

Scott B. Goldman, PH.D.

Clinical Interests

- Athletic and Performance Enhancement
- Rehabilitation Psychology
- Stress and Anxiety Disorders
- Rational Emotive Behavior Therapy
- Cognitive Behavior Therapy
- Behavior Therapy
- Outward Bound
- Animal Assisted Therapy

Research Interests

- Athletic and Performance Enhancement
- Competence Induction Techniques
- Implementation of Treatments and Therapy
- Animal Assisted Therapy

Licensure

- Licensure in the State of Arizona-2007 License Number: 3929
- Licensure in the State of New Mexico-2007 License Number: 0993
- Licensure in the State of Colorado-2007 License Number: 3060
- Licensure in the State of Missouri -2005 License Number: 2005009466

Education

Hofstra University-Hempstead, NY

- Doctorate of Philosophy with Distinction, Clinical and School Psychology- 2004
- Masters of Arts with Distinction, Clinical and School Psychology- 1999

Northern Arizona University- Flagstaff, AZ

- Post Doctorate- September 2007-December2007

University of New Mexico-Albuquerque, NM

- Post-Baccalaureate-May 1996-August 1998

Tulane University-New Orleans, LA

- Bachelor of Arts, Psychology-May 1996

Honors & Certifications

- National Collegiate Athletic Association (NCAA) Health and Safety Speaker Registry, 2011 to present
- United States Olympic Sport Psychology Registry, 2008 to present
- Association for Applied Sport Psychology Certified Consultant, 2008 to present
- Certified in Critical Incident Stress Management (CISM), 2009
- Community Emergency Response Team (CERT) Certification, 2008
- Saint Louis University's Men's Soccer Team- 12th Man Award, 2007
- Alan Robinson Award for Outstanding Doctoral Dissertation-Finalist, 2004
- James McKeen Cattell Award for Outstanding Doctoral Dissertation in Psychology, Nomination-2004
- Certified School Psychologist- 2002

Rational Emotive Behavior Therapy Certifications

- Supervisory Certificate Program –2003
- Treatment of Addictions Practicum- 2003
- Child and Adolescent Therapy Practicum- 2002
- Advanced Certificate Program at the Ellis Institute- 2001
- Primary Certificate Program at the Ellis Institute- 2001

Applied Sport Psychology Experience

University of Arizona Athletic Department - Tucson, AZ, 3/07 to present
Director of Clinical and Sport Psychology

- Administer individual and group counseling to the student-athletes
- Provide crisis intervention
- Construct and implement treatment plans incorporating various cognitive behavioral techniques
- Supply therapeutic services to the sports medicine and rehabilitation division
- Develop and implement department wide mental health programming
- Develop and execute institutional policies and procedures
- Meet with teams weekly providing a series of motivational, mental training, and peak performance techniques
- Attend practices and games on a weekly basis
- Provide psychological insights to the coaching staffs as requested

Saint Louis University Athletic Department -Saint Louis, MO, 2/05 to 3/07
Applied Sport Psychologist

- Meet with teams weekly providing a series of mental training techniques, namely, imagery, thought stoppage, group cohesion, goal setting, arousal regulation, attentional focus, assertiveness training, pain tolerance, myth busting of slumps/streaks/winning, and communication styles. Sessions are both instructional and interactive.

- Attend practices and games on a weekly basis and implement motivational techniques and psychological insights to the coaching staffs as requested.
- Provide clinical therapy as well as performance enhancing techniques to athletes who sought individual attention. Supply adjunctive therapeutic services to the sports medicine and rehabilitation division.

Brunswick Psychiatric and Physical Rehabilitation Center-Amityville, NY, 8/02 to 12/02 Staff Therapist

- Supervised by Dr. Dan Boyle.
- Administer individual and group counseling, construct and implement therapeutic interventions incorporating various cognitive behavioral techniques, specifically treatments designed to manage discomfort, increase pain tolerance, and process secondary psychological difficulties (such as depression and anxiety) during the rehabilitation process, developed and charted progress notes, and execute institutional policies and procedures.

