

STEVE PORTENGA, PH.D.

CEO & Founder, iPerformance Psychology & iPerformance Consultants
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ACADEMIC PREPARATION

Post Doctoral Fellowship		2005
	University of California, Davis Counseling & Psychological Services Emphasis Area: Sports psychology	
Ph.D.	Doctor of Philosophy, University of Missouri-Columbia Dissertation Title: Critical Conditions of a Positive Team Experience Major Area: Counseling Psychology Emphasis Area: Sports Psychology Advisors: Richard H. Cox, Ph.D. & Richard T. McGuire, Ph.D.	2004
APA Accredited Predoctoral Internship		2004
	University of California, Davis Counseling Center Emphasis Area: Sports Psychology	
M.S.	Master of Science, University of Utah Thesis Title: Development of a Social Desirability Scale for the Competitive Styles Profile Major Area: Exercise and Sport Science Emphasis Area: Psychosocial Aspects of Sport Advisor: Keith P. Henschen, P.E.D.	2002
B.S.E.	Bachelor of Science, Engineering, University of Michigan Major Area: Computer Engineering	1993

LICENSURE AND CERTIFICATION

2009	USOC Sport Psychology and Mental Training Registry
2008	Association for Applied Sport Psychology: Certified Consultant, #282
2005	State of Colorado: Licensed Psychologist, #2922

PROFESSIONAL EXPERIENCE

2011-Present	CEO & Founder, iPerformance Psychology Digital <i>Denver, CO</i> President and founder of a technology company that helps performers develop mental resourcefulness to better reach their potential, find passion in performance, and learn skills to help them in life. Responsible for integrating sports & performance psychology practice, research, and theory into mobile and cloud applications that use proprietary diagnostics, eLearning principles, and data integration to improve the lives of people around the world, starting with the 35-45 millions of kids in the US participating in sports. Responsible for managing all aspects of the company including product development and marketing.
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2011-Present **Consultant & Founder, iPerformance Consultants**
Denver, CO
CEO & founder of a sports and performance psychology consulting firm that assists performers in learning how to plan, prepare, and perform[®] consistently at their best. Clients include professional sport organizations, National Governing Bodies, elite athletes, and those aspiring to be. We assist teams and organizations in all aspects of the talent management process (discovery & identification, recruiting, drafting, and development) through the development of performance cultures that support expertise development, organizational alignment, and training programs. Responsible for all aspects of private practice management including financials, marketing, and service delivery.

2004-2013 **Chair, Psychological Services Subcommittee**
Sports Science Representative, Coaching Education Committee
USA Track & Field National Governing Body, Indianapolis, IN
Responsible for managing the executive committee and all aspects of sports psychology service delivery for USA Track & Field. Provide ongoing sports psychology consulting services to junior and senior elite level track and field athletes affiliated with USA National Teams. Services include providing services at Sport Performance Workshops, teaching at coaching education clinics, developing coaching education curriculum, psychological skills assessment, individual performance enhancement consulting, and on-site competition day support at national and international competitions. National Team service includes:

- 2012 Olympic Games, London, England
- 2012 IAAF World Indoor Championships, Istanbul, Turkey
- 2011 IAAF World Championships, Daegu, South Korea
- 2010 IAAF World Indoor Championships, Doha, Qatar
- 2009 IAAF World Championships, Berlin, Germany
- 2008 IAAF World Junior Championships, Bydgoszcz, Poland
- 2006 NACAC Championships, Santo Domingo, Dominican Republic

Conducted numerous sports psychology coaching education clinics for USATF and IAAF. Helped develop a new Level 2 coaching education program specific to youth coaches. Designed and taught the sports psychology and growth & development sessions.

2005-2012 **Director of Sports psychology**
Division of Athletics and Recreation
University of Denver
Provide sports psychology consulting services to all 17 NCAA Division I athletic teams, individual athletes, and coaches. Developed and oversee the Pioneer Leadership Academy. Consult with coaches on leadership issues, developing a positive team environment, and incorporating mental skills into practice. Teach performance enhancement skills, facilitate team-building activities, assist in communication and conflict management, and provide immediate and long-term mental skills development services. Provide individual counseling for student-athlete clients. Consult with sports medicine staff regarding psychological aspects

of injury rehabilitation. Consult with administrative staff regarding hiring, staff issues, policies and procedures, programming for coaches and athletes, minority student retention, and crises.

- 2006-2007 **Founding Director, Master's in Sport & Performance Psychology Graduate Program**
Graduate School of Professional Psychology
University of Denver
Responsible for developing all aspects of a new graduate program in sport and performance psychology. Developed connections for practicum placements. Taught core courses. Established vision and guidelines for future of program.
- 2005-2006 **Sport and Health Psychology Coordinator, Staff Psychologist**
Student Health and Counseling Center
University of Denver
Provided direct counseling/psychotherapy services, provided consultation services to university community, and participated in the outreach and preventive activities of the Counseling Center. Assisted in creating and revising departmental policies and procedures related to clinical care in all the above areas. Supervised and trained Interns and Graduate Student Trainees. Provided group supervision for practicum students. Participated in Intern recruitment, selection, training, supervision, and evaluation.
- 2003-2005 **Sports psychology Consultant**
Intercollegiate Athletics Department
University of California, Davis
Provided sports psychology consulting services to NCAA Division IAA teams, individual athletes and coaches. Facilitated a support group specific to coping with injury. Provided supervision to CAPS Doctoral Intern in sports psychology emphasis area. Worked closely with sports medicine professionals to provide comprehensive service. Participated in regular individual supervision and peer consultation.
- 2004-2005 **Post Doctoral Fellow, Sports psychology Emphasis**
Counseling and Psychological Services (CAPS)
University of California, Davis
- Provided psychological service for university students on personal/social and vocational/educational issues through individual and group counseling, crisis intervention, consultation and programs. Co-facilitated discussion groups for the Multicultural Immersion Program undergraduate courses focused on providing a psychological perspective of diversity, with an emphasis on racial and cultural identity development and current applied research on cultural competency issues. Consulted with and provided programming for UCD Medical School Pre-Matriculation Program.
 - Coordinated services for CAPS Mind-Body Wellness Program. Served on CAPS Mind-Body committee and campus wide Mind-Body Task Force. Developed CAPS Mind-Body programming for the Activities and Recreation Center's Wellness Wednesday Workshops. Facilitated six session psychoeducational Mind-Body Wellness groups.

