

## CURRICULUM VITAE

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### Current Employment:

Adjunct Professor in Psychology  
Centrum för Forskning om Välfärd, Hälsa, och Idrott  
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### Education:

Stockholms Universitet, Stockholm, Sweden, 1969, diploma in Swedish language studies.

University of California, Berkeley, 1971, inter-campus exchange to study Swedish.

University of California, Davis, 1970-1973. Major in psychology, minor in Scandinavian languages, Phi Beta Kappa, departmental citation for excellence in undergraduate psychology, graduated with highest honors (B.A., 1973).

San Diego State University, San Diego, California, 1974-1978. Major in psychology with preparation for community college teaching. Master's thesis: A multivariate study of the classic-romantic personality dichotomy in attitudes toward technology (M.S., 1978).

University of Arizona, Tucson, Arizona, 1982-1988. Doctorate in psychology, doctoral minor in exercise and sport sciences. Doctoral dissertation: Psychosocial factors and changes in peripheral vision, muscle tension, and fine motor skills during stress (Ph.D., 1988).

### Awards:

Received the *Dorothy V. Harris Memorial Award* for excellence as a young scholar/practitioner in applied sport psychology from the Association for the Advancement of Applied Sport Psychology, 1994.

### Books and Monographs:

**Andersen, M. B.** (Ed.). (2000). *Doing sport psychology*. Champaign, IL: Human Kinetics.

Kolt, G. S., & **Andersen, M. B.** (Eds.). (2004). *Psychology in the physical and manual therapies*. Edinburgh, Scotland: Churchill Livingstone.

**Andersen, M. B.** (Ed.). (2005). *Sport psychology in practice*. Champaign, IL: Human Kinetics.

Richardson, S. O., **Andersen, M. B.**, & Morris, T. (2008). *Overtraining athletes: Personal journeys in sport*. Champaign, IL: Human Kinetics.

Speed, H. D., & **Andersen, M. B.** (2008) [Monograph]. *The health and welfare of stablehands and trainers in the Victorian racing industry*. Melbourne, VIC, Australia: Centre for Ageing, Rehabilitation, Exercise and Sport, Victoria University.

Hanrahan, S. J. & **Andersen, M. B.** (Eds.). (2010). *Routledge handbook of applied sport psychology: A comprehensive guide for students and practitioners*. London: Routledge.

Gilbourne, D., & **Andersen, M. B.** (Eds.). (2011). *Critical essays in applied sport psychology*. Champaign, IL: Human Kinetics.

Speed, H. D., & **Andersen, M. B.** (2012) [Monograph]. *The health and welfare of top performing jockeys in Victorian Horse-racing*. Melbourne, VIC, Australia: School of Sport and Exercise Science, Victoria University.

**Andersen, M. B.**, & Hanrahan, S. J. (Eds.). (2015). *Doing exercise psychology*. Champaign, IL: Human Kinetics.

Zizzi, S. J., & **Andersen, M. B.** (Eds.). (2017 release). *Being mindful in sport and exercise psychology: Pathways for practitioners and students*. Morgantown, WV: Fitness Information Technology.

## Refereed Journal Articles:

**Andersen, M. B.**, & Williams, J. M. (1987). Gender role and sport competition anxiety: A re-examination. *Research Quarterly for Exercise and Sport*, 58, 52-56.

Williams, J. M., & **Andersen, M. B.** (1987). Influence of sex and gender roles on high school status systems. *Adolescence*, 22, 755-765.

**Andersen, M. B.**, & Williams, J. M. (1988). A model of stress and athletic injury: Prediction and prevention. *Journal of Sport & Exercise Psychology*, 10, 294-306.

Williams, J. M., Tonymon, P., & **Andersen, M. B.** (1990). Effects of life event stress on anxiety and peripheral narrowing. *Behavioral Medicine* 16, 174-181.

Williams, J. M., Tonymon, P., & **Andersen, M. B.** (1991). Effects of life event stress, daily hassles, and coping resources on anxiety and peripheral narrowing. *Journal of Applied Sport Psychology*, 3, 126-141.

**Andersen, M. B.** (1993). Questionable sensitivity: A comment on Lee and Rotella. *The Sport Psychologist*, 7, 1-3.

Williams, J. M., Hogan, T. D., & **Andersen, M. B.** (1993). Positive states of mind and athletic injury risk. *Psychosomatic Medicine*, 55, 468-472.

Butki, B. D., & **Andersen, M. B.** (1994). Mentoring in sport psychology: Students' perceptions of training in publication and presentation guidelines. *The Sport Psychologist*, 8, 143-148.

**Andersen, M. B.**, & Van Raalte, J. L. (1994). Supervising academic athletic counseling trainees. *Academic Athletic Journal*, 9, 1-10.

**Andersen, M. B.**, Denson, E. L., Brewer, B. W., & Van Raalte, J. L. (1994). Disorders of personality and mood in athletes: Recognition and referral. *Journal of Applied Sport Psychology*, 6, 168-184.

**Andersen, M. B.** (1994). Ethical considerations in the supervision of applied sport psychology graduate students. *Journal of Applied Sport Psychology*, 6, 152-167.

**Andersen, M. B.**, Van Raalte, J. L., & Brewer, B. W. (1994). Assessing the skills of sport psychology supervisors. *The Sport Psychologist*, 8, 238-247.

