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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-Broadbent 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 process). 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

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  
National Certified Counselor (NCC), #62072, 1999  
AAASP Certified Consultant (AAASP-CC), *in review*

## 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-Carborro & 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

## References

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