

DAVID C. BOTSFORD

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949-214-9323

ACADEMIC PREPARATION

- 2003-2009 **Doctor of Psychology, Arizona School of Professional Psychology**
Clinical Research Project Title: Development of an Imagery Training Program for Competitive Snowboard Athletes Coping with Performance Related Anxiety
Major Area: Clinical Psychology
Advisor: Robert J. Harmison, Ph.D.
- 2003-2006 **Master of Arts, Arizona School of Professional Psychology**
Major Area: Clinical Psychology
Advisor: Robert J. Harmison, Ph.D.
- 1998-2002 **Master of Science, University of Utah**
Thesis Title: Effects of Visual and Kinesthetic Imagery Skills Upon Levels of State Anxiety Among Male High School Soccer Players
Major Area: Exercise and Sport Science Emphasis
Area: Psychosocial Aspects of Sport Advisor: Keith Henschen, P.E.D.
- 1993-1997 **Bachelor of Arts, Ithaca College**
Major Area: Psychology

SUPERVISED CLINICAL EXPERIENCE

- 2008-2009 **Pre-Doctoral Internship: University of Oklahoma Health Consortium**
Primary Rotation: University of Oklahoma Athletics Department
Secondary Rotations: Counseling & Testing Services, Health Science Ctr. Norman, OK
- Individual, group, couples counseling, and assessment services for a diverse array of undergraduate students, graduate students, as well as collegiate student- athletes. Conducted integrated assessments of students for learning difficulties and attentional problems. Provided crisis intervention services within two separate counseling center settings. Conducted outreach presentations on various topics including: eating disorders, substance use, stress management, and relationships. Provided consultation in areas of team dynamics, leadership development, and performance psychology to various sport teams and coaches. Supervision of advanced practicum students. Areas of specialization: Substance use, eating disorders, LGBT issues, multicultural issues, group psychotherapy, and sport psychology (*APA Accredited*).
 - Supervisor: Nicki Moore, Ph.D., Licensed Psychologist, Assistant Athletic Director for Psychological Resources & Strategic Planning

2011-2015 **Staff Psychologist** Fullerton, CA
California State University Fullerton – Counseling and Psychological Services
• Provides brief individual counseling for anxiety, depression, substance use, performance psychology, eating disorders, adjustment concerns, relationships, anger management, self-esteem, gender and multicultural issues. Supervision of pre-doctoral interns. Group counseling for substance use concerns, men's issues, relationship concerns, stress management, and recovery from sport injury. Clinical liaison for CSUF Athletics Department and Mihaylo Business School, Coordinator of Step Up Program, Provides crisis intervention services and consultation with faculty and staff regarding students of concern, Current and/or Past Member of University Curriculum Committee, Student Academic Life Committee, CalMSHA Supervisory Workgroup, Risk Management Committee, Assessment Committee, and Academic Senate.

2011-2015 **Clinical and Sport Psychologist** Irvine, CA
Clinical and Sport Consulting Services
• Individual consulting and performance consulting on issues related to sport performance and overall functioning of the individual. Topics include: Leadership development, team dynamics, communication skills, emotional regulation, confidence, concentration, mental toughness, recovery from injury, and various clinical concerns.

2009-2011 **Staff Psychologist** Dartmouth, MA
University of Massachusetts – Dartmouth Counseling Center
• Individual and group therapy for undergraduate students. Intake interviews, outreach presentations, and crisis counseling. RI Lic. #01227

2009-2011 **Clinical and Sport Psychologist** Providence, RI
Providence Behavioral Health Associates
• Individual therapy for children and adults. Facilitate group therapy for substance abuse. Disability evaluations.

2009-2011 **Substance Use Treatment Counselor** Dartmouth, MA
Adcare Hospital
• Group therapy for individuals within outpatient setting.

TEACHING EXPERIENCE

2013-2015 **Adjunct Faculty** - Psychology of Sport and Physical Activity Fullerton, CA
California State University Fullerton
• Curriculum development, lecture presentations, and grading of exams and assignments.

2007-2008 **Adjunct Faculty** - Psych of Adjustment, Abnormal Psychology Ithaca, NY
Ithaca College
• Curriculum development, lecture presentations, and grading of exams and assignments.

2006-2007 **Adjunct Faculty** – Sport Psychology (Graduate) Denver, CO
University of Denver

- Developed and presented lectures, created and graded assignments.