**Andersen, M. B.**, & Brewer, B. W. (1995). Organizational and psychological consultation in collegiate sports medicine groups. *Journal of American College Health*, 44, 63-69.

Simons, J. P., & **Andersen, M. B.** (1995). The development of consulting practice in applied sport psychology: Some personal perspectives. *The Sport Psychologist*, 9, 449-468.

**Andersen, M. B.**, Brewer, B. W., Van Raalte, J. L., & Davis, S. F. (1996). Sport and exercise psychology contributions to the undergraduate curricula. *Teaching of Psychology*, 23, 40-42.

**Andersen, M. B.**, & Williams-Rice, B. T. (1996). Supervision in the education and training of sport psychology service providers. *The Sport Psychologist*, 10, 278-290.

- Butki, B. D., **Andersen, M. B.**, & Heyman, S. R. (1996). Knowledge of AIDS and risky behavior among athletes. *Academic Athletic Journal*, *11*, 29-36.
- Barney, S. T., **Andersen, M. B.**, & Riggs, C. A. (1996). Supervision in sport psychology: Some recommendations for practicum training. *Journal of Applied Sport Psychology*, *8*, 200-217.
- Petrie, T. A., **Andersen, M. B.**, & Williams, J. M. (1996). Gender differences in the prediction of college student-athletes' academic performances. *College Student Affairs Journal*, *16*, 62-69.
- Andersen, M. B.** (1997). Professional practice: Inquiry, innovations, and dissemination. *The Sport Psychologist*, *11*, 122-125.
- Williams, J. M., & **Andersen, M. B.** (1997). Psychosocial influences on central and peripheral vision during demanding tasks. *Behavioral Medicine*, *22*, 160-167.
- Krane, V., **Andersen, M. B.**, Streat, W. B. (1997). Issues in qualitative research methods and presentation. *Journal of Sport & Exercise Psychology*, *19*, 213-218.
- Andersen, M. B.**, Butki, B. D., & Heyman, S. R. (1997). Homophobia and sport experience: A survey of college students. *Academic Athletic Journal*, *12*, 27-38.
- Andersen, M. B.**, Williams, J. M., Aldridge, T., & Taylor, J. (1997). Tracking graduates of advanced degree programs in sport psychology, 1989-1994. *The Sport Psychologist*, *11*, 326-344.
- Marchant, D. B., **Andersen, M. B.**, & Morris, T. (1997). Perceived uncertainty of outcome as a contributing factor in competitive state anxiety. *Australian Journal of Science and Medicine in Sport*, *29*(2), 41-46.
- Andersen, M. B.**, & Stoové, M. A., & Martin, D. T. (1997). Requesting poster papers: A problem of compliance. *Australian Journal of Science and Medicine in Sport*, *29*(3), 75-76.
- Aldridge, T., **Andersen, M. B.**, Stanton, B., & Shen, C. J. (1997). Past and future training for careers in sport psychology. *Australian Journal of Career Development*, *6*(2), 25-30.
- Andersen, M. B.**, Larson, G. A., & Luebe, J. J. (1997). Student and supervisor perceptions of the quality of supervision in athletic training education. *Journal of Athletic Training*, *32*(4), 1-5.
- Marchant, D. B., Morris, T., & **Andersen, M. B.** (1998). Perceived importance of outcome as a contributing factor in competitive state anxiety. *Journal of Sport Behavior*, *21*, 71-91.
- Williams, J. M., & **Andersen, M. B.** (1998). Psychosocial antecedents of sport injury: Review and critique of the stress and injury model. *Journal of Applied Sport Psychology*, *10*, 5-26.
- Andersen, M. B.**, & Stoové, M. A. (1998). The sanctity of  $p < .05$  obfuscates good stuff: A comment on Kerr and Goss. *Journal of Applied Sport Psychology*, *10*, 168-173.
- Andersen, M. B.**, & Williams, J. M. (1999). Athletic injury, psychosocial factors, and perceptual changes during stress. *Journal of Sports Sciences*, *17*, 735-741.
- Francis, S. F., **Andersen, M. B.**, & Maley, P. (2000). Physiotherapists' and male professional athletes' views on psychological skills for rehabilitation. *Journal of Science and Medicine in Sport*, *3*, 17-29.
- Speed, H. D., & **Andersen, M. B.** (2000). What exercise and sport scientists don't understand. *Journal of Science and Medicine in Sport*, *3*, 84-92.
- Martin, D. T., **Andersen, M. B.**, & Gates, W. (2000). Using Profile of Mood States (POMS) to monitor high intensity training in cyclists: Group versus case studies. *The Sport Psychologist*, *14*, 138-156.
- Dawson, A. J., **Andersen, M. B.**, & Hemphill, D. (2000). The ethics of Australian fitness professionals. In B. A. Carlson, U. Johnson, & F. Wetterstrand (Eds.), *Sport psychology conference in the new millennium: A dynamic research-practice perspective, Proceedings* (pp. 129-133). Halmstad, Sweden: Centre for Sport Science, Halmstad University.
- Andersen, M. B.**, Van Raalte, J. L., & Brewer, B. W. (2000). When applied sport psychology graduate students are impaired: Ethical and legal issues in supervision. *Journal of Applied Sport Psychology*, *12*, 134-149.

