Into the use of self-talk by golfers of different skill levels*. Poster presented at the British Association for Sport and Exercise Sciences Annual Conference Challenging the Dogma, Glasgow, United Kingdom. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Smith, S., & **Arvinen-Barrow, M.** (2010, September). *Exploring the effects of additional esteem support intervention on female gymnasts*. Poster presented at the British Association for Sport and Exercise Sciences Annual Conference Challenging the Dogma, Glasgow, United Kingdom. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Maresh, N., Earl-Boehm, J., & **Arvinen-Barrow, M.** (2014, May). *Effects of active video games on the rehabilitation of ankle sprains*. Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences

- (CHS) Spring 2014 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Kelley, K., Cornell, D., Gnacinski, S., Hess, C., O'Connor, M., Poel, D., Zander, R., Earl-Boehm, J., Truebenbach, C., & **Arvinen-Barrow, M.** (2014, December). *Differences in collegiate athletes' use of psychological strategies in practice and competition: The Panther-PEP study*. Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Fall 2014 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- O'Connor, M., Cornell, D., Gnacinski, S., Hess, C., Kelley, K., Poel, D., Zander, R., **Arvinen-Barrow, M.**, Truebenbach, C., & Earl-Boehm, J. (2014, December). *Relationship among hip strength and dynamic balance performance: The Panther-PEP study*. Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Fall 2014 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Poel, D., Cornell, D., Gnacinski, S., Hess, C., Kelley, K., O'Connor, M., Zander, R., **Arvinen-Barrow, M.**, Truebenbach, C., & Earl-Boehm, J. (2014, December). *Identifying sport and gender differences in the lower extremity functional test (LEFT): The Panther-PEP study*. Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Fall 2014 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Kelley K., Poel D., Cornell D., Gnacinski S., Hess C., O'Connor M., Zander R., **Arvinen-Barrow M.**, Truebenbach C., Earl-Boehm J. (2015, June). *Identifying sport and gender differences in the lower extremity functional test (LEFT)*. Poster presented at the National Athletic Trainer Association Annual Meeting and Clinical Symposium, St Louis, MI, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- O'Connor, M., Cornell, D., Gnacinski, S., Hess, C., Kelley, K., Poel, D., Zander, R., **Arvinen-Barrow, M.**, Truebenbach, C., & Earl-Boehm, J. (2015, June). *Relationship among hip strength and dynamic balance performance*. Poster presented at the National Athletic Trainer Association Annual Meeting and Clinical Symposium, St Louis, MI, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Nässi, A., **Arvinen-Barrow, M.**, & Ruiz, M. (2015, October). *Psychosocial impact of career-ending injuries in professional ice hockey players: A qualitative study*. Poster presented at the 11th ENYSSP Workshop 2015, Girona, Spain. (Reviewed, academic audience, formal paper, non-presenter).
- Emmer, G., Gnacinski, S., Earl-Boehm, J., & **Arvinen-Barrow, M.** (2015, December). *An investigation into role of personality in collegiate athletes' readiness to engage in psychological skills training*. Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Fall 2015 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Ford, J., Gnacinski, S., Earl-Boehm, J., & **Arvinen-Barrow, M.** (2015, December). *Grit and mental toughness. Are the terms interchangeable in a sport context?* Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Fall 2015 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Ildefonso, K., Gnacinski, S., Earl-Boehm, J., & **Arvinen-Barrow, M.** (2015, December). *Physical predictors of perceived susceptibility to sport-injury among collegiate athletes: An exploratory investigation*. Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Fall 2015 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Poel, D., Gnacinski, S., **Arvinen-Barrow, M.**, & Earl-Boehm, J. (2015, December). *What are the relationships (if any) between physical predictors of musculoskeletal injury?* Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Fall 2015 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Sigmund, K., **Arvinen-Barrow, M.**, & Earl-Boehm, J., (2015, December). *A prospective investigation into injury occurrence and college athletes' perception of susceptibility to sports-related injury*. Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Fall 2015 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Thorpe, J., **Arvinen-Barrow, M.**, Truebenbach, C., & Earl-Boehm, J. (2015, December). *Does hip strength predict performance on the Landing Error Scoring System in collegiate athletes?* Poster presented at the