Major League Soccer Clinics -Seaford, NY

Trainer/Coach

- Developed and administered individual skills training, team tactics and strategies, and psychological techniques to competitive youth athletes.

Sport Psychology Teaching Experience

University of Arizona Sports Medicine Fellowship Program - Tucson, AZ, 3/07 to present

Adjunct Faculty of Applied Sport Psychology

- Educated fellows on the history, theory, and application of Applied Sport Psychology.
- Provided lectures, supervision, and direct patient care.

National University - La Jolla, CA, 11/09 to present

Adjunct Faculty of Applied Sport Psychology

- Taught online undergraduate students on the history, theory, and application of Sport Psychology.

Logan College Sports Science and Rehabilitation Master's Program- Saint Louis, MO, 11/06 to 1/11

Adjunct Faculty of Applied Sport Psychology

- Developed curriculum to educate graduate students on the history, theory, and application of Sport Psychology.
- Additionally, formatted the curriculum for on-line and correspondence learning.

Saint Louis University Primary Care Sports Medicine Fellowship Program - Saint Louis, MO, 7/04 to 3/07

Adjunct Faculty of Applied Sport Psychology

- Educated fellows on the history, theory, and application of Applied Sport Psychology.
- Provided lectures, supervision, and direct patient care.

Sport Psychology Professional Societies And Committees

- Public Interest Committee Chair of American Psychological Association's Division 47 (Exercise and Sport Psychology), 2010 to present
Program Committee
- Member of American Psychological Association's Division 47 (Exercise and Sport Psychology), 2010 to present
- American Psychological Association Division 47, Exercise and Sport Psychology-2005 to present
- Association for the Advancement of Applied Sport Psychology- 2003 to present
- Steering Committee for Big Sky Sport Psychology Retreat- 2007 to 2010
- Resource Librarian for Big Sky Sport Psychology Group-2007 to 2010

Sport Psychology Media

- Expert Contributor for Stack Magazine/Stack.com, 2012 to present
- Brunner, T. (2012). Teach your child to be competitive to ready them for the arena of Life.
www.doctorbrunner.com
- Wyrick, D. (2012). It Matters. University of Carolina, Greensboro.
- Sitton, D. (2011). Daily Male: Interview with Dr. Scott Goldman. 104.1fm The Truth.
- Recker, R. (2011). Managing Pressure as an Underdog. 1290AM Pre-Game Show with Ryan Recker
- Recker, R. (2011). Interview with Dr. Scott Goldman from RyanRecker.com. <http://ryanrecker.com/blog/text/13423082>
- McCaffrey, G. (2011). Swimmer Psyche. from Split Time, 10563.
<http://tv.swimmingworldmagazine.com/shows/split-time/split-time-episodes/10563>
- Finley, P. (2011). 'So Close' at 2010 WCS motivates cats this year. Arizona Daily Star (Tucson, AZ)
- Hosick, M.B. (2010). Arizona stands out to STEP UP! NCAA Champion Magazine, 3 (1), 23
- Goldman, S. (2010). Students making a difference and learning right from wrong. KVOA 4. Tucson, AZ; 4 Television.
- Goldman, S. (2010). Does your kid have the DNA of a sports superstar? KOLD 13 Sports News. Tucson, AZ; 13 Television.
- Goldman, S. (2009). Sport Psychology: On-air Interview. Glenn Parker's In the House. Tucson, AZ: 1290AM Radio.
- Timmerman, T. (2006). Bonds is no Babe in the public eye. Saint Louis Dispatch 3rd Edition, C1
- Goldman, S. (2005). Improving Your Athletic Performance: Optimal Arousal Regulation. High Performance Training, 7, 15-17.