2003-2004 **Psychology Doctoral Intern, Sports psychology Emphasis**
Counseling Center
University of California, Davis
Provided psychological service for university students on personal/social and vocational/educational issues through individual and group counseling, crisis intervention, consultation and programs. Helped develop mission and programming for CAPS Mind-Body Program, and initiate a campus wide Mind-Body Task Force. Co-facilitated discussion groups for the Multicultural Immersion Program undergraduate courses. Supervised masters and doctoral level practicum students. Co-facilitated psychotherapy group on Men's Issues. Attended training seminars.

PROFESSIONAL INVOLVEMENT

- 2016-Present **Member, Presidential Task Force on the Whole Gifted Child**
National Association for Gifted Children
The purpose of the task force is to discover and synthesize the knowledge and research on the whole gifted child—his or her needs, development, and the importance of providing alternatives for his or her on-going growth in the school, home, and community. The task force is charged with producing a written product that addresses the following questions:
1. What are the comprehensive needs (Cognitive, Social, Emotional, and Physical) of the whole gifted child?
 2. What must parents, educators, and communities do to support the gifted child?
 3. What are the outcomes for the gifted child who receives the set of comprehensive supports?
- 2012-Present **Founding Member, Coalition for the Psychology of High Performance**
American Psychological Association
Representative for Division 47: Society for Sport, Exercise & Performance Psychology. The Coalition has three main goals:
1. To look at how high performance in youth is manifested, studied, measured, and discussed in academic and professional psychology.
 2. To study how psychology contributes to high performance.
 3. To identify the generalizable psychological principles of high performance that can be applied across domains.
- 2014-2015 **Member, Implementation Innovation and Evaluation Committee**
Association for Applied Sport Psychology
The Implementation Innovation and Evaluation Committee has been charged with developing proactive strategic systems and solutions for assisting global corporations seeking sports psychology expertise.
- 2011-2015 **Member, Ad Hoc Committee on the Future of Certification**
Association for Applied Sport Psychology
The mission of the committee is to review all aspects of certification with the overall purpose of making suggestions and proposing changes designed to

strengthen the certification program and make it more valuable to members and the “gold standard” for those seeking the services of sport and exercise psychology consultants.

- 2011-2013 **Co-chair, NCAA Joint Task Force**
Division 47: Exercise & Sport Psychology, American Psychological Association and Association for Applied Sport Psychology
Responsible for initiating communication with the NCAA regarding best practices for employing sport psychologists at NCAA Division I member institutions.
- 2011- 2013 **Member, National Coaching Education Network Task Force**
United States Olympic Committee Coaching Education
Responsible for developing plan to leverage use of the USOC/NGB BizNet Coaching site and for continuing development of its features.
- 2011-2012 **Co-Chair, Mental Health/Psychological Health for Student-Athletes Review Team**
National Collegiate Athletics Association
Responsible for managing the development of new guidelines for the NCAA Sports Medicine Handbook and working on future projects related to student-athlete psychological and mental health concerns.
- 2011 **Invitee, Competitive Safety and Medical Aspects of Sport Committee**
National Collegiate Athletics Association
Invited to speak to the NCAA regarding best practices in sports psychology and to present updated interpretations for regulating sports psychology practice at NCAA member institutions.
- 2010-2012 **Newsletter Editor**
Division 47: Exercise & Sport Psychology, American Psychological Association
Responsible for all aspects of the tri-annual Division 47-member newsletter: Editing content, reviewing proofs, communicating with individuals submitting articles for the newsletter, and negotiating contracts with graphic designers and printing companies.
- 2010-2011 **Member, Health Behavior Change Certification Committee**
American College of Sports Medicine
Responsible for initiating, developing, and overseeing the creation of a new certification for health professionals related to behavior change.
- 2009-2012 **Member, Certified Consultant Review Committee**
Association for Applied Sport Psychology
The Certification Review Committee grants certification status to qualified applicants. They review all applications for certification and recertification. The Committee also proposes policies to the Executive Board and works with the Continuing Education Committee on issues relevant to certification.
- 2008-2012 **Chair, Practice Committee**

Division 47: Exercise & Sport Psychology, American Psychological Association

The Practice Committee's goals are: (1) To explore the practice roles of exercise and sports psychology, including individual and group consultation guidelines, ethical and competency issues, certification issues, practice specialty guidelines and business/practice considerations; (2) To suggest guidelines for the practice of sports psychology; (3) To coordinate sports psychology consultant certification with AASP; and (4) Submit a report on the committee's activities to the Newsletter Editor for publication in the Fall Newsletter.