- University of Wisconsin-Milwaukee College of Health Sciences (CHS) Fall 2015 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Ildefonso, K., Blanton, J., Durwin, C., **Arvinen-Barrow, M.**, & Kamphoff, C. (2016, February). *The effects of athletes' perceived athletic ability on attitudes toward athletic trainers and sport psychology consultants*. Poster presented at the Association for Applied Sport Psychology Regional Conference and 26th Midwest Sport and Exercise Psychology Symposium, Chicago, IL, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Emmer, G., Earl-Boehm, J., & **Arvinen-Barrow, M.** (2016, May). *A preliminary investigation into the relationship between competitive anxiety and perceived susceptibility to sport injury*. Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Spring 2016 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Ford, J., Earl-Boehm, J., & **Arvinen-Barrow, M.** (2016, May). *The relationship between grit and life stressors in collegiate student-athletes: A preliminary investigation*. Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Spring 2016 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Ildefonso, K., Earl-Boehm, J., & **Arvinen-Barrow, M.** (2016, May). *Collegiate student-athletes' perceptions about social support*. Poster presented at the University of Wisconsin-Milwaukee College of Health Sciences (CHS) Spring 2016 Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Emmer, G., Gnacinski, S., Earl-Boehm, J., & **Arvinen-Barrow, M.** (2016, September). *An investigation into role of personality in collegiate athletes' readiness to engage in psychological skills training*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Phoenix, AZ, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Ildefonso, K., Blanton, J., **Arvinen-Barrow, M.**, & Kamphoff, C. (2016, September). *The effects of previous sport medicine or sport psychology experience on athletes' attitudes*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Phoenix, AZ, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Nai, M.M., Meyer, B.B., Gnacinski, S.L., & **Arvinen-Barrow, M.** (2016, September). *An examination of the association between grit and the big five personality traits in NCAA student-athletes*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Phoenix, AZ, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Nai, M.M., Meyer, B.B., Gnacinski, S.L., & **Arvinen-Barrow, M.** (2017, April). *An examination of the association between conscientiousness and the two factors of grit in NCAA student-athletes*. Poster presented at the annual meeting for the Midwestern Psychological Association, Chicago, IL, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Jones, M., Ford, J., **Arvinen-Barrow, M.**, & Earl-Boehm, J. (2017, May). *The influence of personality and previous injury history on athletes' perceived susceptibility to sport injury*. Poster presented at the University of Wisconsin-Milwaukee Health Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Ford, J., Earl-Boehm, J., & **Arvinen-Barrow, M.** (2017, October). *The relationship between grit and life stressors in collegiate student-athletes: a preliminary investigation*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Orlando, FL, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Ildefonso, K., **Arvinen-Barrow, M.**, & Earl-Boehm, J. (2017, October). *The relationship between athletes' perceptions of sport injury susceptibility, mental toughness, and sport injury occurrence: A prospective study*. Poster presented at the Association for Applied Sport Psychology Annual Conference, Orlando, FL, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Jones, M., Ford, J., **Arvinen-Barrow, M.**, & Earl-Boehm, J. (2017, October). *The influence of personality and previous injury history on athletes' perceived susceptibility to sport injury*. Poster presented at the

Association for Applied Sport Psychology Annual Conference, Orlando, FL, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).

- Jones, M., **Arvinen-Barrow, M.** (2018, May). *Returning to play after multiple, consecutive, major lower extremity injuries: A retrospective self-narrative approach*. University of Wisconsin-Milwaukee Health Research Symposium, Milwaukee, WI, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Ford, J., Beauchemin, R., Halama, B., Ildefonso, K., Zike, D., **Arvinen-Barrow, M.** (2019, March). *Exploring the use of performance strategies in Division 1 athletes*. The Midwest Regional Association for Applied Sport Psychology Conference, Mankato, MN, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Zike, D., **Arvinen-Barrow, M.** (2019, March). *Reflections on becoming a PhD student: Lessons learned*. The Midwest Regional Association for Applied Sport Psychology Conference, Mankato, MN, USA. (Reviewed, academic audience, formal paper, non-presenter).
- Ford, J., Beauchemin, R., Halama, B., Ildefonso, K., Zike, D., **Arvinen-Barrow, M.** (2019, October). *Exploring the use of performance strategies in Division 1 athletes*. Association for Applied Sport Psychology Annual Conference, Portland, OR, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Ildefonso, K., Earl-Boehm, J. E., **Arvinen-Barrow, M.** (2019, October). *Collegiate student-athletes' perceptions of social support*. Association for Applied Sport Psychology Annual Conference, Portland, OR, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).
- Zike, D., **Arvinen-Barrow, M.** (2019, October). *Reflections on becoming a PhD student: Lessons learned*. Association for Applied Sport Psychology Annual Conference, Portland, OR, USA. (Reviewed, academic and clinical audience, formal paper, non-presenter).

Contracts, Grants and Projects

Sport and Performance Psychology Consultancy Contracts

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| 2016 | Co-Principal (with Co-Principal, Barbara Meyer), <i>Sport and performance psychology consultation for UWM Athletics Department</i> , Athletics Department, \$5,000.00, Funded. |
| 2017 | Co-Principal (with Co-Principal, Barbara Meyer), <i>Sport and performance psychology consultation for UWM Athletics Department</i> , Athletics Department, \$5,000.00, Funded. |
| 2018 | Co-Principal (with Co-Principal, Barbara Meyer), <i>Sport and performance psychology consultation for UWM Athletics Department</i> , Athletics Department, \$10,000.00, Funded. |
| 2019 | Co-Principal (with Co-Principal, Barbara Meyer), <i>Sport and performance psychology consultation for UWM Athletics Department</i> , Athletics Department, \$10,000.00, Funded. |
| 2020 | Co-Principal (with Co-Principal, Barbara Meyer), <i>Sport and performance psychology consultation for UWM Athletics Department</i> , Athletics Department, \$10,000.00, Funded. |