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- Martin, D. T., & **Andersen, M. B.** (2000). Heart rate-perceived exertion relationship during training and taper. *Journal of Sports Medicine and Physical Fitness*, 40, 201-208.
- Andersen, M. B.**, Van Raalte, J. L., Brewer, B. W. (2001). Sport psychology service delivery: Staying ethical while keeping loose. *Professional Psychology: Research and Practice*, 32, 12-18.
- Sutherland, G., & **Andersen, M. B.** (2001). Exercise and multiple sclerosis: Physiological, psychological, and quality of life issues. *Journal of Sports Medicine and Physical Fitness*, 41, 421-432.
- Brewer, B. W., Scherzer, C. B., Van Raalte, J. L., Petitpas, A. J., & **Andersen, M. B.** (2001). The elements of (APA) style: A survey of psychology journal editors. *American Psychologist*, 56, 266-267.
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- Brown, T. D., Jr., Van Raalte, J. L., Brewer, B. W., Winter, C. R., Cornelius, A. E., & **Andersen, M. B.** (2002). World Cup soccer home advantage. *Journal of Sport Behavior*, 25, 134-144.
- Noh, Y. E., Morris, T., **Andersen, M. B.** (2003). Psychosocial stress and injury in dance. *Journal of Physical Education, Recreation & Dance*, 74, 36-40.
- Stoové, M. A., & **Andersen, M. B.** (2003). What are we looking at, and how big is it? *Physical Therapy in Sport*, 4, 93-97.
- Watt, A., Morris, T., & **Andersen, M. B.** (2004). Issues in the development of a measure of imagery ability in sport. *Journal of Mental Imagery*, 28, 149-180.
- Johnson, U., Ekengren, J., & **Andersen, M. B.** (2005). Injury prevention in Sweden: Helping soccer players at risk. *Journal of Sport & Exercise Psychology*, 27, 32-38.
- Sutherland, G., **Andersen, M. B.**, & Morris, T. (2005). Relaxation and health-related quality of life in multiple sclerosis: The example of autogenic training. *Journal of Behavioral Medicine*, 28, 249-256.
- Noh, Y. E., Morris, T., **Andersen, M. B.** (2005). Psychosocial factors and ballet injuries. *International Journal of Sport & Exercise Psychology*, 1, 79-90.
- Andersen, M. B.** (2005). "Yeah, I work with Beckham": Issues of confidentiality, privacy and privilege in sport psychology service delivery. *Sport & Exercise Psychology Review*, 1(2), 5-13.
- Stevens, L., & **Andersen, M. B.** (2007). Transference and countertransference in sport psychology service delivery: Part I. A review of erotic attraction. *Journal of Applied Sport Psychology*, 19, 253-269.
- Stevens, L., & **Andersen, M. B.** (2007). Transference and countertransference in sport psychology service delivery: Part II. Two case studies on the erotic. *Journal of Applied Sport Psychology*, 19, 270-287.
- Noh, Y. E., Morris, T., & **Andersen, M. B.** (2007). Psychological intervention for injury reduction in ballet dancers. *Research in Sports Medicine: An International Journal*, 15, 13-32.
- Van Raalte, J. L., & **Andersen, M. B.** (2007). When sport psychology consulting becomes a means to an end(ing): Roles and agendas when helping athletes leave their sports. *The Sport Psychologist*, 21, 227-242.
- Andersen, M. B.**, & Stevens, L. (2007). On being a fraud. *Sport & Exercise Psychology Review*, 3(2), 43-46.
- Tod, D., Marchant, D., & **Andersen, M. B.** (2007). Learning experiences contributing to service delivery competence. *The Sport Psychologist*, 21, 317-334.
- Andersen, M. B.**, McCullagh, P., & Wilson, G. (2007). But what do the numbers really tell us? Arbitrary metrics and effect

size reporting in sport psychology research. *Journal of Sport & Exercise Psychology*, 29, 664-672.

Li, H. Y., & **Andersen, M. B.** (2008). Athletic identity in China: Examining the AIMS in a Hong Kong sample. *International Journal of Sport & Exercise Psychology*, 6, 176-188.

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Gaskin, C. J., **Andersen, M. B.**, & Morris, T. (2009). Physical activity in the life of a woman with severe cerebral palsy: Showing competence and being socially connected. *International Journal of Disability, Development and Education*, 56, 285-299.

Noh, Y-E., Morris, T., & **Andersen, M. B.** (2009). Occupational stress and coping strategies of professional ballet dancers in Korea. *Medical Problems of Performing Artists*, 24, 135-145.

**Andersen, M. B.** (2009). Performance enhancement as a bad start and a dead end: A parenthetical comment on Mellalieu and Lane. *The Sport and Exercise Scientist*, (20), 12-14.

**Andersen, M. B.**, & Hagger, M. (2010). Should sport psychologists try to help athletes and exercisers become more intrinsically motivated? *Sport & Exercise Psychology Review*, 6(2), 47-51.

Gaskin, C. J., **Andersen, M. B.**, Morris, T. (2010). Sport and physical activity in the life of a man with cerebral palsy: Compensation for disability with psychosocial benefits and costs. *Psychology of Sport and Exercise*, 11, 197-205.

Tod, D. **Andersen, M. B.**, & Marchant, D. (2011). Six years up: Applied sport psychologists surviving (and thriving) after graduation. *Journal of Applied Sport Psychology*, 23, 93-109.