- 2008-2010 **Member, Practice Guidelines Task Force**
Division 47: Exercise & Sport Psychology, American Psychological Association
Responsible for the development of criteria to guide the professional conduct of psychologists interested in practicing in the area of sport & performance Psychology
- 2008-2010 **Member, Ad-Hoc Committee on the Needs of Coaches**
Association for Applied Sport Psychology
Responsible for developing workshops and continuing education programs at the annual conference to educate sport psychologists on the psychology of coaching. Helped create programming for the EXPO to connect with coaches directly to help educate and address their development.
- 2006-2012 **Chair, Sport Psychology Certification Committee**
American College of Sports Medicine
Responsible for initiating, developing, and overseeing the creation of a sports psychology certification.
- 2005-Present **Member, APA Division 47 Program Committee**
American Psychological Association
- 2005-Present **Article Reviewer**
Athletic Insight; The Journal of Applied Sport Psychology; Professional Psychology: Research & Practice; Sport, Exercise, and Performance Psychology; The Sport Psychologist (Special Issue on Coaching Education)
- 2001-2003 **President & Founder, Association for Human Excellence Development**
University of Missouri-Columbia
Founded a student group recognized by the university to program events that bring leaders on the topic of excellence, across various disciplines, to campus.
- 2001 **National Student Representative Nominee**
Association for the Advancement of Applied Sport Psychology (AAASP)
Selected by the AAASP Executive Board as one of two students to run for the representative position.
- 2000-2003 **Member, Organizational Outreach Committee**
Association for the Advancement of Applied Sport Psychology

1999-2004 **Regional Student Representative**
Association for the Advancement of Applied Sport Psychology

PROFESSIONAL AWARDS

2012 **Dr. Joe Vigil Coaches Education Award**
USA Track & Field

2004 **Association for the Advancement of Applied Sport Psychology
Student Practitioner Award**
Awarded to AAASP student member who best integrates sports psychology
consulting philosophy, interventions, and outcomes.

TEACHING EXPERIENCE

2012-2016 **Clinical Assistant Professor, Sport & Performance Psychology
Program**
Graduate School of Professional Psychology, University of Denver
Taught graduate courses in the Sport & Performance Psychology program.
Mentor and advise students regarding doctoral papers, research, and career
planning. Courses taught include: Assessment in Sport & Performance
Psychology; Clinical Issues: Interviewing & Diagnosis; Coaching for Leadership
& Performance; Practice Development; Practicum in College Athletics;
Professional Practice and Ethics; Psychology of Performance Excellence;
Psychology of Performance in Business; Psychophysiology & Biofeedback
(course & lab); Team & Organizational Dynamics.

2008-2012 **Clinical Adjunct Professor, Sport & Performance Psychology Program**
Graduate School of Professional Psychology, University of Denver
Taught graduate courses in the Sport & Performance Psychology program.
Mentor and advise students regarding doctoral papers, research, and career
planning. Courses taught include: Team & Organizational Dynamics,
Psychology of Excellence, Clinical Issues in SPP, Assessment in SPP

2005-2008 **Clinical Assistant Professor, Sport & Performance Psychology
Program**
Graduate School of Professional Psychology, University of Denver
Taught graduate courses in the Sport & Performance Psychology program.
Mentored and advised students regarding doctoral papers, research, and career
planning. Courses taught include: Sociology of Sport; Sport Psychology
Intervention & Techniques; Behavioral Kinesiology and Physiology; Psychology
of Coaching and Leadership, Theoretical Foundations of SPP, Practicum in
SPP, Applied Motor Learning, Ethical Issues in SPP

2001-2003 **Graduate Teaching Assistant**
*Counseling Methods and Practices, Introduction to Educational Statistics,
Quantitative Methods in Educational Research II (ANOVA), Psychological
Perspectives in Sport, Sport in America, Applied Sport Psychology*

University of Missouri-Columbia

Responsible for assisting faculty in teaching graduate professional courses; establishing classroom environment; and preparing lectures, activities, and classroom experiences. Prepared and graded homework assignments, classroom participation, graded and recorded tests, and worked with students individually.

1998-2000

Undergraduate Instructor

Healthy Lifestyles, Independent Study: Research Methods, Basketball, Racquetball, Soccer, Tennis, Volleyball

University of Utah

Responsible for developing course syllabus, preparing and delivering lectures, planning lab experiences, developing examinations, and establishing classroom environment for undergraduate courses. Prepared and graded homework assignments, classroom participation, graded and recorded tests, and worked with students individually.

1998-2000

Graduate Teaching Assistant

Sport and Exercise Psychology (3x), Sport in American Society (2x), Motor Learning and Development (2x)

University of Utah

• Responsible for assisting faculty in teaching undergraduate courses; establishing classroom environment; and preparing lectures, activities, and classroom experiences. Prepared and graded homework assignments, classroom participation, graded and recorded tests, and worked with students individually.

GRANTS

2009

Office of Internationalization, University of Denver: \$5,000

Funded for the proposal: International Perspectives on Practice, Ethical, and Training Issues in Sport & Performance Psychology.

2007

**Women's Library Association Collection Development Program:
\$11,888.40**

Funded for the proposals: Developing a Video Collection of Multicultural Issues to Help Teach and Develop Inclusive Excellence (\$3,932.50); Developing a Video Collection of Therapeutic Skills to Enhance the Teaching of Psychology (\$3,990.00); Developing a Video Collection of General Psychology Topics to Enhance the Teaching of Psychology (\$3,965.90)

2006

**Women's Library Association Collection Development Program:
\$3,700.88**

Funded for the proposal: Developing a Collection of Books in the Area of Sport & Performance Psychology