Research Projects Conducted (Grant Funded)

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| 2010 | Co-Principal (with Co-Principal, Tracy Redwood, The University of Northampton, UK), <i>Benefits of swimming with babies (SWB) approach to infant swimming: An exploratory study</i> . Project Status: Completed. The University of Northampton School of Health Research Excellence Framework (REF) Grant (£3222.02). |
| 2011 | Co-Principal (with Co-Principal, Damien Clement, West Virginia University), <i>Athlete's expectations about services provided by sport medicine professionals during sport injury rehabilitation: A cross-cultural research project</i> . Project Status: Two manuscripts published. |

- The University of Northampton School of Health Research Excellence Framework (REF) Grant (£2610.00).
- 2015 – 2016 **Co-Principal** (with Co-Principal, Jennifer Earl-Boehm), *Increasing student-athlete quality of life by identifying and addressing psychosocial, nutritional, and physical sport injury risk factors: An integrated interprofessional approach*. Project status: Two manuscripts published, one in press, one in preparation, data analysis. UWM College of Health Sciences Stimulus Program to Accelerate Research Clusters (SPARC) Grant (\$24,850.00).
- 2017 - April 2020 **Co-Principal** (with Co-Principal, Kenneth Ildefonso), *Exploring mental toughness in sport injury rehabilitation: A grounded theory approach*. Project status: Manuscript in preparation. Wisconsin Athletic Training Association, \$1,916.00, Funded.
- 2018 **Co-Principal** (with Co-Principal, Renee Mazurek, Co-Principal, Renee Reckelberg, Co-Principal, Wendy Huddleston), *A qualitative investigation into faculty and academic staff experiences of Collaborative Teaching Development Program*. Project status: Manuscript in preparation. College of Health Sciences, \$1,800.00, Funded.

Research Projects Conducted (Self-Funded)

- 2012 **Principal Investigator**, *Athlete's attitudes towards physiotherapist*. Project Status: Manuscript published.
- 2013 **Co-Principal** (with Co-Principal, Damien Clement, West Virginia University), *Use of mental skills in injury rehabilitation*. Project status: Manuscript published.
- 2013 **Principal Investigator**, *Role of active video gaming in psychosocial rehabilitation from injury*. Project Status: Manuscript published.
- 2013 **Co-Principal** (with Co-Principal, Damien Clement, West Virginia University), *Multidisciplinary teams in sport injury rehabilitation: A survey of athletes, sport medicine, and sport psychology professionals' experiences*. Project status: Two manuscripts published, one under review.
- 2013 **Principal Investigator**, *Psychosocial impact of career ending injuries in sport: A qualitative study*. Project Status: Three manuscripts published, one in preparation.
- 2013 **Co-Principal** (with Co-Principal, Jennifer Earl-Boehm), *Effects of active video gaming on the rehabilitation of lateral ankle sprains*. Project Status: One manuscript published, one in preparation.
- 2016 **Co-Principal** (with Co-Principal, Damien Clement, West Virginia University), *Athletic trainers' views and experiences of discussing psychosocial and mental health issues with athletes*. Project status: Manuscript published.
- 2016 **Co-Principal** (with Co-Principal, Damien Clement, West Virginia University), *Qualitative investigation into former high school athletes' experiences of working with sport injury rehabilitation teams*. Project status: Manuscript under review.
- 2017 **Co-Principal** (with Co-Principal Stephen Pack, University of Hertfordshire), *Self-practice and use of humor in sport psychology consultancy*. Project status: Three manuscripts published.

Classroom Instruction, Student Supervision, and Other Teaching Related Activities

Statement of Teaching Philosophy

I am a theory-driven, evidence-based educator using a scientist-practitioner model as the foundation for teaching and learning. My instruction and course design are grounded in formal educational pedagogical training. I ensure all my courses are designed in a way that learning outcomes, pedagogical strategies, and assessments are constructively aligned (Biggs & Tang, 2007), while also appropriate for the intended level of student learning (Anderson, 2000; Bloom, 1956). I actively and continuously engage in self-reflection and draw from student evaluations when modifying course content and teaching strategies used. My goal is to teach students how to translate new empirical evidence towards practical applications used in “the real world.” In my teaching, I draw from my cross-cultural experiences, love pushing the boundaries of thought with my students, and challenging them to venture outside of their comfort zone. I believe students learn best by doing and by being involved, and that it is my duty as evidence-based educator to provide my students with opportunities to engage in research and teaching activities. My students are active participants in their educational path, and I aim to provide them with a learning experience that leaves them more curious about, and appreciative of, the content covered than they were prior to the class. Given that I teach students with varying career goals including, but not limited to athletic coaching, athletic training, exercise science, personal training, physical therapy, and sport & performance psychology, my overall goal is to ensure that my students leave my classroom as autonomous, competent learners with an enhanced awareness of self and of their own professional competencies.