- 2004-2006 **Graduate Teaching Assistant** Phoenix, AZ
Argosy University
 Objective/Projective Personality Assessment, Integrative Assessment
 • Responsible for assisting faculty in teaching graduate professional courses; Provided didactic/discussion forums to improve students' organization and understanding of assessment information. Assisted individual students in the development of professional writing skills.
- 2004-2006 **Graduate Writing Assistant** Phoenix, AZ
Argosy University
 • Provided additional instruction and feedback to individual students for the development of professional writing skills.
- 2004-2005 **Adjunct Faculty** Paradise Valley, AZ
Department of Social and Behavioral Sciences Paradise Valley Community College
 Introduction to Sport Psychology
 • Developed core curriculum, including exams and assignments, lectured, and facilitated interactive learning activities.
- 1998-2000 **Instructor** Salt Lake City, UT
University of Utah, Department of Exercise and Sport Science
 Weight Training, Soccer, Jogging, Swimming, Racquetball
 • Responsible for developing course syllabus, preparing and delivering lectures, developing examinations.

PROFESSIONAL LICENSES AND CERTIFICATIONS

State of California - Licensed Clinical Psychologist (PSY25236)
 State of Rhode Island - Licensed Clinical Psychologist (PS01227) (Expired)
 Question, Persuade, Refer (QPR) - Certified Trainer
 Applied Suicide Intervention Skills Training (ASIST) - Certified Trainer
 Safe Space Ally Training
 Vet Space Ally Training
 Association of Applied Sport Psychology (AASP) - Certified Consultant (#392)
 United States Olympic Committee Sport Psychology Registry - Member

PROFESSIONAL ASSOCIATIONS

1999-Present American Psychological Association, Division 47
 1998-Present Association for Applied Sport Psychology (AASP)
 2000-Present International Society of Sport Psychology (ISSP)

PERFORMANCE PSYCHOLOGY CONSULTING EXPERIENCE

- 2009-2011 **Sport Psychology Consultant** Dartmouth, MA
University of Massachusetts - Dartmouth
 • Provided consultation to athletic teams, individual athletes, and coaches on topics including communication, leadership skills, mental toughness, and team building.

- 2006-2007 **Sport Psychology Consultant** Denver, CO
University of Denver - Men's Soccer, Women's Tennis, Women's Gymnastics
 • Provided sport psychology consulting services to NCAA Division I teams, individual athletes and coaches. Worked with coaches to develop a positive team environment and incorporate mental skills into practice. Taught performance enhancement skills, facilitated team building activities, assisted in communication and conflict management, provided immediate and long-term mental skills development services. Specific issues included goal attaining, training for trust, leadership development, relaxation training, concentration, visualization, self-talk, cognitive strategies, and performance routines.
- 2002-2003 **Sport Psychology Consultant** Government Camp, OR
Mt. Hood Academy
 Facilitated group presentations/discussions as well as provided individual consultation on psychological aspects of injury, fear, career termination, concentration, emotional regulation with nationally competitive skiers. Consulted with and provided feedback for coaches.
- 2002-2003 **Sport Psychology Consultant** Portland, OR
Portland State University - Women's Soccer Team
 Lead individual and group mental skill training sessions on topics including concentration, skill learning, performance anxiety, mental toughness, team dynamics, coach-athlete relations, imagery, substance abuse, and motivation.
- 2000-2002 **Sport Psychology Consultant** Park City, UT
Park City Snowboard Team
 Worked with adolescent athletes in designing mental preparation programs to enhance competitive performance, regulate emotions, and manage physical injuries.
- 1999-2000 **Sport Psychology Consultant** Salt Lake City, UT
Missy Marlowe's Gymnastics Team
 Lead workshops on various mental skills and performance related issues for elite level adolescents. Consulted with individual athletes on issues of anxiety, fear, and body image.

PROFESSIONAL INVOLVEMENT

- 2013-2015 **Academic Senate - Library, Athletics, Counseling, Extended Ed. (LACE)**
California State University, Fullerton
- 2013-2015 **Student Academic Life Committee**
California State University, Fullerton
- 2012-2013 **University Curriculum Committee**
California State University, Fullerton
- 2003-2004 **Graduate Student Council Representative**
Department of Clinical Psychology, Argosy University
 • Served as liaison between graduate students and the faculty.
- 2000-2001 **Regional Student Representative**
Association for Applied Sport Psychology (AASP)
 • Selected spokesperson for students in national organization.