Gaskin, C. J., **Andersen, M. B.**, Morris, T. (2011). Physical activity and fantasies in the life of an adult with cerebral palsy: The motivator, looking for love. *Qualitative Research in Sport, Exercise and Health*, 3, 238-262.

Gaskin, C. J., **Andersen, M. B.**, Morris, T. (2012). Physical activity in the life of a woman with cerebral palsy: Physiotherapy, social exclusion, competence, and intimacy. *Disability and Society*, 27, 201-218.

Thompson, C., & **Andersen, M. B.** (2012). Moving towards Buddhist psychotherapy in sport: A case study. *The Sport Psychologist*, 26, 624-643.

Williams, D. E., & **Andersen, M. B.** (2012). Identity, wearing many hats, and boundary blurring: The mindful psychologist on the way to the Olympic and Paralympic Games. *Journal of Sport Psychology in Action*, 3, 145-158.

Ivarsson, A., **Andersen, M. B.**, Johnson, U., & Lindwall, M. (2013). To adjust or not adjust: Nonparametric effect sizes, confidence intervals, and real-world meaning. *Psychology of Sport and Exercise*, 14, 97-102.

Tibbert, S. J., **Andersen, M. B.**, & Morris, T. (2015). What a difference a "mentally toughening" year makes: The acculturation of a rookie. *Psychology of Sport and Exercise*, 17, 68-78.

Ivarsson, A., Johnson, U., **Andersen, M. B.**, Fallby, J., & Altemyr, M. (2015). It pays to pay attention: A mindfulness-based program for injury prevention with soccer players. *Journal of Applied Sport Psychology*, 27, 319-334.

Ivarsson, A., **Andersen, M. B.**, Johnson, U., Stenling, A., & Lindwall, M. (2015). Things we still haven't learned (so far). *Journal of Sport & Exercise Psychology*, 37, 449-461.

**Andersen, M. B.**, & Ivarsson, A. (2016). A methodology of loving kindness: How interpersonal neurobiology, compassion, and transference can inform researcher-participant encounters and storytelling. *Qualitative Research in Sport, Exercise and Health*, 8, 1-20.

Ivarsson, I., & **Andersen, M. B.** (2016, in press). What counts as "evidence" in evidenced-based practice? Searching for some fire behind all the smoke. *Journal of Sport Psychology in Action*.

Johansson, S., Kenttä, G., & **Andersen, M. B.** (2016, in press). Desires and taboos: Sexual relationships between coaches and athletes. *International Journal of Sports Science and Coaching*.

Ivarsson, A., Johnson, U., **Andersen, M. B.**, Tranaeus, U., Stenling, A., & Lindwall, M. (in review). Psychological factors and sport injuries: Meta-analyses for prediction and prevention. *Sports Medicine*.

Waterson, A. K., & **Andersen, M. B.** (in review). Building a sport psychologist's brain through mindfulness and autoethnography. *Qualitative Research in Sport, Exercise and Health*.

Gibbs, P., Marchant, D., & **Andersen, M. B.** (in review). Development of the Athlete Apperception Technique: Part I. Background, image construction, and study 1. *Sport, Exercise, and Performance Psychology*.

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### **Book Chapters and Conference Proceedings Full Papers:**

**Andersen, M. B.** & Williams, J. M. (1986). Sport competition anxiety in sex-typed, cross sex-typed, and androgynous subjects. In L. E. Unestahl (Ed.), *Contemporary sport psychology* (pp. 148-153). Örebro, Sweden: Veje.

**Andersen, M. B.**, & Williams, J. M. (1993). Psychological risk factors and injury prevention. In J. Heil (Ed.), *Psychology of sport injury* (pp. 49-57). Champaign, IL: Human Kinetics.

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**Andersen, M. B.**, Brewer, B. W., Van Raalte, J. L., Denson, E. L. (1993). Recognition and referral of personality and mood disorders in athletes. In S. Serpa, J. Alves, V. F Ferreira, & A. Paula-Brito (Eds.), *Proceedings: VIII World Congress of Sport Psychology* (pp. 914-917). Lisbon, Portugal: International Society of Sport Psychology.

Matheson, H., Brewer, B. W., Van Raalte, J. L., & **Andersen, M. B.** (1994). Athletic identity of national level badminton players: A cross-cultural analysis. In T. Reilly, M. Hughes, & A. Lees (Eds.), *Science and racket sports* (pp. 228-231). London: E. & F. N. Spon.

Greenspan, M. J., & **Andersen, M. B.** (1995). Providing psychological services to student athletes: A developmental psychology approach. In S. M. Murphy (Ed.), *Sport psychology interventions* (pp. 177-191). Champaign, IL: Human Kinetics.

**Andersen, M. B.** (1996). Working with college student athletes. In J. L. Van Raalte & B. W. Brewer (Eds.), *Exploring sport and exercise psychology* (pp. 317-334). Washington, DC: American Psychological Association.

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Heyman, S. R., & **Andersen, M. B.** (1998). When to refer athletes for counseling or psychotherapy. In J. M. Williams (Ed.), *Applied sport psychology: Personal growth to peak performance* (3rd ed. pp. 359-371). Mountain View, CA: Mayfield.