Sport Psychology Conference Planning

- Bell, B., Goldman, S. Wilfert, M., Cox, J., Everheart, D. (2012). STEP UP! National Facilitator Training and Conference, Tucson, AZ

Sport Psychology Presentations, Publications, and Research

- Goldman, S. (2012). Reduce self-imposed demands to improve your athletic performance. Stack magazine.
http://www.stack.com/2012/07/27/reduce-self-imposed-demands/?utm_source=twitterfeed&utm_medium=twitter
- Davis IV, H., Sullivan, J.P., Carr, C., Coppel, D.B, Shunk, A., Carter, J., Goldman, S.,
- Hammond, T. & Baillie, P.H.F. (2013). Issues in the diagnosis of psychopathological disorders. In *Fundamental Concepts in Sport and Exercise Psychology*. New York, NY: Routledge.
- Goldman, S. (2012). Sport Psychology and Beyond. Keynote speaker by invitation at the Global Business Travel Symposium: Sports Symposium, Phoenix, AZ
- Goldman, S. (2012) STEP UP! Keynote speakers by invitation at New York University, New York City, NY.
- Goldman, S. (2012) STEP UP! Keynote speakers by invitation at Loyola University-Chicago, Chicago, IL.
- Chew, K., Borlabi, W., Flowers, R., & Goldman, S. (2012) Real Talk: The Impact of Diversity in Sport. Proceedings at 8th Annual Big Sky Sport Psychology Retreat: The role of the Sport Psychologist in the Care of the Collegiate/Elite Athlete, Big Sky, MT
- Goldman, S. & Klossner (2012) NCAA Update: Programs and Research. Proceedings at 8th Annual Big Sky Sport Psychology Retreat: The role of the Sport Psychologist in the Care of the Collegiate/Elite Athlete, Big Sky, MT
- Goldman, S. (2011) STEP UP! Keynote speaker by invitation at New England Small College Athletic Conference Annual Athletic Directors' Meeting, Westford, MA
- Bell, B. & Goldman, S. (2011) STEP UP! Keynote speakers by invitation at Texas Christian University, Fort Worth, TX
- Goldman, S (Chair), Kontos, A., Larson, E., Day, C. (2011). APA Division 47 Symposium: Psychology of Injury. Proceedings at the 119th Annual American Psychological Association Convention, Washington, D.C.
- Goldman, S., Marshall, J, & Staley, A. (2011). Managing Student-Athlete Mental Health- Best Practices. Proceedings at the 46th Annual National Association of Collegiate Directors of Athletics (NACDA). Orlando, FL.
- Goldman, S. & Goldman, E (2011) Current Trends in Student-Athlete Development: Mental Health. North Central College & Carthage College Symposium, Naperville, IL & Kenosha, WI.
- Bell, B. & Goldman, S. (2011) STEP UP! Keynote speakers by invitation at the University of Nevada-Las Vegas, Las Vegas, NV