ACADEMIC AWARDS AND SCHOLARSHIPS

2000-2004

G. Ellsworth Huggins Graduate Scholarship (\$40,000)

- Lattner, A. & Portenga, S. T. (2015). Development of Leadership Skills. In Dodds, M. & Reese Jr., J. (Eds.). *Sports Leadership: A Concise Reference Guide* (p. 45-46). Santa Barbara, CA: Mission Bell Media.
- Lattner, A. & Portenga, S. T. (2015). Sports as a Means of Developing Leaders. In Dodds, M. & Reese Jr., J. (Eds.). *Sports Leadership: A Concise Reference Guide* (p. 233-234). Santa Barbara, CA: Mission Bell Media.
- Portenga, S. T. (2014). A Critical Review of Sport and Performance Psychology Certifications. *Athletic Insight*, 6(3), 201-219.
- Watson, J. C. & Portenga, S. T. (2014). An Overview of the Issues Affecting the Future of Certification in Sport Psychology. *Athletic Insight*, 6(3), 261-276.
- Aoyagi, M. W., & Portenga, S. T. (2014). Five ring fever: Ethical considerations when consulting with Olympic athletes. In E. F. Etzel & J. C. Watson II (Eds.), *Ethical issues in sport, exercise, and performance psychology* (pp. 61-73). Morgantown, WV: Fitness Information Technology.
- Portenga, S. T. (2013, September 23). Team Captains: The Five Practices at Play in Sports. *The Student Leadership Challenge: Success Stories*. Retrieved from <http://www.studentleadershipchallenge.com/Resource/resource-newsSept13-profile-Portenga.aspx>
- McCullagh, P., Noble, J. M., & Portenga, S. T. (2013). Education for sport and exercise psychology. In J. L. Van Raalte, & B. W. Brewer, (Eds.) *Exploring sport and exercise psychology (3rd ed.)*. Washington, DC: American Psychological Association.
- Portenga, S.T., Aoyagi, M.W, & Statler, T.A. (2012). Consulting on the Run: Performance Psychology and the preparation of USA Track and Field athletes for the Olympics. *Journal of Sport Psychology in Action*, 3, 98-108.
- Aoyagi, M. W., Portenga, S. T., Poczwadowski, A., Cohen, A., & Statler, T. (2012). Reflections and Directions: The Profession of Sport Psychology in the United States Past, Present, and Future. *Professional Psychology: Research and Practice*, 43, pp. 32-38.
- Aoyagi, M. & Portenga, S. (2010). The Role of Positive Ethics and Virtues in the Context of Sport & Performance Psychology Service Delivery. *Professional Psychology: Research and Practice*, 41, 253-259.
- Portenga, S.T (2009). Committing to excellence: Have your athletes committed to success or the idea of success? *Techniques*, 3(2), pp. 45-48.
- Portenga, S.T. (2009). Mind & Body: Relaxation techniques to improve performance. *Techniques*, 2(3), pp. 340-44.
- Portenga, S.T. & Aoyagi, M. (2008). Accreditation issues in sport psychology: An initial discussion. Reflections on the Division 47 Conversation Hour at the 2008 annual conference. *Div47 News*, 21(3), pp. 16-17.

- Portenga, S.T. & Statler, T. (2008). Cool under pressure: How to train athletes to maintain their composure. *Techniques*, 2(2), pp. 40-44.
- Portenga, S.T. (2008). Sharp focus: Enhancing athletes' powers of concentration is a crucial part of enhancing performance. *Techniques*, 2(1), pp. 37-40.
- Portenga, S.T. (2008). Mental Energy: Success in sport begins by laying the foundation for confidence. *Techniques*, 1(4), pp. 42-47.
- McGuire, R. T. & Portenga, S.T. (2005). Team building: From group to team. Critical Conditions for fulfilling team experiences. *American Track & Field*, 13, pp.40-42.
- McGuire, R. T. & Portenga, S.T. (2005). Team building: From group to team. Critical Conditions for fulfilling team experiences. *Track & Field Coaches Review*, 77, pp. 25-26.
- Portenga, S.T., Sommer, T., & Statler, T. (2001, June). Establishing a psychological performance enhancement group for injured athletes. In A. Papaioannou, M. Goudas, & Y. Theodorakis (Eds.), *International Society of Sport Psychology 10th World Congress of Sport Psychology: Programme and proceedings, Vol. 1st* (pp. 115-116). Thessaloniki, Greece: Christodoulidi Publications.
- Portenga, S.T. (Unpublished manuscript). *Southwest Student Regional Conference 1999: Position statement of student concerns*.

SCHOLARLY AND PROFESSIONAL PRESENTATIONS

Invited Presentations

- Portenga, S.T. (2016, October). *Cultivating a Growth Mindset in the Classroom*. Presentation at the Northwest Colorado Board of Cooperative Educational Services COLLAB 2016, Steamboat Springs, CO.
- Portenga, S.T. (2016, October). *Leading by Example: Developing Your Own Growth Mindset*. Presentation at the Northwest Colorado Board of Cooperative Educational Services COLLAB 2016, Steamboat Springs, CO.
- Portenga, S.T. (2013, June). *Sport and Performance Psychology: What's in it for Academic Talent Development*. Keynote address conducted at the Hormel Foundation Gifted & Talented Annual Symposium, Austin, MN.
- Portenga, S.T. (2013, February). *2012 Olympic Reflections*. Presentation at the Annual Big Sky Sport Psychology Retreat: Psychological Health Care with the Collegiate Student-Athlete: Counseling, Assessment and Programming Issues, Big Sky, MT.
- Portenga, S.T. (2012, January). *Towards a generalized theory of the psychology of performance psychology*. Presentation at the Annual Big Sky Sport Psychology Retreat: Psychological Health Care with the Collegiate Student-Athlete: Counseling, Assessment and Programming Issues, Big Sky, MT.

