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Previous Employment

Assistant Professor, Health Psychology Program, Massachusetts College of Pharmacy & Health Sciences, Boston MA (2003-2004)

Psychology Fellow, Outpatient Pain Program, Spaulding Rehabilitation Hospital, Medford, MA (2002-2003)

Adjunct, Developmental Studies & Counseling Program, Boston University (BU) School of Education, Boston, MA (2001-2002)

Research Associate, Exercise Effects on Mental & Physical Health in Breast Cancer, Division of Psychiatry, BU Medical School, Boston, MA (2000-2002)

Research Assistant, CDC/WVU Prevention Research Center, Physical Activity & Cardiovascular Health Project, WVU School of Medicine, Morgantown, WV (2000)

Research Assistant, NATA/WVU - Athletes' Emotional Response to Injury & Impact Upon Rehabilitation, WVU School of Physical Education, Morgantown, WV (1997-1999)

Instructor, WVU School of Physical Education, Morgantown, WV (1996-1999)

Teaching Assistant, Sport Psychology Program, UNC-CH Department of Physical Education, Exercise & Sport Science (PEESS), Chapel Hill, NC (1995-1996)

Instructor, UNC-CH Department of PEES, Chapel Hill, NC (1994-1996)

Education

Ed.D., Sport & Exercise Psychology, School of Physical Education, West Virginia University (WVU), Morgantown, WV (1996-2000)

M.A., Counseling Psychology (CACREP accredited), WVU, Morgantown, WV (1996-1999)

M.A., Sport Psychology, Dept. of Physical Education, Exercise & Sport Science, University of North Carolina, Chapel Hill, NC (1994-1997)

B.A., Psychology (Psi Chi Honor), University of Kansas, Lawrence, KS (1990-1994)

Teaching Experience

Undergraduate Courses: (15-55 students per class)

Introduction to Sport Psychology, Mental Skills Training, Research Methods, Human Performance Enhancement, Sport Psychology across the Life Span, Behavior Modification, Abnormal Psychology, Theories of Personality, Organizational Psychology

Graduate Courses: (10-30 students per class)

Applied Sport & Exercise Psychology, Biofeedback & Self-Regulation Training, Research Methods, Quantitative Statistics

Computer/Web-Based Courses:

Psycho-physiological Aspects of Injury & Rehabilitation, On-line training module for students in Physical Therapy & Athletic Training at BU Sargent College of Health & Rehabilitation Sciences and Counseling & Developmental Studies, BU School of Education (2001-2002)

Professional/Continuing Education Workshops:

Traumatic Distress & Sport Injury, Medical Psychology Dept., Clinical Interns' Didactic Seminar, Boston VA Medical Center, Boston MA (Fall 2001)

Psychological Aspects of Injury & Rehabilitation (CEU Workshop, NATA), Sports Medicine Dept., University of Pittsburgh Medical Center, Pittsburgh, PA (Fall 1999); Health & Sport Studies Dept., Athletic Training Program, California University of Pennsylvania, California, PA (Spring 1998)

Athletes & Substance Abuse (CEU Workshop, NATA), Sports Medicine Dept., University of Pittsburgh Medical Center, Pittsburgh, PA (Spring 1998)

Guest Lectures:

Introduction to Psychopathology, MGH Institute of Health Professions, Physical Therapy program, Boston MA (Summer 2003)

Careers in Psychology (panel discussion), Psi Chi/Psychology Department, Tufts University. Boston MA (Spring 2003)

Exercise & Breast Cancer, BU Sargent College of Health and Rehabilitation Sciences, Exercise Physiology Program, Boston MA (Spring 2001 & 2002)

Experimental Research Design, Alderson-Broadbuddus College Medical Science/PA Program, Philippi, WV (Fall 1999)

Health & Exercise Psychology, Tufts University Psychology Dept. (Fall 2001 & 2002); WVU Psychology Dept. and Exercise Physiology Dept. (Spring 2000)

Psychological Aspects of Athletic Injury & Rehabilitation, Tufts University Psychology Dept. (Fall 2001 & 2002); BU School of Education, Human Movement Program (Spring 2001); California University of Pennsylvania, Athletic Training Program (Fall 1996); University of Kansas, Dept. of Health, Sport, & Exercise Science (Spring 1995)

Psycho-physiological Implications of Stress in Sport & Exercise, BU School of Education, Human Movement Program (Spring 2001)

Research in Health Psychology: Special Topics, BU School of Education, Counseling & Developmental Studies Program (Fall 2000); WVU School of Physical Education (Fall 1999)