- Goldman, S. & Klossner (2011) NCAA Update: Programs and Research. Proceedings at 7th Annual Big Sky Sport Psychology Retreat: The role of the Sport Psychologist in the Care of the Collegiate/Elite Athlete, Big Sky, MT
- Goldman, S. (2011) Understanding Anger and Managing Conflict. Proceeding at the 2011 APPLE Conference, Austin, TX.
- Bell, B. & Goldman, S. (2010) STEP UP! and Alcohol responsibility. Keynote speakers by invitation at the University of Virginia, Charlottesville, VA
- Bell, B. & Goldman, S. (2010) STEP UP!: Train the Trainers. Keynote speakers by invitation at the University of Virginia, Charlottesville, VA
- Botsford, D., Goldman, S. Sullivan, J, Portenga, S. (2010). Navigating the Emerging Student-Athlete Welfare Challenge: Performance Concerns as Clinical Issues. Proceedings at the Annual Association for Applied Sport Psychology, Providence, RI.
- Goldman, S. (2010). Supporting and Communicating with Today's Student-Athletes. Proceeding at the NCAA Student-Athlete Leadership Forum, Orlando, FL.
- Goldman, S. (2010). Understanding and Treating the Elite Level Athlete: A Clinical and Performance Enhancement Approach. Proceedings at the Arizona Psychological Association's Annual Convention, Tucson, AZ.
- Goldman, S (Chair), Carr, C., Bauman, J, Chamberlain, R., Stapleton, A. (2010). APA Division 47 Symposium: Mental Health and Collegiate Student-Athletes: A Tipping Point? Proceedings at the 118th Annual American Psychological Association Convention, San Diego, CA.
- Goldman, S. (2010). Conflict Management and Resolutions. Proceedings at the NCAA Educational Affairs Office, Indianapolis, IN.
- Goldman, S. and Goforth, M. (2010). Developing Counseling and Psychological Service Programs for Your Athletic Medicine Program. Proceedings at 61st Annual National Athletic Trainer's Association's Annual Meeting and Clinical Symposia. Philadelphia, PA.
- Goldman, S. (2010). Sport and Clinical Psychology for Elite Level Athletes. Proceedings at the Southern Arizona Psychology Association's Continuing Education Conference Luncheon. Tucson, AZ
- Goldman, S. (2010). Mental Health in Collegiate Athletics. Proceedings at the 2010 CHAMPS/Life Skills Continuing Education Conference. Tampa, FL
- Goldman, S. & Everheart, D. (2010). STEP UP Program: Social Responsibility and Bystander Intervention. Proceedings at the 2010 CHAMPS/Life Skills Continuing Education Conference. Tampa, FL
- Goldman, S. (2010). STEP UP Program: Social Responsibility and Bystander Intervention. Proceedings at 6th Annual Big Sky Sport Psychology Retreat., Big Sky, MT
- Goldman, S. (2009). Incorporating Psychological Services into Sports Medicine: A Case Study. Proceedings at 5th Annual Big Sky Sport Psychology Retreat.

- Goldman, S. (2008). Applying Rational Emotive Behavior Therapy in Sports Medicine. Proceedings at Rocky Mountain Athletic Trainers Association Annual Conference, Phoenix, AZ
- Goldman, S. (2008). Treating Anger with Rational Emotive Behavior Therapy: A Case Study. Proceedings at 4th Annual Big Sky Sport Psychology Retreat.
- Reinking, M, Goldman, S., Gross, L., McDonald, A., Kelso, T., Austin, T., Bradley, A. (2006) Sports Medicine Roundtable. Proceedings at Saint Louis University's Physical Therapy Program.
- Goldman, S. (2005). Using Sport Psychology to Improve Your Coaching Techniques. Proceedings at The 2005 Coach it Right! Soccer Coaches Clinic, Saint Louis University.
- Goldman, S., & O'Brien, R. M. (2004). Reduction of Snake Phobia Through Anxiety Management Training Using Competence Imagery Induced Through Rock Climbing: Four-Month Follow-up. Proceedings at the 38th Annual Convention of the Association for Advancement of Behavior Therapy, New Orleans, LA, November 2004.
- Goldman, S., & O'Brien, R. M. (2004). Rock Climbing as a Competence Induction Technique for Anxiety Management Training with Snake Phobia. Proceedings at the 112th Annual Convention of the American Psychological Association, Honolulu, HI, July 2004.
- Goldman, S. (2004). Using Rational Emotive Behavior Therapy to Maximize Performance. Proceedings at the Albert Ellis Institute, New York, New York.
- Goldman, S. (2003). Applying Rational Emotive Behavior Therapy to Athletes. Proceedings at the Albert Ellis Institute, New York, New York.
- Goldman, S. (2003). Cognitive Behavior Therapy for Athletes. Proceedings at the Albert Ellis Institute, New York, New York.
- Goldman, S. (2003). Improving your athletic performance with Rational Emotive Behavior Therapy [Pamphlet]. New York City, NY: Albert Ellis Institute, New York, New York.
- Goldman, S. (2002). Athletic performance enhancement through Rational Emotive Behavior Therapy and Additional Psychological Techniques. Proceedings at the Albert Ellis Institute, New York, New York.