- Portenga, S.T. (2012, January). *Individual Differences, Motivation & Climates for Behavior Change*. Lecture conducted at the International Association for Athletics Federations Sprints and Hurdles Academy, Chula Vista, CA.
- Portenga, S.T. (2012, January). *Understanding Coach – Athlete Relationships*. Lecture conducted at the International Association for Athletics Federations Sprints and Hurdles Academy, Chula Vista, CA.
- Portenga, S.T. (2012, January). *Fundamentals of Effective Team Building and The Support Team Process*. Lecture conducted at the International Association for Athletics Federations Sprints and Hurdles Academy, Chula Vista, CA.
- Portenga, S.T. (2011, December). *Managing the pressure of the big meet*. Presentation at the USA Track & Field annual meeting, St. Louis, MO.
- McGuire, R., Portenga, S.T., & Balague, G. (2011, September). *A Report of the AASP and APA Division 47 Joint Task Force on Promoting and Establishing Staff Positions for Sport Psychology Professionals Throughout the Member Institutions of the National Collegiate Athletic Association*. Keynote conducted at the Association of Applied Sport Psychology annual conference, Honolulu, HI.
- Portenga, S.T. & Aoyagi, M.W. (2011, February). *Positive Ethics and Virtues in the Context of Sport and Performance Psychology Service Delivery*. Workshop conducted at the Annual Big Sky Sport Psychology Retreat: Psychological Health Care with the Collegiate Student-Athlete: Counseling, Assessment and Programming Issues, Big Sky, MT.
- Portenga, S.T. (2010, December). *Integrating Mental Skills Basics into Practice*. Presentation at the USA Track & Field annual meeting, Virginia Beach, VA.
- Portenga, S.T. (2010, August). *Psychological Rehabilitation of the Injured Athlete*. Presentation at the University of Colorado 4th Annual Sports Medicine Symposium: On the Field Management of the Injured Athlete, Denver, CO.
- Portenga, S.T. (2010, February). *Counseling & Motivating the Injured Athlete*. Presentation at the Colorado Society of Osteopathic Medicine 2010 Midwinter CME Conference, Keystone, CO.
- Portenga, S.T. (2009, December). *Positive Competitive Focus: The Key to Consistency and Performance Excellence*. Presentation at the USA Track & Field annual meeting, Indianapolis, IN.
- Portenga, S.T. (2008, December). *The Psychology of Performance Excellence*. Presentation at the USA Track & Field annual meeting, Reno, NV.
- Portenga, S.T. (2008, August). *Psychology of the Injured Athlete*. Presentation at the University of Colorado Sports Medicine Symposium: Sport Medicine for the School Age Athlete: On the Field & Office Based Management, Denver, CO.

- Portenga, S.T. & Tebbe, C. (2008, February). *Supervision Issues: Supervisor and Supervisee Needs*. Workshop conducted at the Annual Big Sky Sport Psychology Retreat: Psychological Health Care with the Collegiate Student-Athlete: Counseling, Assessment and Programming Issues, Big Sky, MT.
- McGuire, R. & Portenga, S.T. (2007, December). *Coaching the Coach: Putting the C's in success*. Presentation at the USA Track & Field National Podium Education Project, Las Vegas, NV.
- Vernacchia, R., McGuire, R. & Portenga, S.T. (2007, December). *Psychological Restoration And Peak Athletic Performance* Presentation at the USA Track & Field National Podium Education Project, Las Vegas, NV.
- Portenga, S.T. (2007, December). *Holding the Mental Edge from Eugene to Beijing*. Part of a panel discussion at the USA Track & Field National Podium Education Project, Las Vegas, NV.
- McGuire, R. & Portenga, S.T. (2007, November). *Psychological Preparation for the Beijing Games*. Presentation at the USA Track & Field annual meeting, Honolulu, HI.
- Portenga, S.T. (2007, November). *Being Mentally Tough In Track & Field: From The Playground To Beijing*. Presentation at the USA Track & Field annual meeting, Honolulu, HI.
- Portenga, S.T. (2007, November). *Being Female And Being Athletic: Can They Coexist? Working With Body Image Issues In Elite Athletes*. Presentation at the U.S. Olympic Committee Performance Services Performance Nutrition Symposium, Colorado Springs, CO.
- Portenga, S.T., & Raaen, G. (2007, October). *Behavioral Health Issues of the Athlete and Their Impact on Performance*. Presentation at the 2nd Annual College Networking Seminar: "Integrating Eating Disorder Treatment in the College Environment", Denver, CO.
- Portenga, S.T. (2007, October). *Ethics in Sport*. Presentation at the IB Ethics Conference, Denver, CO.
- Portenga, S.T. (2005, April). *Incorporating Sport Psychology Performance Skills in the Athletic Training Room*. Workshop conducted at the Far West Athletic Trainers' Association annual meeting, Sacramento, CA.
- Portenga, S.T. (2005, April). *Sport Psychology in the Athletic Training Room: Adding Paints to Your Palette*. Presentation at the Far West Athletic Trainers' Association annual meeting, Sacramento, CA.

Continuing Education

- Statler, T., Athey, A., & Portenga, S.T. (2012, October). *Essentials of Mentorship: Developing Quality Sport Psychology Practitioners*. Continuing Education Workshop conducted at the Association of Applied Sport Psychology annual conference, Atlanta, GA.
- McGuire, R., Portenga, S.T., Vernacchia, R., & Balague, G. (2009, September). *Helping Sport Psychology Consultants To Effectively Serve Coaches*. Continuing Education Workshop

conducted at the Association of Applied Sport Psychology annual conference, Salt Lake City, UT.

Symposia and Workshops

- Portenga, S. T. (2016, September). *Developing Championship Teams: What Founders Can Learn from Olympic Teams And The Psychology Of High Performance*. Presentation at Denver Startup Week, Denver, CO.
- Portenga, S. T., O'Neil, A., & Clark, E. (2015, October). *Theoretical Underpinnings of Performance Psychology For Neurofeedback Training*. Presentation conducted at the International Society for Neurofeedback & Research annual conference, Denver, CO.
- Shapiro, J., Portenga, S. T., Corn, A., Hanley, S., & Hays, K. F. (2015, October). *Reaching Beyond Sport: Training Graduate Students To Work With Performance Populations*. Panel discussion conducted at the Association of Applied Sport Psychology annual conference, Indianapolis, IN.
- Portenga, S. T., Subotnik, R., Lee, M., Plucker, J., Knotek, S., Foley-Nicpon, M., & Worrel, F. (2015, August). *APA's Coalition for Psychology Of High Performance: The Role of Competition in High Performance*. Symposium conducted at the American Psychological Association annual convention, Toronto, Canada.
- Portenga, S. T. & Zeplin, S. (2014, August). *Comprehensive Performance Psychology Service Delivery: A Quantitative And Theoretical Exploration Of Applications Through The Full Range Of Performance Issues*. Symposium conducted at the Association of Applied Sport Psychology annual conference, Las Vegas, NV.
- Mills, K., Laird, M. & Portenga, S.T. (2014, August). *From The Stage: Integrating Performance Psychology Into Music And Theater Arts Education*. Symposium conducted at the Association of Applied Sport Psychology annual conference, Las Vegas, NV.
- Portenga, S. T. & Zeplin, S. (2014, August). *Quantitative and Theoretical Exploration of Comprehensive Performance Psychology Service Delivery*. Symposium conducted at the American Psychological Association annual convention, Washington, D.C.
- Metzler, J., O'Neil, A., Sherlin, L., & Portenga, S.T. (2013, October). *The role of neurofeedback in the ongoing evolution of elite performance*. Symposium conducted at the Association of Applied Sport Psychology annual conference, New Orleans, LA.
- Carter, L., Kamphoff, C., Portenga, S.T. & Sachs, M. (2013, October). *Run Baby Run: Successful Psychological Skills Programming for Endurance Athletes*. Symposium conducted at the Association of Applied Sport Psychology annual conference, New Orleans, LA.
- Olszewski-Kubilius, P., Cross, T.L., Subotnik, R.F., Worrell, F.C., & Portenga, S.T. (2012, November). *Sport and Performance Psychology: What's in it for Academic Talent Development*. Signature Series presentation conducted at the National Association for Children Annual Convention, Denver, CO.