Classroom Instruction

August 2012- Present

University of Wisconsin-Milwaukee, United States

KIN350 Psychological Aspects of Sport & Exercise

KIN551 Psychology of Injury/Illness/Disease: Implications and Strategies for Rehabilitation

KIN798 Independent Project

KIN799 Independent Reading

KIN890 Capstone Project

KIN895 Research and Thesis

KIN909 Guided Teaching in Health Sciences

KIN991 Doctoral Dissertation

PRPP705 Foundations of Clinical Research

May 2017 – Present

University of St Augustine for Health Sciences, United States

IPE7025 and IPE7025B Psychosocial Strategies for Healthcare (Post-professional master’s degree course, online)

September 2010 – August 2012 **Open University, United Kingdom**

E233 Sport and Exercise Psychology (Bachelor’s degree course, online)

January 2005- August 2012

The University of Northampton, United Kingdom

SPO1004 Introduction to Sport & Exercise Psychology

SPO2004 The Psychological Bases of Sport and Exercise

HLS2018 Sport Research Methods

SPO3007 Applied Sports Psychology

SPO3009 Psychology of Exercise and Health

SPO4001-2-3-4-6-7 Dissertation

Student Supervision

Doctoral Students: Committee Chair

2015-2020	Dissertation Committee Chair, "Conceptualizing Psychological Performance Enhancement in a Music Domain." Advised: Jessica Ford
2015-Present	Dissertation Committee Chair, "Exploring Male and Female Runners' Psychosocial Responses to Patellofemoral Pain: A Grounded Theory Approach." Advised: Kenneth Ildefonso
2018- Present	Dissertation Committee Chair, Advised: Derek Zike, with a working title of: "Psychosocial and environmental aspects of living with an acquired disability."

Doctoral Students: Committee Member

2020-Present	Dissertation Committee Member, "Development of an assessment of recovery activities for athletes." Advised: Carly Wahl (UWM)
2015-2017	Dissertation Committee Member, "A psychometric evaluation and revision of the Recovery Stress Questionnaire for Athletes (RESTQ-Sport)." Advised: Stacy Gnacinski (UWM)
2015-2019	Dissertation Committee Member. Advised: Kemery Sigmund (UWM)
2011-Present	Dissertation Committee Member, "The use of biopsychosocial framework in the rehabilitation of patellofemoral pain." Advised: Jennifer Thorpe (UWM)

Doctoral Candidates: Dissertation Pre-Examiner

2020	"Kilpailukauden aikaiset kollektiiviset tavoitteet ja tavoitteenasettelu naisten SM-tason palloilujoukkueissa" [<i>Collective goals and goal setting during a competitive season in women's national league sport teams</i>]. PhD Candidate: Kim Forsblom, University of Jyväskylä, Finland.
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Master's Students: Thesis/Capstone Chair

August 2018 – May 2020	Master's Project Chair, "Psychosocial strategies in sport injury: Patient education infographics for collegiate athletes." Advised: Rebecca Beauchemin
August 2016 - May 2018	Master's Project Chair, "Returning to play after multiple, major lower extremity injuries: A retrospective self-narrative approach." Advised: Megan Jones

Master's Students: Committee Member

2020-Present	Master's Manuscript Committee Member, "Impact of psychological skills training on psychological readiness at return to play." Advised: Britin Thomsen (Minnesota State University, Mankato, USA)
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- 2015 Master's Thesis Committee Member, "The lived experiences of an injured athlete and members of a performance management team during injury rehabilitation: An interpretative phenomenological analysis."
Advised: Courtney Hess (UWM)
- 2014 Master's Thesis Committee Member, "Psychosocial impact of career-ending injuries in professional ice hockey players: A qualitative study."
Advised: Anu Nässi, (University of Jyväskylä, Finland)
- 2014 Master's Thesis Committee Member, "Effects of active video games in the rehabilitation of ankle sprains and chronic ankle instability."
Advised: Nathan Maresh (UWM)
- 2014 Master's Thesis Committee Member, "The psychosocial impact of career-ending injuries in elite rugby union players: A qualitative study."
Advised: Diamuir Hurley, (University of Jyväskylä, Finland)
- 2013 Master's Thesis Committee Member, "An examination of the psychological skills profiles of oval racers and road racers."
Advised: Andrew Morgan (UWM)
- 2011 Master's Thesis Committee Member, "Finnish athletes' expectations about physiotherapy in sport injury rehabilitation."
Advised: Sae-Mi Lee, (University of Jyväskylä, Finland)

Supervised Teaching Activity

- January 2018- May 2018 Supervised Teaching Activity. Advised: Jessica Ford
January 2018- May 2018 Supervised Teaching Activity. Advised: Kenneth Ildefonso

Supervision of undergraduate Honors Thesis (The University of Northampton, United Kingdom)

