

Professional Development Plan

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When I graduate from this program, I will pursue work in a high-performance tennis academy. I will be working along with the academy's coaches and hopefully with a mental training director if there is a mental performance department. I will assist the coaches with techniques and interventions to help athletes with their mental performance. In case there is no established department, and I have not done my certification yet, then I will have to practice under the supervision of a mentor.

When considering a private practice or working in an organization, there are pros and cons to mind; working for a large agency may mean competition, but this empowers individuals to continue growing their skills and knowledge. While on the other hand, having no competition, the practitioner can get more relaxed and procrastinate on the duty of keeping up to date knowledge in the field. Competition may lead to challenging competence, and push the individuals to innovate, think outside the box. In the end, if a practitioner succeeds in going from the bottom of the latter to the top, then that means that he has become a competent model of the standards pursued. Once a practitioner has proven to be ethically and intellectually competent to practice individually, it would be safe to do private practice. In this case, the practitioner has enough competence to explore further horizons. I would stay under supervision until I hit a plateau intellectually and professionally. First, I have to graduate and then attempt to become a certified mental performance consultant. I plan to graduate from this program in two years, and I expect it will take another year after that to get certified.

To practice, I will need my Certified Mental Performance Consultant (CMPC) certification. The process to get it requires several steps. First, I must have earned a master's or doctoral degree from a regionally accredited institution of higher education in an area related to

sports science or psychology. Second, I must have completed coursework from a university credit or courses by AASP fulfilling 8 different knowledge areas (K1. Professional Ethics and Standards; K2. Sport Psychology; K3. Sport Science; K4 Psychopathology; K5. Helping Relationships; K6. research Methods and Statistics; K7. Psychological Foundations of Behavior; K8. Diversity and Culture.) Third, I must have completed a 400-hour mentored experience consisting of a minimum of 200 hours in direct client contact, a maximum of 150 hours spent in support activities, and 50 hours spent in mentorship. A minimum of those 200 hours must be spent with competitive sport populations. The Certification Council must approve mentors. The fourth step is to agree to adhere to the principles and standards of the AASP Ethics Code. Lastly, the exam tests all my knowledge on the Ks'. That is if I would like to start practicing as a consultant. If I would like to get licensed and become a sport psychologist, I would then need an accredited PsyD or Ph.D. in Psychology with a specialization in Sport Psychology. I would also need to complete supervised clinical experience depending on the state and pass the Examination for Professional Practice in Psychology; however, this is not the case for my current plan. So far, my support will be an approved mentor.

Four-hundred mentored experience consisted of a minimum of 200 hours spent in direct client contact, a maximum of 150 hours spent in support activities, and 50 hours spent in mentorship. A minimum of those 200 hours must be spent with competitive sport populations. The Certification Council must approve mentors. The mentors are found in the Registry of Approved Mentors of the AASP. The application fee is \$375. If I were residing in Nevada, I would have 3 possible mentors. I don't know their hourly rate. However, as I can see for other mentors in other states with similar costs of living as in Nevada, it would be from \$100 to \$150 per hour. My

employer will pay for it directly or indirectly. If my employer offers to pay for those classes on top of my stipend, it is more than welcome to do it. I will use the mentor as a medium to share my concerns from observation and get insight on how to intervene.

The membership I will first pursue is the one for AASP. Memberships are encouraged by the AASP since it provides several benefits for the CMPC practitioner. Depending on which level of education I have at the moment of application. If I want to become an affiliate member, which doesn't require any degree or course knowledge, the cost is \$125. However, as I venture into a masters' program, I would apply for an Early Professional Member. The cost rises to \$149, which would last for 2 years. An annual subscription to the Journal of Applied Sport Psychology and the Journal of Sport Psychology in Action. Access to Case Studies in Sport and Exercise Psychology. To the Journal of Advancing Sport in Research. Access to Webinars, discounts to conferences, and more. I will be utilizing those benefits for continuing education. I would need to be enrolled in a master's degree from an accredited institution.

Workshops, presentations, and webinars are some activities that give opportunities to achieve CEUs. These can be AASP sponsored events as well as non-sponsored approved by a subcommittee of the Certification Council. Every 5 years, 75 continuing education units are required (15 per year). All CEU documentation must be inserted into the application to match the order of CEU activities listed on the CEU Log. Some webinars are offered free of costs by AASP. Others cost \$25 for entry, and if I decided to attend a conference, then the price may go over \$100 after membership deductions. Conferences, workshops, presentations, webinars, academic courses, self-directed study are all platforms that will allow me to keep my competence

up to date. I believe conferences will bring credibility to my education. However, constant self-study and consistently attending workshops/presentations/webinars will be the most balanced way to maintain current knowledge. It will be depending on the certifications of whom is directing the lecture the amount of credibility given. If the AASP backs it up, then it rises even more credibility.

To be specialized in a field, I would need a doctorate. After I achieve CMPC certification and experience, I would like a sport psychologist. It would add at least 10 thousand dollars after receiving a Master's degree to get the doctorate. It will add more credibility to my work. The population will respect my intensive path toward achieving the highest competence possible.

Finally, for professional development, I will make sure I act accordingly to the Ethic codes and norms of the AASP. Continuing education will also be key to maintaining authenticity and competence if I can be smart and stay competent in the decision-making progress. I will have to build my reputation with integrity and commitment to the job: the more experienced, the more income I would expect. To achieve my goals, I will join a university with a sport consultant department and an environment that allows my constant practice to facilitate and expand problem-solving. Before I verbally agree to perform, I will handle an Informed Consent specifying all the details of confidentiality, how my work is done, job's cost. Helping athletes in a high-performance tennis academy will help me develop professionally. I will be sharing techniques for focus, goal setting, visualization, and self-talk. My advocacy work will eventually lead me to help foreign NCAA student-athletes get the mental consulting they deserve. Every month, one should have a checkpoint on how the development of the career is going. Some

months it would be more, some months it can be less. Setting an example with CEUs, I need at least 15 credits per year. This means that ideally, 1.25 credits per month is needed. This equals a webinar or two books per month. Continuing education is key for career development. It also helps the process of shaping which specialty one is leaning to.

Resources

Association for Applied Sport Psychology. (, 2011). *ETHICS CODE: AASP Ethical Principles and Standards* | Association for Applied Sport Psychology. Applied Sport Psychology. <https://appliedsportpsych.org/about/ethics/ethics-code/>

Best Accredited Sport Psychology Degrees and Programs of 2020. (2020, December 9).

Psychology Degree 411. <https://www.psychologydegree411.com/degrees/sport-psychology/#:%7E:text=Practicing%20sport%20psychologists%20must%20be,or%20a%20PhD%20in%20Psychology.&text=Pass%20the%20required%20exams%20for,your%20state's%20board%20of%20psychology.>

Welfel, E. R. (2015). *Ethics in Counseling & Psychotherapy* (6th ed.). Cengage Learning.