- Portenga, S.T. & Aoyagi, M.A. (2012, October). *Leadership Development in the Sports Arena*. Symposium presented at the 14th annual conference of the International Leadership Association, Leadership Across the Great Divides: Bridging Cultures, Contexts, and Complexities, Denver, CO, USA.
- Kosempel, P., Portenga, S.T. & Cohen, R. (2012, October). *Leadership and Sport Through the Olympic Lens*. Preconference Experiential Workshop at the 14th annual conference of the International Leadership Association, Leadership Across the Great Divides: Bridging Cultures, Contexts, and Complexities, Denver, CO, USA.
- Cohen, A., Portenga, S.T., Aoyagi, M. W., Poczwardowski, A., Metzler, J., & Statler, T. (2012, October). *Interdisciplinary Perspectives on Applied Sport Psychology: Five Approaches to Performance Excellence*. Symposium conducted at the Association of Applied Sport Psychology annual conference, Atlanta, GA.
- Portenga, S.T. & Mapes, R. (2011, September). *Teams in turmoil: Working with the "worst-case" scenarios*. Symposium conducted at the Association of Applied Sport Psychology annual conference, Honolulu, HI.
- Athey, A., Portenga, S.T., Aoyagi, M.W., Statler, T., Metzler, J., & Harmison, B. (2011, September). *Competency in sport and performance psychology: Connecting practice and education*. Symposium conducted at the Association of Applied Sport Psychology annual conference, Honolulu, HI.
- Woolsey, C. & Portenga, S. T. (2011, September). *The practical use Self-Determination theory and Motivational Interviewing principles in coaching: How to positively motivate athletes to autonomously choose to improve*. Workshop conducted at the Association of Applied Sport Psychology annual conference, Honolulu, HI.
- Portenga, S.T., & Athey, A. (2011, August). *Developing and maintaining competency in sport and performance psychology: Blending academic and practitioner perspectives*. Workshop conducted at the American Psychological Association annual convention, Washington, D.C.
- Sullivan, J., Botsford, D., Portenga, S.T., Coppel, D., & Goldman, S. (2010, October). *Navigating the Emerging Student-Athlete Welfare Challenge: Performance Concerns as Clinical Issues*. Symposium conducted at the Association of Applied Sport Psychology annual conference, Providence, RI.
- Aoyagi, M. W., Poczwardowski, A., Portenga, S.T., Shapiro, J., & Haberl, P. (2010, October). *How Theory Informs Practice: The Case of X Conceptualized from Four Different Perspectives*. Symposium conducted at the Association of Applied Sport Psychology annual conference, Providence, RI.
- Portenga, S. T. (2010, August). *What do we do? Defining the practice of sport psychology*. Workshop conducted at the American Psychological Association annual convention, San Diego, CA.

- Aoyagi, M.W., Czech, D., Portenga, S.T., Metzler, J., & Poczwardowski, A. (2009, September). *Current Issues and Working Solutions in Designing and Delivering Master's Programs: What Might Future Bring?* Colloquium presented at the Association of Applied Sport Psychology annual conference, Salt Lake City, UT.
- Aoyagi, M.W. & Portenga, S.T. (2009, August). *International Travel with US National Teams: Ethics in Practice or Practical Ethics?* Presentation conducted at the American Psychological Association annual convention, Toronto, Canada.
- Portenga, S.T. (2009, June). *The Pioneer Leadership Academy: A comprehensive, systematic approach to leadership development in athletes and coaches.* Presentation conducted at the International Society of Sport Psychology 12th World Congress of Sport Psychology, Marrakesh, Morocco.
- Portenga, S.T. (2009, June). *Preparing Professionals to be Successful Mentors.* In S.T. Portenga (Chair), *Mentoring in Applied Sport Psychology.* Symposium conducted at the International Society of Sport Psychology 12th World Congress of Sport Psychology, Marrakesh, Morocco.
- Portenga, S.T., & Aoyagi, M.W. (2008, August). *Conversation Hour: Accreditation Issues in Sport Psychology - An Initial Discussion.* Workshop conducted at the American Psychological Association annual convention, Boston, MA.
- Portenga, S.T., Aoyagi, M.W. (2007, October). *Ethical Practice for Consultants Working Directly for University Athletic Departments.* Symposium conducted for the Association of Applied Sport Psychology annual conference, Louisville, KY.
- Portenga, S.T., Aoyagi, M.W. (2007, August). *Developing A Positive Team Environment: The USA Track & Field Model.* Workshop conducted at the American Psychological Association annual convention, San Francisco, CA.
- Portenga, S.T., Aoyagi, M.W., Flowers, R., & Moore, N. (2006, September). *Becoming a Successful Protégé: Keys to Developing Positive Mentoring Relationships in Sport Psychology.* Symposium conducted at the Association for the Advancement of Applied Sport Psychology annual conference, Miami, FL.
- Portenga, S.T. & Hall, M. (2006, September). *Exploring the Relationship between a Positive Team Environment and Group Cohesion.* Lecture conducted at the Association for the Advancement of Applied Sport Psychology annual conference, Miami, FL.
- Aoyagi, M.W., Portenga, S.T., Blom, L., & Cohen, A. (2005, October). *Bridging the Theory-Practice Gulf: Interdisciplinary Training to Master the Art of Applying Sport Psychology Science.* Symposium conducted at the Association for the Advancement of Applied Sport Psychology annual conference, Vancouver, BC, Canada.
- Portenga, S.T., Statler, T., & Aoyagi, M.W. (2005, August). *A Longitudinal Evaluation of Sport Psychology Consultation: Developing Team Environment, Engagement, and Positive Competitive Mindset.* Presented at the International Society of Sport Psychology 11th World Congress of Sport Psychology, Sydney, Australia.