- 2012 Undergraduate Honors Thesis, "A systematic review on the psychological effects music in sport and exercise."
Advised: Luke Francis
- 2012 Undergraduate Honors Thesis, "An investigation into an athlete's emotional response to sport injuries: A systematic literature review."
Advised: Aaron Green
- 2012 Undergraduate Honors Thesis, "The effects of pre-shot routines on golf drive performance."
Advised: Sam Houlihan
- 2012 Undergraduate Honors Thesis, "The effects of imagery perspective on athletes imagery use."
Advised: Liam Mayes
- 2012 Undergraduate Honors Thesis, "The effects of pre-task music on a netballers shooting performance."
Advised: Aimee Miles
- 2012 Undergraduate Honors Thesis, "An investigation into amateur cricketers' use of different imagery modalities and imagery types."
Advised: David Proctor
- 2012 Undergraduate Honors Thesis, "Effects of pre-task stimulative and slow relaxing asynchronous music and white noise on grip strength."
Advised: Ksenija Suranova
- 2011 Undergraduate Honors Thesis, "Exploring the effect of team building intervention on group cohesion in a mixed lacrosse team."
Advised: Abdulkarid Abdi

- 2011 Undergraduate Honors Thesis, "The difference in perceived exertion when exercising in a bleep test to motivational or no music."
Advised: Nathan Austin
- 2011 Undergraduate Honors Thesis, "An investigation into the use of imagery in open and closed sport."
Advised: Liam Benner
- 2011 Undergraduate Honors Thesis, "An investigation into footballer's imagery use."
Advised: Jerome Brown-Stapleton
- 2011 Undergraduate Honors Thesis, "A study into the imagery used by senior horseback riders; pre-competition."
Advised: Charlotte Gemmell
- 2011 Undergraduate Honors Thesis, "Examining the relationship between exercise and depression in terms of the management and treatment of depression: A systematic literature review."
Advised: Scott Kay
- 2011 Undergraduate Honors Thesis, "Imagery in senior county tennis players."
Advised: Laura Mineards
- 2011 Undergraduate Honors Thesis, "The effect of imagery on performance: A systematic review."
Advised: Nathan Owen
- 2011 Undergraduate Honors Thesis, "A systematic literature review researching the links between physical activity and depression within young people."
Advised: Kerry Pethybridge
- 2011 Undergraduate Honors Thesis, "How do pre-performance routines hinder or improve athlete's level of concentration in sport?."
Advised: Evans Salvo
- 2011 Undergraduate Honors Thesis, "The effects of music on sport, physical activity and exercise: a systematic review of the literature."
Advised: Josh Stannard
- 2011 Undergraduate Honors Thesis, "The effect of motivational music on perceived exertion and distance covered during arm cranking exercise under volitional speed."
Advised: Ben Stoves
- 2010 Undergraduate Honors Thesis, "A systemic literature review of how exercise can affect mood, from an acute and chronic perspective."
Advised: Kate Allsopp
- 2010 Undergraduate Honors Thesis, "Perceived barriers to exercise and physical activity in undergraduate female students."
Advised: Jenna Baldwin
- 2010 Undergraduate Honors Thesis, "The effects of team goal setting in a team building intervention programme, to improve team cohesion of a university football team."
Advised: Jonathan Byrne
- 2010 Undergraduate Honors Thesis, "Identifying factors associated with sedentary exercise behaviour: A review."
Advised: Jasminara Choudhury
- 2010 Undergraduate Honors Thesis, "The effect of a motivational and cognitive self-talk intervention on a goalkeeper in a football penalty shootout."
Advised: Lee Davey
- 2010 Undergraduate Honors Thesis, "An investigation into the use of self-talk by golfers of different skill levels."
Advised: Christopher Gleeson
- 2010 Undergraduate Honors Thesis, "A review on the effects of music on exercise."
Advised: Kimberley Judge