Clinical Psychology Experience

Saint Louis University Student Health And Counseling Center - St. Louis, MO, 8/04 to 1/07

Psychologist - Assistant Director

- Director of therapeutic services,
- Administer individual and group counseling to the faculty, staff, and students
- Provide crisis intervention including psychiatric hospital privileges
- Construct and implement treatment plans incorporating various cognitive behavioral techniques
- Supply therapeutic services to the sports medicine and rehabilitation division
- Supervise a staff of five therapists, one psychiatrist, one substance abuse counselor
- Provide post-doctorate licensure supervision
- Responsible for fiscal planning and IAACS accreditation
- Develop and implement campus wide mental health programming such as *Alcohol and Harm Reduction, Depression Screening Week, and Eating Disorder Awareness*
- Develop and execute institutional policies and procedures.

Albert Ellis Institute-New York, NY, 7/03 to 8/04

Staff Therapist

- Supervised by Dr. Kristene Doyle
- Administer individual and group counseling, supervise and educate therapists-in-training
- Construct and implement therapeutic interventions incorporating various cognitive behavioral techniques, specifically Rational Emotive Behavior Therapy (REBT)
- Develop and implement community outreach services
- Chart progress notes
- Execute institutional policies and procedures

Albert Ellis Institute-New York, NY, 7/01 to 7/03

Clinical Psychology Fellow

- Supervised by Drs. Albert Ellis, Janet Wolf, Dominic DiMattia, and Ray DiGuiseppe
- Administer individual and group counseling
- Construct and implement therapeutic interventions incorporating various cognitive behavioral techniques, specifically Rational Emotive Behavior Therapy (REBT)
- Chart progress notes
- Execute institutional policies and procedures.

Glen Cove School District-Glen Cove, NY, 8/00 to 6/01

School Psychology Intern

- Supervised by Dr. Karen Quick
- Provided a number of psychological services such as psychological and educational evaluations

- Provided direct student counseling
- Created individual education plans
- Performed group therapy
- Implemented administrative policies and procedures within the school setting

**Hofstra University Psychological Evaluation And Research Center -
Hempstead, NY, 1/00 to 6/01**

Psychological Evaluator

- Create and administer a battery of testing and evaluation instruments to assess both child and adult clients regarding specific referrals. This includes providing a written summarization of results and recommendations for psychological interventions.

Memorial Psychiatric Hospital- Albuquerque, NM, 8/96 to 7/01

Psychology Technician

- Direct patient care services
- Construct and implement individual and group therapeutic interventions and programs
- Participate in staff meetings
- Chart progress notes
- Execute institutional policies and procedures as well as apply psychodrama techniques and Outward Bound experiences such as rock climbing, hiking, camping, etc.

Clinical Teaching Experience

Saint Louis University Medical School - Saint Louis, MO, 7/05 to present

Clinical Instructor of Psychiatry

- Educated 3rd and 4th year psychiatry residents on the history, theory, and application of Cognitive Behavior Therapy. In addition, individual and group supervision was provided for case management.

Saint Louis University Marriage and Family Therapy Graduate Program - Saint Louis, MO, 7/05 to present

Adjunct Faculty

- Educated master level and doctoral level students on the history, theory, and application of Cognitive Behavior Therapy. In addition, individual and group supervision was provided for case management.

Saint Louis University - Saint Louis, MO, 7/05 to 1/07

University 101 Instructor

- Educated first year undergraduate students on the topics of transitioning from high school to college living. In addition, student advisement and guidance was provided.

Hofstra University - Hempstead, NY, 8/00 to 5/04

Adjunct Instructor of Psychology

- Educated undergraduate students on the topics of history, causal factors, DSM-IV criteria, characteristics, composition, and treatment of various abnormal behaviors. In addition, student advisement and guidance was provided.