Publications

- Newcomer, R.**, Perna, F., & Larkin, K. (In review). Psychophysiological response to severe sport injury among competitive male athletes.
- Dacey, M., & **Newcomer, R.** (In press). A client-centered counseling approach to motivating older adults towards physical activity. *Topics in Geriatric Rehabilitation*.
- Newcomer, R.**, & Perna, F. (2003). Features of posttraumatic distress among adolescent athletes. *Journal of Athletic Training*, June 38(2), 163-166
- Conroy, D., Silva, J., **Newcomer, R.**, Walker, B., & Johnson, M. (2001) Personal and participatory socializers of the perceived legitimacy of aggressive behavior in sport. *Aggressive Behavior*, 27, 405-418.
- Gordon, P., **Newcomer, R.**, Krummel, D. (2001) Physical Activities and Osteoporosis: Disparities between Knowledge and Practice. *West Virginia Medical Journal*, 97(3), 153-156.
- Krummel, D., Gordon, R., **Newcomer, R.**, Lui, X., Christy, D., & Holmes, A. (2001). Dietary Intake and leisure-time physical activity in West Virginians. *West Virginia Medical Journal*, 97(6), 295-301.
- Newcomer, R.** (2000). Injury (p561-566) In K. Christensen, A. Guttmann, & G. Pfister (Eds.) International Encyclopedia of Women & Sport. Great Barrington, MA: Berkshire Reference Works.
- Etzel, E., Perna, F., **Newcomer, R.**, & Ferrante, A. (1999). Providing psychological assistance to injured and disabled college student-athletes (p269-285). In D. Pargman's (Ed.) Psychological bases of sport injury. Morgantown, WV: Fitness Information Technology.

Refereed Presentations

- Newcomer, R.**, & Perna, F. (2001, October). Features of posttraumatic distress among adolescents. Symposia presentation at the annual convention for the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
- Newcomer, R.**, & Perna, F. (2000, September). Psychophysiological assessment of athletes' response to sport injury. Paper presentation at the annual convention for the Association for the Advancement of Applied Sport Psychology, Nashville, TN.
- Newcomer, R.**, Perna, F., Maniar, S., Roh, J., Stilger, V. (1999, September). *Depressive symptomology distinguishing injured from noninjured athletes*. Paper presentation at the annual convention for the Association for the Advancement of Applied Sport Psychology, Banff, Canada.
- Newcomer, R.**, & Paa, H. (1999, August). *Been there. Done that: Successful transitions from stipend to salary (Co-President)*. Symposia presented at the annual convention of the American Psychological Association, Boston, MA.
- Newcomer, R.**, Perna, F., Roh, J., Maniar, S., & Stilger, V. (1999, August). *Intrusive thoughts and avoidance behavior following athletic injury among adolescents*. Paper presentation at the annual convention of the American Psychological Association, Boston, MA.
- Newcomer, R.**, Roh, J., Perna, F., Etzel, E., & Stilger, V. (1998). Injury as a traumatic experience: Intrusive thoughts and avoidance behavior associated with injury among college student-athletes. Journal of Applied Sport Psychology, 10, S54.
- Perna, F., Roh, J., **Newcomer, R.**, Etzel, E., & Stilger, V. (1998). Clinical depression among injured athletes: An empirical assessment. Journal of Applied Sport Psychology, 10, S55.
- Roh, J., **Newcomer, R.**, Perna, F., Etzel, E., & Stilger, V. (1998). Depressive mood states among college athletes: Pre- and post-injury. Journal of Applied Sport Psychology, 10, S54.
- Newcomer, R.**, Roh, J., Perna, F., Etzel, E., & Stilger, V. (1998). *Features of posttraumatic stress disorder following major athletic injury*. Paper presentation at the annual convention of the American Psychological Association, San Francisco, CA.
- Conroy, D. & **Newcomer, R.** (1995). *An identification of students' perceptions on the legitimacy of aggressive and potentially injurious sport behavior*. Paper presentation at the annual convention for the Association for the Advancement of Applied Sport Psychology, New Orleans, LA.

Grant Proposals

Principal Investigator, *UNCG Summer Research Excellence Award*, UNCG Office of Research (\$4000), **Funded 06/2005**.

Principal Investigator, *Acute Stress Following Severe Sport Injury*. National Institute of Mental Health (NIMH) B/START (\$50,000), Not funded 2001, 2002; RO3 (\$100,000), *Planned*
Co-Principal Investigator, *Addressing Athletic Trainers' Competency in Psychology & Counseling: Implementation and Evaluation of an Educational Training Program*. National Athletic Trainers' Association (\$26,726), Deferred 2001

Investigator, *Web-based training module in psychological aspects of sport injury & rehabilitation*. BU Instructional Technology Grant Program (\$8,015), **Funded 12/2000**.

Principal Investigator, *Cognitive-affective, behavioral, and physiological response to sport injury among competitive athletes*. WVU Academic Affairs & Research, Doctoral Research Grant (\$700), **Funded 12/ 1999**

Principal Investigator, *An identification of the influence of various factors on athletes' cognitive appraisal of injury*. UNC-CH Smith Grant for Graduate Research (\$200), **Funded 1/1996**

Professional Licensure/Certifications & Memberships

AAASP Certified Consultant (AAASP-CC), #214

United States Olympic Committee (USOC) Sport Psychology Registry

National Certified Counselor (NCC), #62072

Certified Youth Sport Coach, American Coaching Effectiveness Programs (ACEP), since 1994

Association for the Advancement of Applied Sport Psychology (AAASP), member since 1994

American Psychological Association (APA) & Division 47 (Exercise & Sport), member since 1996