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- Lavallee, D., & **Andersen, M. B.** (2000). Leaving sport: Easing career transitions. In **M. B. Andersen** (Ed.), *Doing sport psychology* (pp. 249-261). Champaign, IL: Human Kinetics.
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Tod, D., Eubank, M. R., & Andersen, M. B. (2014). International perspectives: Training and supervision in the United Kingdom and Australia. In J. G. Cremades & L. S. Tashman (Eds.), *Becoming a sport, exercise, and performance psychology professional: A global perspectives* (pp. 324-330). New York, NY: Taylor & Francis.

Barney, S. T. & Andersen, M. B. (2014). Meta-supervision: Training practitioners to help others on their paths. In J. G. Cremades & L. S. Tashman (Eds.), *Becoming a sport, exercise, and performance psychology professional: A global perspective* (pp. 339-346). New York, NY: Taylor & Francis.

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Tod, D., & Andersen, M. B. (2014). The erotic adventures of D: Interactions with a triathlete. In A. M. Lane, R. J. Godfrey, M. Loosemore, & G. P. Whyte (Eds.), *Case studies in sport science and medicine*. London, England: Createspace.

Andersen, M. B. (2014). Working with an anxious and psychologically abused athlete: A mindful, neuropsychotherapy approach. In P. Rossouw (Ed.), *Neuropsychotherapy: Theoretical concepts and clinical applications* (pp. 193-207). Sydney, NSW, Australia: Mediros.

Mannion, J., & Andersen, M. B. (2015). Mindfulness, therapeutic relationships, and neuroscience in applied exercise psychology. In M. B. Andersen & S. J. Hanrahan (Eds.), *Doing exercise psychology* (pp. 3-18). Champaign, IL: Human

Kinetics.

Rogerson, M. & Andersen, M. B. (2015). Moving for your heart's sake: Physical activity and exercise for people with cardiac disease. In M. B. Andersen & S. J. Hanrahan (Eds.), *Doing exercise psychology* (pp. 161-174) Champaign, IL: Human Kinetics.

Tibbert, S., & Andersen, M. B. (2015). Overtraining in professional sport: Exceeding the limits in a culture of physical and mental toughness. In M. B. Andersen & S. J. Hanrahan (Eds.), *Doing exercise psychology* (pp. 233-257). Champaign, IL: Human Kinetics.

Mannion, J., & Andersen, M. B. (2016). Interpersonal mindfulness for athletic coaches and other performance professionals. In A. Baltzell (Ed.), *Mindfulness and performance: Current perspectives in social and behavioural sciences* (pp. 439-463). New York, NY: Cambridge University Press.

Van Raalte, J. L., Petitpas, A. J., Andersen, M. B., & Rizzo, J. (2016). Using technology in supervision and training. In J. G. Cremades & L. S. Tashman (Eds.), *Global practices and training in applied sport, exercise, and performance psychology: A case study approach*. New York, NY: Taylor & Francis.

Andersen, M. B., Barney, S. T., & Waterson, A. K. (2016). Mindfully dynamic meta-supervision: The case of AW and M. In J. G. Cremades & L. S. Tashman (Eds.), *Global practices and training in applied sport, exercise, and performance psychology: A case study approach*. New York, NY: Taylor & Francis.

Ivarsson, A., & Andersen, M. B., (2017). The researcher in loving care: Inter-relatedness behind a mindfulness and sport injury prevention efficacy study. In S. J. Zizzi & M. B. Andersen (Eds.), *Being mindful in sport and exercise psychology: Pathways for practitioners and students*. Morgantown, WV: Fitness Information Technology.

Little, G. C. D., & Andersen, M. B. (2017). Brainy conversations: Mindfully using the language of neuroscience in sport and exercise psychology service. In S. J. Zizzi & M. B. Andersen (Eds.), *Being mindful in sport and exercise psychology: Pathways for practitioners and students*. Morgantown, WV: Fitness Information Technology.

Waterson, A. K., & Andersen, M. B. (2017). Present-moment links: Mindful practice with a golfer. In S. J. Zizzi & M. B. Andersen (Eds.), *Being mindful in sport and exercise psychology: Pathways for practitioners and students*. Morgantown, WV: Fitness Information Technology.

Sebbens, J. P., & Andersen, M. B. (2017). Taking a Buddhist psychology path: The development of a mindful practitioner. In S. J. Zizzi & M. B. Andersen (Eds.), *Being mindful in sport and exercise psychology: Pathways for practitioners and students*. Morgantown, WV: Fitness Information Technology.

Serra de Queiroz, F., & Andersen, M. B. (2017). Evenly suspended attention: A psychodynamically-oriented and mindful approach. In S. J. Zizzi & M. B. Andersen (Eds.), *Being mindful in sport and exercise psychology: Pathways for practitioners and students*. Morgantown, WV: Fitness Information Technology.

Andersen, M. B. (2017). A brief history of paying attention: The roots of mindfulness. In S. J. Zizzi & M. B. Andersen (Eds.), *Being mindful in sport and exercise psychology: Pathways for practitioners and students*. Morgantown, WV: Fitness Information Technology.

## Book Reviews:

Andersen, M. B. (1990). Review of *The winning mind* by P. Terry. *Journal of Sport & Exercise Psychology*, 12, 434-436.

Andersen, M. B. (1992). Review of *Counseling college student-athletes: Issues and interventions* by E. F. Etzel, A. P. Ferrante, & J. W. Pinkney (Eds.), *Journal of Sport & Exercise Psychology*, 14, 414-416.