PROFESSIONAL PRESENTATIONS AND SEMINARS

- 1/31/2015 **Real Talk: Racial Prejudice and Microaggressions**
Big Sky Sport Psychology Conference (85 Clinical Sport Psychologists)
- 8/18/2014 **Training Seminar: Group Therapy**
CAPS Predoctoral Internship Training Program (3 Interns)
- 6/27/2014 **Sport Parenting: More Than X's and O's**
Rose Bowl Aquatics Center (10 Parents)
- 6/27/2014 **Think Fast, Swim Fast: Raincoats Are Not For Swimming**
Rose Bowl Aquatics Center (40 Swimmers)
- 6/27/2014 **Think Fast, Swim Fast: Raincoats Are Not For Swimming**
Rose Bowl Aquatics Center (35 Swimmers)
- 6/12/2014 **College Mental Health: Trends and Support Strategies**
California State University, Fullerton Irvine Campus (10 Assistant Deans)
- 5/29/2014 **Training Seminar: Performance Psychology Facilitated Discussion**
CAPS Predoctoral Internship Training Program (3 Interns)
- 5/27/2014 **Training Seminar: Performance Psychology**
CAPS Predoctoral Internship Training Program (3 Interns)
- 5/2/2014 **Think Fast, Swim Fast: Raincoats Are Not For Swimming**
Rose Bowl Aquatics Center (45 Swimmers)
- 4/24/2014 **Step Up Program: Bystander Intervention Training**
CSUF Women's Basketball (6 Student Athletes)
- 4/22/2014 **Step Up Program: Bystander Intervention Training**
CSUF Men's Basketball (14 Student Athletes)
- 4/21/2014 **Mind-Body Workshop: Motivation**
Titan Fitness Challenge (8 Student Contestants)
- 4/18/2014 **Think Fast, Swim Fast: Raincoats Are Not For Swimming**
Rose Bowl Aquatics Center (70 Swimmers)
- 4/15/2014 **What to do with a Psychology Degree**
California State University, Fullerton (65 Students)
- 3/28/2014 **Think Fast, Swim Fast: Raincoats Are Not For Swimming**
Rose Bowl Aquatics Center (50 Swimmers)
- 3/27/2014 **Formal Case Presentation**
California State University Fullerton CAPS (15 Clinicians)
- 3/25/2014 **Question, Persuade, Refer (QPR) Workshop**
CSUF Psychology Department Peer Mentor Program (10 Students)
- 3/7/2014 **Think Fast, Swim Fast: Raincoats Are Not For Swimming**
Rose Bowl Aquatics Center (80 Swimmers)
- 2/21/2014 **Think Fast, Swim Fast: Raincoats Are Not For Swimming**
Rose Bowl Aquatics Center (60 Swimmers)
- 2/20/2014 **Training Seminar: Substance Use Clinical Interventions**
CAPS Predoctoral Internship Training Program (3 Interns)
- 2/18/2014 **Training Seminar: Substance Use Assessment**
CAPS Predoctoral Internship Training Program (3 Interns)
- 11/2/2013 **Sport Parenting: More Than X's and O's**
Newport Harbor Swim Clinic (10 Parents of Swimmers)
- 11/2/2013 **Mental Toughness: Swimming Out of Your Mind**
Newport Harbor Swim Clinic (8 Swimmers)
- 10/24/2013 **Practicing for Trust: How to Stay Out of Your Own Way**

10/8/2013 CSUF Smart Applied Music Studio (15 Professional Music Teachers)
Question, Persuade, Refer Suicide Prevention Workshop

10/8/2013 CSUF Psychology Peer Mentors (16 Undergraduate Students)
Step Up Program: Promotional Presentation

9/27/2013 CSUF Elementary Education Department (20 Faculty)
Step Up Program – Presenter Training

9/26/2013 CSUF Step Up Program (10 Students)
Step Up Program – Presenter Training

8/21/2013 CSUF Step Up Program (10 Students)
Training Seminar: Step Up Program

8/19/2013 CAPS Predoctoral Internship Training Program (3 Interns)
Training Seminar: Group Therapy

8/16/2013 CAPS Predoctoral Internship Training Program (3 Interns)
Step Up Program

8/15/2013 Student Life Orientation (100 First Year Students)
Step Up Program

8/14/2013 Student Life Orientation (100 First Year Students)
Step Up Program

8/13/2013 Student Life Orientation (100 First Year Students)
Step Up Program

8/12/2013 Student Life Orientation (100 First Year Students)
Step Up Program

7/17/2013 Student Life Orientation (100 First Year Students)
Step Up Bystander Intervention Program

5/7/2013 Knowledge Is Power Conference - CSUF (60 Professionals)
Question, Persuade, Refer (QPR) Workshop

4/30/2013 CSUF Psychology Department Peer Mentor Program (12 Students)
Assessment and Treatment of Substance Abuse

4/24/2013 CSUF Abnormal Psychology Class (37 Students)
Mind-Body Workshop III

4/24/2013 Titan Fitness Challenge (3 Student Contestants)
Mihaylo Business School Workshop for Academic Success

4/23/2013 CSUF Mihaylo Business School (3 Students)
Mihaylo Business School Stress Management Workshop