- 2010 Undergraduate Honors Thesis, "Investigating attitudes towards exercise in the student population: A qualitative study."
Advised: Samuel Jones
- 2010 Undergraduate Honors Thesis, "Self-talk in cycling: motivational and cognitive functions used by competitive and non-competitive cyclists."
Advised: Gavin Moore
- 2010 Undergraduate Honors Thesis, "Exploring the effects of additional esteem support intervention on female gymnasts."
Advised: Stephanie Smith
- 2010 Undergraduate Honors Thesis, "Benefits of Birthlight technique's for both the baby and the partent(s): An exploratory study."
Advised: Nola Townsend
- 2010 Undergraduate Honors Thesis, "Exploring the effects of a motor imagery intervention on learning tactical movements amongst semi-professional basketball players."
Advised: Louisa Turner
- 2009 Undergraduate Honors Thesis, "Investigation into the types of imagery used by elite and novice performers in clay pigeon shooting."
Advised: James Allchurch
- 2009 Undergraduate Honors Thesis, "A study to identify and evaluate the relationship between a horse rider's pre-performance routine and their experience of 'flow' state during a chosen dressage performance."
Advised: Melanie Brace
- 2009 Undergraduate Honors Thesis, "An exploration of athlete's use of and belief in self talk."
Advised: Rebecca Geary
- 2009 Undergraduate Honors Thesis, "The effects on participation motivation, relating to exercise adherence and obesity in the UK."
Advised: Jack Green
- 2009 Undergraduate Honors Thesis, "Effects of music on flow states and shooting performance among female football players."
Advised: Jade Loake
- 2008 Undergraduate Honors Thesis, "The difference in perceived exertion when exercising on a treadmill to motivational or music."
Advised: Thomas Dixon
- 2008 Undergraduate Honors Thesis, "The effects of cognitive and motivational imagery and self-talk interventions on a penalty kick in football."
Advised: Samuel Evans
- 2008 Undergraduate Honors Thesis, "To see if there is a relationship between perceived & desired leadership in rugby."
Advised: Byron Foster
- 2008 Undergraduate Honors Thesis, "A qualitative investigation into the uses of pre-performance routines in rugby union."
Advised: Jenna Locke
- 2008 Undergraduate Honors Thesis, "The effects of a cognitive specific imagery intervention programme on penalty kick performance in amateur football."
Advised: Steve McCue
- 2008 Undergraduate Honors Thesis, "An investigation into triathletes' expectations of sport injury rehabilitation."
Advised: Robert Robson
- 2008 Undergraduate Honors Thesis, "An investigation into the effects of a motivational general-mastery (mg-m) imagery on non-elite, youth trampolinists state sport confidence."
Advised: Kirsty Ward

- 2007 Undergraduate Honors Thesis, "Investigating the relationship between athletes self-confidence and the use of imagery during sports injury rehabilitation."
Advised: Walter Aloysius
- 2007 Undergraduate Honors Thesis, "What differences are there between the use of imagery between high and low confidence levels among university football players?."
Advised: Jamie Shields
- 2007 Undergraduate Honors Thesis, "Anxiety, stress & semi-professional football management: An interpretive phenomenological analysis."
Advised: Glenn Billingham
- 2007 Undergraduate Honors Thesis, "An investigation into the use of imagery during rehabilitation from sports injury."
Advised: David Beer
- 2007 Undergraduate Honors Thesis, "To identify if there is a significant difference in self-percieved aggression pre- and post a structured physical activity in prisoners'."
Advised: Daniel York

Other Teaching Related Activities

Program Development, Implementation, and Management

- 2009-2012 Development and validation of BSc (Hons) & MSc in Sport and Exercise Psychology, University of Northampton, United Kingdom

Continuing Education Workshops

- November 2012 *Integrating psychological skills into sport and exercise injury rehabilitation: Applying theory to practice.* A one-day British Psychological Society Continued Professional Training Workshop. London, United Kingdom.
- November 2011 *Integrating psychological skills into sport and exercise injury rehabilitation: Applying theory to practice.* A one-day British Psychological Society Continued Professional Training Workshop. London, United Kingdom.
- July 2011 *Being an international student.* Continued Professional Development Workshop for faculty and staff. University of Northampton School of Health development Day. Northampton, United Kingdom.
- April 2011 *Group and class dynamics in babyswimming.* A one-day Continued Professional Training Workshop for Aqualight Babies. Northampton, United Kingdom.

Invited Professional Development Presentations (Face-To-Face)

- September 2014 *Role of physical therapists in the psychosocial aspects of injury and recovery: From theory and research to applied practice.* Wisconsin Physical Therapy Association (SE) meeting, Milwaukee, WI, USA.
- March 2011 *Learning & Teaching at SELS: Changing face of Sport and Exercise dissertation delivery and assessment.* University of Northampton School of Health development Day. Northampton, United Kingdom.
- March 2009 *Psychological rehabilitation from sport injury: The role of the physiotherapist.* The Northampton Sports Medicine and Science Group Meeting, the Pavilion Clinic, Northampton, United Kingdom.

- March 2008 *Doing a PhD @ the University of Northampton: Experiences of three women in the process.* University of Northampton School of Health Development Day. Northampton, United Kingdom.
- May 2004 *Kilpailutason, harjoitus- ja kilpailukauden vaikutus suomalaisten muodostelmaluistelijoiden mielikuvaharjoittelun käyttöön [The effects of competitive level and time of season on the use of imagery by Finnish synchronized skaters].* The Synchronized Skating Coaches Seminar. Vierumäki, Finland.

Invited Professional Development Presentations (Online)

- May, 2020 *Psychosocial aspects of injury: Tools for Physical Therapist,* Orthopaedic Hospital of Wisconsin Physical Therapist Group Meeting, Orthopaedic Hospital of Wisconsin, Google Meet, Milwaukee, WI, USA.
- April, 2020 *Fostering a self-determined athlete during COVID-19: Strategies for coaches and athletes,* Wisconsin Swimming Club Development Coaches Brunch Meeting, Wisconsin Swimming, Zoom, Milwaukee, WI, USA.