Andersen, M. B. (1994). Review of *Alternative models of family preservation: Family based services in context* by K. E. Nelson & M. J. Landsman, *The Journal of Correctional Training*, Summer, p. 10.

Andersen, M. B. (1998). Review of *Health psychology through the life span: Practice and research opportunities* edited by R. J. Resnick & R. H. Rozensky, *International Journal of Sport Psychology*, 29, 187-188.

Andersen, M. B. (1999). Review of *The person behind the mask: A guide to performing arts psychology* by L. H. Hamilton. *Journal of Sport & Exercise Psychology*, 21, 174-176.

Andersen, M. B. (2000). Review of *Touch and emotion in manual therapy* by B. Nathan. *Journal of Osteopathic Medicine*, 3,

73-74.

### Non-refereed articles:

**Andersen, M. B.**, & Alden, M. F. (1991). Incorporating sport psychology services into collegiate athletics. *Athletic Administration*, 26(3), 23-25.

**Andersen, M. B.** (1992). Sport psychology and procrustean categories: An appeal for synthesis and expansion of service. *Association for the Advancement of Applied Sport Psychology Newsletter*, 7(3), 8-9, 15.

**Andersen, M. B.** (1994). From language to personality, gender, injury, and finally supervision (with a side trip to Kuala Lumpur). *Association for the Advancement of Applied Sport Psychology Newsletter*, 9(3), 4.

**Andersen, M. B.** (1996, Fall). Supervising future sport psychologists: Central issues in training. *Exercise and Sport Psychology Newsletter: Division 47 of the American Psychological Association*, 10, 8, 11.

**Andersen, M. B.** (2006). What's it like out there? Making the *terra incognita* more *firma*. *The Sport and Exercise Scientist*. British Association of Sport and Exercise Scientists.

Sebbens, J., **Andersen, M. B.**, Hanrahan, S. (2012). Beyond performance: Training sport psychologists in Australia. *InPsych*, 34(6), 18-19.

### Invited Keynote Speaker:

Keynote Speaker at the Asian Archery Federation annual conference, Langkawi, Malaysia, 1997.

Keynote Speaker at the Korean Society of Sport Psychology annual conference, Seoul, Korea, 1999.

Keynote Speaker at the First International Conference on Qualitative Research in Sport and Exercise, Liverpool, UK, May, 2004. Keynote address: *Qualitative Research in Sport Psychology: Tales of the Erotic, the Neurotic, and the Downright Scary*.

Keynote Speaker at the New Zealand Sport Medicine, New Zealand Sport and Exercise Sciences Association, Australasian College of Sports Physicians joint annual conference, Auckland New Zealand, September, 2004. Keynote address: *The Flat Maps and Bumpy Territories of Injury Rehabilitation*.

Keynote Speaker at the Hong Kong Sports Institute International Scientific Symposium: The Emerging Science and Practice of Recovery. Keynote Address: *Recovery as a Collaborative Process: The Role of Relationships*. Hong Kong, February 23-26, 2006.

Invited Speaker at the Sports Medicine Australia conference in Melbourne in September, 2005, giving two presentations, one on quantitative methods titled *P < .05 Doesn't Mean a Hell of a Lot*, and one on practice titled *Building Rapport: It Ain't That Easy*.

Keynote Speaker at the Sport and Mental Health Conference: From Chemistry to Communities, Melbourne, March 6-7, 2006. *Sport, Physical Activity, and Mental Health: The Play of Light and Shadow*.

Keynote Speaker at the Tasmanian ACHPER State conference, July 6-8, 2006. *Panaceas and Real People: Physical Activity for Many, but Maybe not All*.

Keynote Speaker at the British Association of Sport and Exercise Science, September, 2006 conference in Wolverhampton, England. My Keynote speech: *Real-World Experience and Formal Education: Crossing the Divide*.

Keynote Speaker at the Australian Psychological Society annual conference, Hobart, Tasmania, September 24, 2008. *The Sport Psychologist as Performance Enhancer: Pulling the Plug on a Terminal Patient*.

Keynote Speaker at the International Congress of Sport and Physical Fitness, Tehran, Iran, February 15-16, 2011. *The Dark Side of Physical Fitness: Pathogenic Cultures, Mental Health, and Overtraining*.

Keynote Speaker at the Xi'an, 2012, International Conference of Sport Science and Physical Education, Xi'an, China (15th to 17th October, 2012). *Mental Toughness Myths and Legends: Research Trends and Hard-Boiled Realities*.

Keynote Speaker at Minzu University, Beijing, China, World Famous Scholars at Minzu University Series (October 18th, 2012). *Mindfulness for Sport and Life*.

Keynote speaker at XV Congresso Brasileiro e o VIII Congresso Internacional de Psicologia do Esporte e do Exercício (CONBIPE, November 6-9, 2013), Florianopolis, Brazil. *Mental Toughness May Not Be What We Think It Is: Changing Directions in Research and Practice.*

Keynote speaker at the 4th International Conference on Qualitative Research in Sport and Exercise, (September 1-3, 2014) Loughborough, England. *In Loving Kindness: What Interpersonal Neurobiology Can Tell Us about Compassion, Transference, and Storytelling in Researcher-Participant Encounters.*

### **Licenses and Certifications:**

Arizona State Board of Psychologist Examiners licensure as a psychologist, License No. 1600, 1989 to present.