4/23/2013 CSUF Mihaylo Business School (4 Students)
Mind-Body Workshop III

4/22/2013 Titan Fitness Challenge (5 Student Contestants)
Mind-Body Workshop III

3/26/2013 Titan Fitness Challenge (11 Student Contestants)
Training Seminar: Working with Student Athletes

3/13/2013 CAPS Predoctoral Internship Training Program (3 Interns)
Shortcuts to Success Academic Performance Workshop

3/12/2013 CSUF Mihaylo Business School (8 Students)
Shortcuts to Success Academic Performance Workshop

2/26/2013 CSUF Mihaylo Business School (8 Students)
CSUF Sport Psychology Club Mentoring Workshop

2/14/2013 CSUF Kinesiology Department (8 Students)
Training Seminar: Assessment and Treatment of Substance Abuse

2/13/2013 CAPS Predoctoral Internship Training Program (3 Interns)
Step Up Program – Presenter Training

- 1/7/2013 CSUF Step Up Program (7 Students)
Mental Health Primer and CAPS Referral Procedures
Mihaylo Career Services Office (2 Staff, 2 Student Employees)
- 12/5/2012 **Seeing What You Want to See: Guided Imagery for Relaxation**
There's a Nap for That: Stress Reduction Event (7 Students)
- 11/21/2012 **Motivating Injured Athletes**
Orthopedic Specialty Institute - Orange CA (12 Medical Professionals)
- 10/23/2012 **Mihaylo Stress Management Workshop**
CSUF Mihaylo Business School (3 Students)
- 10/19/2012 **Step Up Program – Presenter Training**
CSUF Step Up Program (14 Students)
- 10/9/2012 **Mental Health Concerns with Student Athletes**
CSUF Athletic Training Program (17 Students)
- 8/14/2012 **Step Up! Facilitator Training Workshop**
Residential Life Office (44 Resident Assistants)
- 7/26/2012 **Mental Health Awareness Training Workshop**
Greek Life (30 Students)
- 7/23/2012 **Step Up! Facilitator Training Workshop**
Student Health Center (8 Students, 4 Staff)
- 7/22/2012 **Question, Persuade, Refer Workshop**
Residential Life Office (44 Resident Assistants)
- 7/18/2012 **Question, Persuade, Refer Workshop**
Residential Life Office (6 Complex Coordinators)
- 4/17/2012 **Mind-Body Workshop I**
Titan Fitness Challenge (8 Student Contestants)
- 4/12/2012 **Mind-Body Workshop II**
Titan Fitness Challenge (8 Student Contestants)
- 4/10/2012 **Substance Abuse Counseling Didactic**
Counseling & Psychological Services (CAPS) (3 Graduate Trainees)
- 4/9/2012 **Counseling Student-Athletes Didactic**
Counseling & Psychological Services (CAPS) (3 Graduate Trainees)
- 4/3/2012 **Sport Psychology Didactic**
Counseling & Psychological Services (CAPS) (3 Graduate Trainees)
- 4/1/2012 **Mental Health Awareness Training Workshop**
Stress Management Class Dr. Ken Ravizza Kinesiology Department
- 1/28/2012 **Formal Case Presentation**
Big Sky Sport Psychology Conference (65 Clinical Sport Psychologists)

CONTINUING EDUCATION AND TRAINING

- 2/2015 **Ethical Issues in Clinical Sport Psychology (4 CE Credits)**
Professional Sports Psychology Group
- 2/2015 **Mental Health Issues of Collegiate Athletes (16 CE Credits)**
Professional Sports Psychology Group
- 2/2014 **Ethical Issues in Clinical Sport Psychology (4 CE Credits)**
Professional Sports Psychology Group
- 2/2014 **Mental Health Issues of Collegiate Athletes (16 CE Credits)**
Professional Sports Psychology Group
- 6/2013 **Sexual Harassment Prevention for Higher Education Staff**
California State University Fullerton Faculty Development Center
- 2/2013 **Ethical Issues in Clinical Sport Psychology (4 CE Credits)**
Professional Sports Psychology Group

- 2/2013 **Psychological Health Issues of Collegiate Athletes (16 CE Credits)**
Professional Sports Psychology Group
- 9/2008 **Crisis Intervention in Sport (3 CE Credits)**
Association of Applied Sport Psychology Conference

VOLUNTEER INVOLVEMENT

- 2012-2015 **Burton CHILL Program – Mountain High Resort**
Mentoring Program for Foster/At Risk Youth (12-17yrs)
- 2012-2015 **CSUF Sport Psychology Club**
Mentoring of graduate students in kinesiology/sport science