Invited Professional Development Workshops for Students

- November 2011 *The ethos and process of doing part-time research.* The University of Northampton Graduate School Postgraduate Research Skills Development Program Workshop. Northampton, United Kingdom.
- June 2010 *The ethos and process of doing part-time research.* The University of Northampton Graduate School Postgraduate Research Skills Development Program Workshop. Northampton, United Kingdom.
- May 2010 *Preparing for "the thing" called viva voce.* The University of Northampton Graduate School Postgraduate Research Skills Development Program Workshop. Northampton, United Kingdom.
- June 2009 *The ethos and process of doing part-time research.* The University of Northampton Graduate School Postgraduate Research Skills Development Program Workshop. Northampton, United Kingdom.
- March 2009 *Setting goals for your future.* Northampton Academy Workshop for Gifted and talented Students. Northampton Academy, Northampton, United Kingdom.

Educational Forums

- April 2014 *Careers in Sport Psychology.* Wilmot High School Career's Panel, Wilmot Union High School, Wilmot, WI, USA.
- May 2013 *Psychological aspects of "getting ready" for a marathon: Maximizing performance by minimizing risk of injury.* Claws vs Paws educational forum, University of Wisconsin-Milwaukee, Milwaukee, WI, USA.

Guest Lectures (Outside of UWM)

- January 31, 2020 Saybrook University, A guest lecture on psychology of injury as part of graduate class on APH 5470: *Optimal functioning in the sports and performing arts environments.*
- November 19, 2019 California State University Los Angeles, A quest lecture/Q&A for a biopsychosocial class that uses the **Arvinen-Barrow** & Clement 2019 text book as a core text.

- November 2018 Graduate course in sport and exercise psychology, "*Psychology of injury and rehabilitation & working with athletes with disability*" [Online]. The George Washington University, Washington DC, USA.
- September 5, 2018 *Teaching in Higher Education: Lessons learned*. Seminar in Public and Community Health. Medical College Wisconsin, WI, USA.
- June 25, 2018 Laureate International Universities Network Expert Exchange Series, "*Psychosocial strategies in sport injury rehabilitation: From theoretical conceptualizations to evidence-based practical application*," Sydney, Australia.
- October 9, 2015 *Role of athletic trainers in the psychological aspects of injury and recovery: From theory and research to applied practice*. Concordia University Wisconsin, WI, USA.
- September 27, 2013 *Introduction to psychology of sport injuries: Role of athletic trainers*. Concordia University Wisconsin, WI, USA.

Guest Lectures (Within UWM)

- October 31, 2017 *KIN200: Introduction to sport and exercise psychology*. University of Wisconsin-Milwaukee, WI, USA.
- October 16, 2017 *EDPSY101: Foundations of Academic Success: Educational Psychology for UWM Student Athletes*. Two sections. University of Wisconsin-Milwaukee, WI, USA.
- November 2, 2016 *OT900: My experiences as a non-tenured faculty*. University of Wisconsin-Milwaukee, WI, USA.
- March 24, 2016 *KIN200: Introduction to sport and exercise psychology*. University of Wisconsin-Milwaukee, WI, USA.
- March 3, 2016 *KIN703: Qualitative Research*. University of Wisconsin-Milwaukee, WI, USA.
- February 29, 2016 *KIN910: Role of psychology in rehabilitation*. University of Wisconsin-Milwaukee, WI, USA.
- December 2, 2015 *OT900: My experiences as a non-tenured faculty*. University of Wisconsin-Milwaukee, WI, USA.
- November 15, 2015 *BMS901: Developing a personal research agenda from a philosophical perspective*. University of Wisconsin-Milwaukee, WI, USA.
- April 3, 2015 *KIN703: Qualitative Research*. University of Wisconsin-Milwaukee, WI, USA.
- February 25, 2015 *KIN860: International perspectives on sport psychology education and service delivery*. University of Wisconsin-Milwaukee, WI, USA.
- March 12, 2014 *KIN910: Addressing the psychological needs of athletes with injuries through a multidisciplinary team approach to rehabilitation*. University of Wisconsin-Milwaukee, WI, USA.
- November 15, 2013 *KIN200: Introduction to sport and exercise psychology*. University of Wisconsin-Milwaukee, WI, USA.
- April 2, 2013 *KIN200: Introduction to sport and exercise psychology*. University of Wisconsin-Milwaukee, WI, USA.
- March 7, 2013 *KIN745: Role of psychology in the rehabilitation from injuries: Theories, interventions and issues to consider*. University of Wisconsin-Milwaukee, WI, USA.
- March 5, 2013 *KIN745: Role of psychology in the rehabilitation from injuries: Theories, interventions and issues to consider*. University of Wisconsin-Milwaukee, WI, USA.
- November 8, 2012 *KIN 550: Introduction to psychology of sport injuries: Theories, interventions and issues to consider*. University of Wisconsin-Milwaukee, WI, USA.
- October 26, 2012 *KIN416: Introduction to psychology of sport injuries: Role of athletic trainers*. University of Wisconsin-Milwaukee, WI, USA.