Certified Consultant, Association for the Advancement of Applied Sport Psychology, Certificate No. 12, 1992-2004.

United States Olympic Committee Registry of Sport Psychology Service Providers, 1989-2002.

Psychologists Registration Board of Victoria: Registration as a Psychologist, Certificate No. 3799, 1995-2010.

Psychologists Registration Board of Victoria: Registration as a Supervising Psychologist, Certificate No. s3799, 2006-2010.

Psychology Board of Australia: Registration as a psychologist, No. PSY0001120562, 2010 to present.

Psychology Board of Australia: Area of practice endorsement as a sport and exercise psychologist, 2011 to present.

Psychologist Board of Australia: Area of practice endorsement as a clinical psychologist, 2015 to present.

Psychology Board of Australia: Registration as a supervisor of psychologists, 2011 to present.

Medicare Provider, Department of Human Services, Australian Government, No. 2880982K, 2004 to present.

### **Professional Affiliations:**

American Psychological Association (APA), member: Division 17 (Counseling), Division 38 (Health), Division 47 (Sport & Exercise), 1988-1998.

Association for the Advancement of Applied Sport Psychology, (AAASP), charter member, 1986-2011.

Australian Psychological Society (APS), member, 1994-1998, 2010 to 2014.

APS College of Sport and Exercise Psychologists, member 2010 to 2014.

International Society of Sport Psychology (ISSP), member, 1993 to 2006.

Pan-Asian Society of Sport & Physical Education, member, 2012 to present.

### **Internships:**

Clinical psychology, Dr. Sharon Calvert, supervisor, Arizona State Prison Complex-Tucson, stress management, group therapy, individual therapy, projective testing, and neuropsychological assessments (e.g., Halstead-Reitan), 1987-1988 (14 months).

Exercise and sport psychology, Dr. Jean M. Williams, supervisor, University of Arizona. Exercise and sport psychology intern for the women's cross country, women's golf teams, women's track and field, women's softball, men's basketball, men's baseball, and men's track and field teams, 1984-1987.

### **Service:**

Member of the Eating Disorders Team, Sports Medicine Advisory Team, and the Student Advisory Co-ordinating Committee, Arizona State University, 1989-1991.

Guest Reviewer for *the Journal of Applied Sport Psychology*, 1992-1997, 2009-2014.

- Guest Reviewer for *The Sport Psychologist*, 1992-1994, 2002-2014.
- Guest Reviewer for *The Australian Journal of Science and Medicine in Sport*, 1995-1997.
- Guest Reviewer for the *Journal of Science and Medicine in Sport*, 1998-2014.
- Guest Reviewer for *Women in Sport and Physical Activity Journal*, 1996-2014.
- Guest reviewer for *Research Quarterly for Exercise and Sport*, 1997-2014
- Guest reviewer for *Physical Therapy in Sport*, 2005-2014
- Guest reviewer for *British Journal of Sports Medicine*, 2005-2014
- Guest reviewer for *Psychology of Sport & Exercise*, 2004-2014
- Guest reviewer for *Sport, Exercise, and Performance Psychology*, 2011-2014
- Editorial Board member for *Sport, Exercise, and Performance Psychology*, 2012-2014
- Editorial Board member for *Journal of Applied Sport Psychology*, 1998-2004
- Editorial Board member for *The Sport Psychologist*, 1994-1997
- Editorial Board member for *Journal of Clinical Sport Psychology*, 2007-2014
- Editorial Board member for *Qualitative Research in Sport, Exercise, and Health*, 2008-2014
- Professional Practice Section Editor for *The Sport Psychologist*, 1997-2002
- Editorial Board member for *Journal of Sport & Exercise Psychology*, 2002-2014
- Associate Editor, *Journal of Applied Sport Psychology* (clinical and counseling section), 2007-2009
- Co-ordinator of Graduate Research, School of Human Movement, Recreation, and Performance, Victoria University, 1995-1999
- Course co-ordinator for the Master of Applied Psychology (Sport), College of Arts, Victoria University, 1996-2014
- Course co-ordinator for the Doctor of Applied Psychology (Sport), College of Arts, Victoria University, 2004-2014
- Head of department's representative on the Faculty Research and Graduate Studies Committee, Faculty of Human Development, Victoria University, 1995-1999, 2001-2006
- Manager of the Division of Research and Research Studies, School of Human Movement, Recreation, and Performance, Victoria University, 2000-2001.
- Member, Faculty Research Ethics Committee, Faculty of Arts, Education, and Human Development, 1999-2012.
- Member, University Research Ethics Subcommittee on Policy and Procedures, 2009-2013
- Member, Curriculum Review Committee, School of Human Movement, Recreation, and Performance, Victoria University, 1995-96.
- Member, review board of the Graduate Diploma in Exercise for Rehabilitation, Victoria University, 1994-2002
- Member, review board of the Master's in Exercise for Rehabilitation, Victoria University, 2002-2014.
- Contributor to the *Guide to higher degrees by research: Advice to students and supervisors*, Victoria University, 1995.
- Secretary of the College of Sport Psychologists, Victorian Section, Australian Psychological Society, 1996

Chair of the College of Sport Psychologists, Victorian Section, Australian Psychological Society, 1996-97.