American Counseling Association, member since 1999

Clinical Training

Health Psychology:

BU School of Medicine (Supervisor: Dr. Frank Perna) 2000 – 2002

Role: Provided individual counseling to women with breast cancer

Skills: Assessment, Stress Management, Cognitive Restructuring, Exercise & Healthy Lifestyle, Adherence & Relapse Prevention

Issues: Grief & Loss, Body Image, Mood & Anxiety associated with General Medical Condition, Treatment Compliance and Adherence

WVU Sports Medicine (Supervisor: Dr. Frank Perna) 1997 – 2000

Role: Provided individual counseling to adolescents & young adults as well as continuing education workshops for sports medicine staff & students

Skills: Assessment, & Coordinating Referrals

Issues: Mood, Anxiety (Acute Stress), Adjustment, & Substance Use

WVU School of Medicine's Disease Prevention Program (Supervisor: Dr. Frank Perna) 1999 – 2000

Role: Provided individual counseling to adult medical patients

Skills: Assessment, Stress Mgmt., Cognitive Restructuring, Exercise & Healthy Lifestyle, Adherence & Relapse Prevention

Issues: Mood & Anxiety associated with General Medical Conditions, Treatment Compliance & Adherence

Clinical Psychology:

SRH Outpatient Pain Program, Boston MA (Supervisor: Dr. Alan Witkower) 2002 – 2003

Role: Conduct psychological evaluations, Provide individual & group counseling to chronic pain patients, Consultation with multidisciplinary treatment team.

Skills: Minimizing Pain Behavior, Pacing, Biofeedback, Communication, Relationships

Issues: Pain Disorder, Mood/Adjustment Disorder, Somatoform Disorder, Symptom Mgmt, Treatment Compliance & Adherence

Boston VA Medical Center, Boston MA (Supervisor: Dr. DeAnna Mori) 2001 – 2002

Role: Provide group counseling to veterans with chronic medical issues

Skills: Stress Mgmt, Exercise & Healthy Lifestyles, Communication, Relationships

Issues: Mood & Anxiety associated with General Medical Conditions, Symptom Mgmt, & Treatment Compliance & Adherence

Chestnut Ridge Counseling Services, Inc.; Uniontown PA (Supervisor: Dr. Tom Bell) 1998 – 1999

Role: Provided individual, group & crisis counseling to adult outpatients

Skills: Assessment, Stress Mgmt., Cognitive Restructuring, Dialectical Behav. Therapy

Issues: Personality, Mood, Anxiety (PTSD & Eating Disorders), Adjustment, & Substance Use

Sport Psychology:

WVU Dept. of Athletics (Supervisors: Drs. Frank Perna & Ed Etzel) 1996 – 1999

Role: Provided individual & group counseling to adolescents & young adults

Skills: Assessment, Stress Mgmt., Cogn. Restructuring, & Conflict Res/Communication

Issues: Mood, Anxiety (Acute Stress & Eating Disorders), Adjustment, & Substance Use

Professional/Community Service

Guest Reviewer, *Journal of Sport Rehabilitation*, Dr. Christopher D. Ingersoll (Editor), Current National Student Representative, American Psychological Association, Division 47 (Exercise & Sport), 1998 – 2000

New York City Marathon Psyching Team Staff, November 1999 & 2000

Group Facilitator, Adolescent Career Development Project, WVU Dept. of Counseling, Counseling Psychology, and Rehabilitation Psychology, Spring 1998

Discussion Group Facilitator, Managing Aggressive Sport Behavior Among Adolescents, Chapel Hill-Carboro & Durham County Public School District, North Carolina, 1996 – 1997

High/Low Ropes Course Facilitator, UNC-CH Carolina Adventures Program, 1996

Life Skills Co-Presenter, NCAA Youth Education through Sports (YES), Chapel Hill, NC, 1995

Assistant Volleyball Coach, USAVB juniors (Girls 16 & under), Lawrence, KS, 1994

Volunteer, Boys & Girls Club of Lawrence, Lawrence, KS, 1993 – 1994

Honors/Awards

American Psychological Association, Div. 47 (Exercise & Sport) Dissertation Award Winner, 2001; *Cognitive-affective, behavioral, and physiological response to sport injury among competitive athletes* (West Virginia University)

Outstanding Graduate Student of the Year, WVU School of Physical Educ., 1998, 1999, & 2000

Student Travel Award Recipient, American Psychological Association (\$300), 1998 & 1999

Honorary Award, National Girls and Women in Sport, 1995

Teaching Excellence Award, UNC Dept. of Physical Educ., Exercise & Sport Science, 1995

Technology & Software Proficiencies

Instructional technology courseware (i.e., WebCT, Blackboard); EndNote Reference Database; Microsoft Office programs (i.e., Word, Excel, Access, PowerPoint); Psychophysiological monitoring tools (i.e., HR, GSR, Temp, EMG); SPSS/SAS statistical software; Web page design & basic development (i.e., Dreamweaver, Fireworks)

Personal Activities & Interests

Traveling, biking, rock climbing, hiking, inline/ice skating, snowblading/skiing, running, swimming, & volleyball