

**Working with Division I Student Athletes
with Jennifer Bessel, Ph.D.**

Date: Friday, January 6, 2023

Time: 9:00am – 10:30am (PST)

Location: Virtual training by Zoom

Registration Deadline: Thursday, January 5, 2023

Fee: Free

CE Credits: 1.5 (*will only be granted to those who attend the entire program and work at UCI*)

**Zoom link: To be provided
after registration**

Program Description:

This presentation will help clinicians to understand the world of a Division I Student Athlete. Mental health is an important dimension of student athlete well-being and exists on a continuum from resilience that facilitates functioning to mental health disorders that can moderately to severely disrupt functioning (NCAA, 2017). Recent studies show college athletes are susceptible to problems such as depression, suicidal ideation, alcohol and substance use, and disordered eating (NCAA, 2017). However, studies suggest that college athletes are reluctant to seek help for these problems, placing them at higher risk for behavior health problems (Barnhard, 2016). Providing culturally competent services that strives to understand how mental health is experienced and viewed in the sport world is an important aspect in working with student athletes (Prior, et al, 2022). At the conclusion of the workshop, participants should be familiarized with key aspects of being a student-athlete, how stress and demands of athletics play a part in student-athlete mental health and assessing for mental health disorders in student-athletes.

Learning Objectives:

- Describe the demands of being a student athlete and how this may interact with mental health.
- Discuss the culture of sport and athletic identity.
- Assess specific mental health disorders in the athletic population.

Agenda:

9:00 – 9:30 AM Overview of Athlete Culture

9:30- 10:00 am Understanding Athletic identity and cultural considerations

10:00 – 10:30 Understanding specific mental health disorders in athletes

About the Presenter:

Jennifer Bessel, Ph.D. has been a licensed psychologist in California since 1999. Dr. Bessel has been a member of the USA Track & Field Sport Psychology Travel team and has provided services to athletes, coaches, and teams in a variety of sports through her consulting practice in San Diego and Irvine, California. Dr. Bessel has provided services at The Ohio State, UT Austin, Long Beach State and the USOC Training Center in San Diego. In addition to performance enhancement, she also specializes in working with athletes coping with eating disorders and athletes who are recovering from injury.

Dr. Bessel's passion for working with athletes started during her time as an undergraduate at California State University, Long Beach where she was an All-American runner in the 5,000 meters in track and field.

**[Click here to register for the CE event,
Working with Division I Student Athletes](#)**