Co-ordinator of the 1997 and 1999 Applied Research in Sports Science Award (Sport and Recreation Industry Awards)

Member, Victoria University Promotions Panel (D & E), 2007-2010

Member, Faculty of Arts, Education and Human Development Working Party on Research Supervision, 2011-2012

Member, Faculty of Arts, Education and Human Development Equity, Safety, & Wellbeing Committee, 2011-2012

Portfolio Manager, Equity, Social Inclusion and Wellbeing, School of Sport and Exercise Science, 2011-2012

### **Past Employment:**

Research Assistant, Navy Personnel Research and Development Center, San Diego, CA, 1975-1978

Graduate assistant, University of Arizona, Instructor for Introduction to Psychology (101) and Psychological Measurement and Statistics (245), 1982-1988.

Instructor and co-developer of a course in stress management for the Alcoholism Council of Tucson conducted at Cottonwood de Tucson, a residential treatment center for alcohol and substance abuse, 1985-1987.

Instructor and developer of a stress management workshop for inmates of the Arizona State Prison Complex-Tucson, 1987-1988.

Visiting assistant professor of psychology, Beloit College, Beloit, Wisconsin (one year contract). Teaching Introduction to Psychology, Physiological Psychology, Introduction to Statistical Concepts, and Psychology of Sport and Physical Activity, 1988-1989.

Director of Athlete Psychology Services, Arizona State University (ASU), Tempe, AZ. A comprehensive program of psychological services for athletes including personal, career, and performance counseling in the Department of Intercollegiate Athletics, 1989-1991.

Adjunct professor, Department of Health and Physical Education, Department of Psychology, and the Department of Counseling, ASU, teaching "Psychological Skills for Optimal Performance" (PED 348), supervising doctoral student practica in psychological services for athletes, 1989-1991.

Badminton Association of Malaysia, Kuala Lumpur, Malaysia. Psychologist for the National Team of Malaysia, providing training in performance enhancement and delivering personal counseling services, 1991-1992.

Visiting assistant professor, Department of Physical and Health Education, University of Wyoming, Laramie, WY. Teaching undergraduate History and Philosophy of Sport, Psychosocial Aspects of Human Movement, graduate Sociology of Sport, and graduate Psychological Services Practicum, 1992-1993.

Assistant Professor, Department of Psychology, Wayne State College, Wayne, Nebraska. Teaching General Psychology, Personality Theory, History and Systems, Sport Psychology, Health Psychology, Developmental Psychology, and Statistics, 1993-1994.

Professor, College of Sport and Exercise Science, Victoria University, Melbourne, Australia. Course co-ordinator, Master of Applied Psychology (Sport), the Psychology Division of the College of Arts, 1994-2014.

### **Other Experience:**

San Diego City College, San Diego, California, student teacher in psychology, 1976. South County Community college (Chabot), Hayward, California, instructor in behavior modification, Human Services Dept., 1981. Ohlone College, Fremont, California, instructor in psychology, 1981. Las Positas College, Livermore, California, instructor in psychology, summers 1982-84, 1986. Pima Community College, Tucson, Arizona, instructor in psychology, 1987. Substitute teacher and bookkeeper, Livermore, CA and Boulder, CO, 1979-1982.

### **Most recent positions:**

Visiting International Research Professor, Halmstad University, Sweden, July to December, 2014

Adjunct Professor, Halmstad University, Center of Research on Welfare, Health, and Sport, School of Social and Health Sciences, 2014 to present.

Clinical psychologist, Gregory Street Psychology, 16A Gregory Street, Sandy Bay, TAS 7005, 2015 to present.

## **Grants:**

Role: Co-investigator

Title: Stress and injury: The role of life events, daily hassles, coping resources, hardiness, locus of control, and state anxiety in mediating the likelihood of injury.

Source and Amount: University of Arizona, Biomedical Research Support Grant, 1986: \$3,000.

Role: Co-investigator

Title: Mechanisms Underlying the Stress-Injury Relationship.

Source and Amount: United States Olympic Committee: Sports Medicine and Sports Science Committee, 1991: \$15,946.

Role: Principal Investigator

Title: Tracking the educational and vocational paths of sport psychology graduates in Australia.

Source and Amount: Center for Exercise, Rehabilitation, and Sport Science, Victoria University, 1994: \$5,000.

Role: Co-investigator

Title: The experiences of supervisors and supervisees in supervision: A qualitative and quantitative study.

Source and amount: Center for Exercise, Rehabilitation, and Sport Science, Victoria University, 1995: \$3,750.

Role: Co-investigator

Title: Development and validation of the Causes of Anxiety in Sport Scale.

Source and Amount: Victoria University Seeding Grant, 1996: \$7,500.

Role: Co-investigator

Title: The cognitive effects of wasting in jockeys

Source and Amount: Victorian Racing Association and APAI, 2004: \$70,000

Role: Co-Principal Investigator

Title: The welfare of trainers and stable hands in the Victorian racing industry

Source and Amount: Victorian Racing Association, 2005: \$40,000

Role: Co-Principal Investigator

Title: The welfare of top jockeys in the Victorian racing industry

Source and Amount: Victorian Jockeys Association, 2011: \$12,100

Role: Associate Investigator

Title: The impact of homophobic bullying during sport and physical education participation on same sex attracted and gender questioning young Australians' depression and anxiety levels.

Source and amount: Beyondblue, 2012, \$122,000

## **Contact in Sweden:**

### **Work:**

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