University and Professional Service

University Department Service (UWM Only)

August 2020 – Present	Member, Department of Rehabilitation Sciences and Technology Executive Committee.
August 2018 – August 2020	Member, Department of Kinesiology Integrative Health Care & Performance Unit Executive Committee.
January 2018 – May 2020	Member, Doctor of Physical Therapy Program Director Search & Screen Committee.
June 2019 – Present	Committee Member, MSAT Program Committee.
August 2015- August 2016	Member, Athletic Training Academic Staff Search & Screen Committee.
January 2015 – Present	Member, Department of Kinesiology Integrative Health Care & Performance Unit Development Committee.
August 2013 – July 2015	Committee Member, Doctor of Physical Therapy Program Admissions committee.
January 2013 – August 2020	Member, Department of Kinesiology Integrative Health Care & Performance Unit Faculty and Academic Staff Committee.
January 2013- May 2013	Task Force Member, Department of Kinesiology Organizational Structure Task Force.
January 2013- May 2013	Committee Member, Doctor of Physical Therapy Program Academic Staff Search & Screen Committee.
August 2012 – Present	Member, Department of Kinesiology Graduate Faculty Committee.
August 2012- Present	Member, BS Kinesiology Program Committee.

College Service (UWM Only)

August 2016 – Present	Member, College of Health Sciences Research Growth Committee (RGC).
August 2014- May 2016	Committee Member, College of Health Sciences PHD Steering committee.
August 2014- May 2016	Committee Member, College of Health Sciences Research and Graduate Program Committee (RGPC).
January 2014- May 2014	Committee Chair, College of Health Sciences PhD International Admissions review process Task Force.
August 2012- Present	Member, College of Health Sciences Faculty and Academic Staff Committee.

University Service (UWM Only)

January 2017- May 2017	Member, UWM Physical Environment Committee.
August 2017- May 2018	Member, UWM Research Symposium Planning Committee.
August 2018- July 2019	Member, UWM Subcommittee on Graduate Courses & Curriculum (GCC).
August 2019- December 2019	Member, University Graduate Faculty Committee (as GGC Chair).
August 2019- December 2019	Chairperson, UWM Subcommittee on Graduate Courses & Curriculum (GCC).
January 2020- Present	Member, UWM Subcommittee on Graduate Courses & Curriculum (GCC).

Involvement in Student Activities (UWM Only)

January 2019 – Present	Faculty advisor, UWM Student organization for Sport Psychology & Performance Excellence (SPPE) Committee
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Professional Memberships

January 2013- Present	Association for Applied Sport Psychology.
2010- Present	British Psychological Society- Division of Sport and Exercise Psychology.
2008- Present	Finnish Sport Psychology Association.
2004- Present	The British Psychological Society.
January 2014- December 2017	American Psychological Association.
2014 – 2015	UK Science Council.
2002 – 2009	British Association for Sport and Exercise Sciences.

Academic Journal Editorial Board and Other Leadership Positions

January 2019- Present	Establishing Editor-in-Chief, Journal for Advancing Sport Psychology in Research (<i>JASPR</i>), Association for Applied Sport Psychology.
October 2013- October 2015	Psychology of Sport Injury Special Interest Group (SIG) Coordinator, Association for Applied Sport Psychology.
January 2011-January 2012	Editorial Review Board Member, International Journal of Multi-Disciplinary Studies and Sports Research (IJMSRE).

External Tenure and Promotion Reviewer

2020	Reviewer/Referee, Associate Professor Promotion External Reviewer (United States).
2019	Reviewer/Referee, Full Professor Promotion External Reviewer (United States).
2018	Reviewer/Referee, Tenure and Promotion External Reviewer (Sweden).

Academic Program Reviewer

January 2016- May 2016	Reviewer/Referee, University of St Augustine for Health Sciences.
August 2017- December 2017	Reviewer/Referee, University of St Augustine for Health Sciences.

Manuscript/Conference Abstracts/Book Proposal Reviewer

2013 – Present	Conference abstract reviewer, Association for Applied Sport Psychology.
2013	Book proposal reviewer, Routledge Publishers
2005 – Present	Regular peer-reviews for varied academic journals including: British Journal of Sports Medicine, International Review of Sport and Exercise Psychology, Journal of Applied Sport Psychology, Journal of Athletic Training, Journal of Hospitality, Leisure, Sport, and Tourism Education, Journal of Sport Psychology in Action, Journal of Sport Rehabilitation, Journal of Science and Medicine in Sport, Physical Therapy in Sport, Physiotherapy Theory in Practice, Psychology of Sport & Exercise, Qualitative Research in Sport and Exercise, Research Quarterly in Sport and Exercise, Sage Open Access Journal, Scandinavian Journal of Medicine and Science in Sports, Scandinavian Journal of Psychology, Sports, The Sport Psychologist

Community, regional, state, and national activities not covered elsewhere but deemed significant

2014 – Present	Certified Meet Official (Starter Deck & Meet Referee, Stroke and Turn Judge, Chief Judge), Wisconsin Swimming, USA.
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