- Portenga, S.T. (2003, April). *Sport Psychology during the APA Internship*. Symposium conducted at the University of Missouri Counseling Psychology 50th Anniversary Conference, Columbia, MO.
- Martens, M. P., Sandstedt, S. D., Beck, N. C., & Portenga, S.T. (2003, October). *Alcohol interventions for college athletes: Why to do it and how to do it*. Symposium conducted at the Association for the Advancement of Applied Sport Psychology annual conference, Philadelphia, PA.
- Cox, R. H. & Portenga, S.T. (2001, October). *A proposed model for AAASP certification of Applied Sport Psychology Consultants*. In R. H. Cox (Chair), *Reconceptualizing the sport psychology certification process within AAASP*. Symposium conducted at the Association for the Advancement of Applied Sport Psychology annual conference, Orlando, FL.
- Hirschhorn, D., Deaner, H., Hill, T., Webber, S. N., & Portenga, S.T. (2001, October). *Working with elite gymnasts: Defining our role to create a win-win situation*. Symposium conducted at the Association for the Advancement of Applied Sport Psychology annual conference, Orlando, FL.
- Portenga, S.T. (2001, December). *Team building strategies for competitive success*. Presented at the Missouri Track and Cross Country Coaches Association annual clinic, Columbia, MO.
- Portenga, S.T., Sommer, T., & Statler, T. (2001, June). *Establishing a psychological performance enhancement group for injured athletes*. Presentation at the International Society of Sport Psychology 10th World Congress of Sport Psychology, Thessaloniki, Greece.
- Portenga, S.T., Schoen, C., Statler, T., Gardner, F., & Gordin, R. (2000, October). *Creating a model for sport psychology graduate training: A forum for development issues*. Symposium conducted at the Association for the Advancement of Applied Sport Psychology annual conference, Nashville, TN.
- Statler, T. & Portenga, S.T. (2000, March). *The art of applied sport psychology consulting*. Symposium conducted at the Excellence in Performance Conference, Misenheimer, NC.
- Henschen, K., Stevenson, J., Webber, N., & Portenga, S.T. (2000, March). *Psychology of injury rehabilitation*. Symposium conducted at the Excellence in Performance Conference, Misenheimer, NC.
- Portenga, S.T., Balague, G., Giges, B., Henschen, K., & Yukelson, D. (1999, September) *Professional philosophy in conceptualization of the athlete's concerns and potential interventions*. Symposium conducted at the Association for the Advancement of Applied Sport Psychology annual conference, Banff, Alberta, Canada.

Poster Presentations

- Nay, A. & Portenga, S.T. (2014, August). *Transition into Minor League Baseball: An Exploration of Resilience in Rookie Athletes*. Poster presented at the Association of Applied Sport Psychology annual conference, Las Vegas, NV.

- Portenga, S.T., & Aoyagi, M.W. (2008, August). *Psychological Preparation for the Beijing Olympics: Trials to the Games*. Poster presented at the American Psychological Association annual convention, Boston, MA.
- Portenga, S.T. (2006, September). *Critical Conditions of a Positive Team Environment*. Poster presented at the Association for the Advancement of Applied Sport Psychology annual conference, Miami, FL.
- Wang, D. C., Mimms, T., Casteneda, C., Betton, A., Portenga, S.T., Jung, S., Haggins, K. (2005, August). *Generation status, ethnicity, self-esteem, self-efficacy, social support, and psychological well-being*. Poster presented at the American Psychological Association annual convention, Washington, D.C.
- Wang, D. C., Mimms, T., Casteneda, C., Betton, A., Portenga, S.T., Jung, S., Haggins, K. (2005, April). *Psychological well-being between first and second-generation college students*. Poster presented at the American Educational Research Association annual conference, Montreal, Quebec, Canada.
- Cox, R.H., Shade, C.J., Boxley, E.A., Portenga, S.T., & Ward, D.G. (2003, October). *Predicting college gains from college experiences and athlete characteristics: A path analysis*. Poster presented at the Association for the Advancement of Applied Sport Psychology annual conference, Philadelphia, PA.
- Cox, R.H., Shade, C.J., Boxley, E.A., Portenga, S.T., & Ward, D.G. (2003, October). *Predicting career situation from college experiences and athlete characteristics: A path analysis*. Poster presented at the Association for the Advancement of Applied Sport Psychology annual conference, Philadelphia, PA.
- Portenga, S.T., Ward, D.G., Beck, N. C. (2003, August). *Developing an eating disorder intervention program for collegiate athletes*. Poster presented at the American Psychological Association annual convention, Toronto, Ontario, Canada.
- Ward, D.G., Portenga, S.T., & Beck, N. C. (2003, August). *Developing an alcohol intervention program for collegiate athletes*. Poster presented at the American Psychological Association annual convention, Toronto, Ontario, Canada.
- Sandstedt, S. D., Cox, R. H., Ivey, S., Martens, M. P., Ward, G., Webber, S. N., & Portenga, S.T. (2001, October). *Development and Exploratory Factor Analysis of the Student-Athlete Career Situation Inventory (SACSI)*. Poster session presented at the Association for the Advancement of Applied Sport Psychology annual conference, Orlando, FL.
- Cox, R. H., Martens, M. P., Sandstedt, S. D., Ivey, S., Ward, G., Webber, S. N., & Portenga, S.T. (2001, October). *Development and Exploratory Factor Analysis of the Student-Athlete Experiences Inventory (SAEI)*. Poster session presented at the Association for the Advancement of Applied Sport Psychology annual conference, Orlando, FL.