Clinical Psychology Professional Societies And Committees

- Membership Chair of the Southern Arizona Psychology Association, 2009 to present
- American Psychological Association- 1998 to present
- Association for the Advancement of Behavior Therapy-1999 to present
- Association for University and College Counseling Center Directors -2006 to 2008
- Membership Committee for the Missouri Psychological Association- 2005 to 2007
- Young Professional Committee for the Missouri Psychological Association- 2005 to 2007
- Saint Louis Psychological Association-2005 to 2007
- Missouri Psychological Association-2005 to 2007
- Co-Chairperson, Committee for the Treatment of Alcohol Abuse at Saint Louis University-2005 to 2007
- Nassau County Psychological Association-2001 to 2004
- National Association of School Psychologists-1999 to 2004
- Chairman, Social Committee for the Clinical and School Psychology Doctoral Student Assoc.-1999to 2000

Clinical Psychology Research And Presentations

- Goldman, S. (2008). Introduction to Rational Emotive Behavior Therapy. Proceedings at University of Arizona's Campus Health Continuing education.
- Goldman, S. & Scheff, D. (2006). Suicide and Suicidal Ideation. Proceedings at Saint Louis University's President's Coordinating Council.
- Goldman, S., Pettinelli, D., & Greenberg, M. (2005). Balancing Personal Relationships and Graduate School. Proceedings at the Graduate Assistant and Fellowship Orientation for Saint Louis University, August, 2005.
- Goldman, S. (2005). Rational Emotive Behavior Therapy: Short Term Therapy, Long Term Results. Proceedings at the Grand Rounds for the Saint Louis University's Department of Psychiatry, May, 2005.
- Goldman, S. (2005). Time Line Hedonic Calculus: A SMART Recovery Based Tool for Managing Substance Abuse and Impulsive Behavior. Proceedings at the National Counsel on Alcoholism and Drug Abuse, Saint Louis, MO, January, 2005.
- Goldman, S. (2004). Augmenting Anxiety Management Training with a Confidence Induction Technique. Proceedings at the Albert Ellis Institute, New York, New York.
- Goldman, S. (2003). The Importance of Self-Talk. Proceedings at All Souls Unitarian Church, New York, New York.
- Goldman, S. (2003). Procrastinate Later. Proceedings at the Albert Ellis Institute, New York, New York.
- Goldman, S. (2003). Rational Emotive Behavior Therapy and the Albert Ellis Institute. Proceedings at the Fall 2003 Hofstra University Mental Health Awareness Day, Hempstead, New York.
- Goldman, S. (2003). De-Awfulizing the stutter: Rational Emotive Behavior Therapy and stuttering. Proceedings at the 2003 FRIENDS: The National Association of Young People Who Stutter Annual Convention, Secaucus, New Jersey.
- Goldman, S. (2001). Behavioral mechanisms of animal-assisted therapy. Unpublished master's thesis, under the guidance of Dr. Kurt Salzinger, Hofstra University, Hempstead, NY, USA.
- Salzinger, K., McAleer, E., Goldman, S., Melika, D., Levine, E. (2001). Verbal behavior and depression. Poster at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
- Little, S., Akin-Little, A., Goldman, S., Levine, N., & Cardillo, E. (2000). Gender and Publication Patterns in School Psychology Journals: 1989-1998. Proceedings at the 2000 National Association of School Psychologists Annual Convention, New Orleans, LA.
- Kassinove, H., Schare, M. L., Tsytsarev, S., Sukholdolski, D., Shapiro, T, Doyle, K., Rose, R., Eliaz, I., Golub, A., Cromwell, E., Fuller, J., & Goldman, S. (1999). Accurate and advanced research design. In Kassinove (Chair), International professional psychology seminar. Symposium conducted at the V.M. Bekhterev Psycho-neurological Research Institute, Saint Petersburg, Russia.