Outreach, Consultation, Workshops, and Invited Lectures

- Portenga, S.T. (2016, October). *Cultivating a Growth Mindset in the Classroom*. Invited presentation at the Northwest Colorado Board of Cooperative Educational Services Regional Professional Development, Steamboat Springs, CO.
- Portenga, S.T. (2016, October). *Leading by Example: Developing Your Own Growth Mindset*. Invited presentation at the Northwest Colorado Board of Cooperative Educational Services Regional Professional Development, Steamboat Springs, CO.
- Portenga, S.T. (2013, October). *Developing an Olympic Mindset*. Keynote address conducted at the Grand Traverse Bay YMCA Invest in Youth Annual Fundraiser, Traverse City, MI.
- Portenga, S.T. (2012, October). *Developing an Olympic Mindset: Reflections from London 2012*. Keynote presentation for the Urban Land Institute Young Leader Group Fall Meeting 2012, Denver, CO.
- Portenga, S. T. (2012, October). *Parenting kids to excellence*. Parenting education workshop conducted for the Colorado Rapids Youth Soccer Club, Denver, CO.
- Portenga, S.T. (2012, April). *Developing Coach-Athlete Relationships to Maximize Motivation*. Coaching education workshop conducted for the Colorado Fusion Soccer Club, Denver, CO.
- Portenga, S.T. & Aoyagi, M.W. (2011, April). *Leadership through positive relationships*. Keynote presentation for the Missouri Interscholastic Athletic Administrators Association Annual Conference, Columbia, MO.
- Portenga, S.T. & Aoyagi, M.W. (2011, April). *Motivation through positive relationships*. Workshop conducted for the Missouri Interscholastic Athletic Administrators Association Annual Conference, Columbia, MO.
- Portenga, S.T. (2008, August). *Being mentally tough in track & field: From The playground To Beijing*. APA Giveaway-athon presentation for the Waltham Track Club, Waltham, MA.
- Portenga, S.T. (2007, March). *Developing a positive team environment; How winning teams are created and nurtured; Keeping a winning team focused; The self-esteem builder*. Workshops conducted for the Annual Orthodontic User's Group Meetings, Tampa, FL.
- Portenga, S.T. (2004, September). *Medical School team building*. Workshop conducted for UC, Davis Medical School Pre-Matriculation program, Davis, CA.
- Portenga, S.T. (2004, September). *Developing a passion for life-long success*. Workshop conducted for UC, Davis Medical School Pre-Matriculation program, Davis, CA.
- Portenga, S.T. (2003, November). *Stress management for law school*. Workshop conducted for the UC, Davis School of Law, Davis, CA.

Portenga, S.T. (1999, May). *The mental aspects of being an endurance athlete*. Workshop conducted at the United States Western Region Biathlon Camp, Salt Lake City, UT.

RESEARCH AND WRITING IN PROGRESS

Portenga, S. T., Ruhl, L., Palombo, I. (In Progress). Emotion and Sport Performance: Stress, Anxiety, Arousal, and Choking. *The Handbook on Sport & Exercise Psychology*. Washington, D.C.: American Psychological Association.

Portenga, S. T., Metzler, J., Johnson, C. (In Progress). High performance talent development in sport. In *The Handbook of High Performance: Developing Potential into Domain Specific Talent*. Washington, D.C.: American Psychological Association.

Portenga, S.T. (In Progress). *International Perspectives on the Coach-Athlete Relationship*.

Portenga, S.T. (In Progress). *Ethical considerations for internal sport psychology consultants to NCAA athletic departments*.

Portenga, S.T. (In Progress). *A qualitative examination of balking in gymnastics*.

Portenga, S.T. (In Progress). *Making the transition from athlete to coach: Exploring new coaches' issues and concerns*.

UNIVERSITY COMMUNITY INVOLVEMENT

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| 2016 | Member, Institutional Review Board
<i>University of Denver</i> |
| 2005-2011 | Member, Equity, Diversity, and Inclusion Committee
<i>Division of Athletics and Recreation, University of Denver</i> |
| 2008-2011 | Member, Gender Violence Task Force
<i>University of Denver</i> |
| 2005-2010 | Member, Sexual Assault Awareness Week Planning Committee
<i>University of Denver</i> |
| 2004-2005 | CAPS Representative, UCD Mind-Body Wellness Task Force
<i>University of California, Davis</i>
• Founding member of a campus wide committee focused on promoting and integrating campus mind-body wellness initiatives. |
| 2000-2001 | Graduate Professional Council Representative
<i>Department of Educational and Counseling Psychology, University of Missouri-Columbia</i> |
| 1999 | Student Member, Faculty Search Committee: Psychosocial Aspects of Sport Position
<i>Department of Exercise and Sport Science, University of Utah</i> |

- 1999-2000 **Member, Teaching Assistant Workshop Planning Committee**
Department of Exercise and Sport Science, University of Utah
- 1999-2000 **Graduate Student Representative College Of Health College Council**
University of Utah
- 1999-2000 **President, Exercise & Sport Science Graduate Student Association**
Associated Students of the University of Utah, University of Utah