

ZENZI HUYSMANS – Curriculum Vitae

Local address: Morgantown, WV 26505, USA

EDUCATION

Ph. D. Sport and Exercise Psychology (Dec 2018)

West Virginia University, Morgantown, WV

Dissertation topic: Coaching life skills through sport: An application of the TPSR model to youth sport in Eswatini (Damien Clement, Ph.D. Chair)

M.A. Clinical Mental Health Counseling (May 2018)

West Virginia University, Morgantown, WV (CACREP accredited program)

Internship Site: Waynesburg University Counseling Center (Supervisor: Jane Owen)

M.S. Sport and Exercise Psychology (May 2016)

West Virginia University, Morgantown, WV

Thesis topic: A preliminary exploration of the application of self-compassion within the context of sport injury (Damien Clement, Ph.D. Chair)

B.S. Psychology; Minor in Biological Anthropology (May 2014)

Duke University, Durham, NC

Undergraduate honors thesis: The Breast Biopsy Experience: Relationship between Anxiety, Anticipatory Pain and Psychological Variables (Rebecca Shelby, Ph.D. Chair)

IBDP International Baccalaureate Diploma Programme (IBDP) (Nov 2009)

Waterford Kamhlaba United World College of Southern Africa (UWCSA)

CERTIFICATIONS

LPC Licensed Professional Counselor, West Virginia (2022)

CMPC Certified Mental Performance Consultant ® (2020)

Administered by the Association for Applied Sport Psychology (AASP)

EMDR Eye Movement Desensitization and Reprocessing Basic Training (EMDR-T, 2020)

APPLIED POSITIONS

Post - Doctoral Clinical Fellow – Psychotherapist

July 2020 – July 2024

Whole Brain Solutions, LLC & West Virginia University, Morgantown WV

- Provided individual trauma therapy to members of the Morgantown community (athletes and non-athletes) using EMDR as the primary treatment modality.
- Created treatment plans, write case notes, assess and monitor client progress, and expand programming to serve new populations.
- Led monthly group consultation with other professional clinicians on topics related to ethics in psychotherapy

- Led monthly group consultation with other professional clinicians on EMDR with performance populations.
- Provided CMPC individual and group supervision to doctoral students in the sport and exercise psychology doctoral program at West Virginia University.

Sport Psychology Consultant

Oct 2019 - Aug 2021

Eswatini Olympic Commonwealth Games Association (EOCGA), Eswatini

- Conducted performance enhancement individual sessions (in-person or video-consulting) with an Olympic athlete in Eswatini. Topics included: pre-competition anxiety, managing pressure, building confidence, maintaining focus, motivation, imagery/visualization, and self-talk.

School Counsellor (Part-time)

July 2019 – Dec 2019

Waterford Kamhlaba United World College of Southern Africa (UWCSA), Eswatini

- Assisted in the counseling department of an international high school. Responsibilities included providing individual counseling to students, writing case management notes, making referrals to private practice clinicians when necessary, liaising with academic staff, and developing and implementing psychosocial support programs for students.

Sport Psychology Peer Supervisor, D1 Athletic Team

Fall 2018 – Dec 2019

West Virginia University, Morgantown WV

- Supervised the performance enhancement consulting work of a junior doctoral colleague. Topics included: values-based consulting, creating a long-term consulting vision, psychological skills training, mindfulness and acceptance-based performance enhancement, cultivating emotional intelligence and self-compassion, and creating a professional identity.
Supervisors: Ed.D., CMPC, Edward Etzel and Scott Barnicle

Sport Psychology Consultant, DI Athletic Team

Fall 2014- Fall 2018

West Virginia University, Morgantown WV

- Conducted performance enhancement group and individual sessions with athletes on a Division I athletic team. Topics included: pre-competition anxiety, emotional intelligence, managing pressure and fear, building confidence, maintaining focus, motivation, mindfulness, imagery/visualization, cultivating self-compassion, self-care and stress management, coach-athlete dynamics, decision-making under pressure, self-talk, recovery, team cohesion, transition out of sport, and dealing with short-term injury.

Supervisor: Ed.D., CMPC, Edward Etzel

Mental Health Counseling Intern

Spring 2017-2018

Waynesburg University, Waynesburg PA

- Worked as a practicum and internship counselor in a college counseling center over the course of 3 semesters.
- Provided one-on-one mental health therapy services to college students and athletes on issues surrounding mental health (anxiety, depression, suicide),

relationships, trauma, grief, crisis, drug/alcohol use, stress management, learning styles, and career exploration.

Supervisors: LCSW, Jane Owen and Ph.D. Monica Leppma

‘Healthy Foundations’ Lifestyle Program Assistant

Spring 2017-2018

West Virginia University, Morgantown WV

- Assisted in the design and implementation of an 8-week well-being and weight loss program for students on the WVU campus. The program was student-centered with a focus on compassion and values-driven lifestyle change. This program was designed and implemented in its entirety by doctoral students in the WVU Sport and Exercise Psychology program. Program implementation began in the Spring of 2018. Participants met as a group on a weekly basis and participated in activity-based workshops providing information on healthy exercise, mindfulness, compassion, nutrition, body image, anxiety and depression, stress management, and sleep. As the coaches, we conducted the group sessions and also met individually with students to provide personalized health behavior counseling.

Supervisor: Ed.D., CMPC, Samuel Zizzi

Movement 4 Mental Health (M4MH) Coach

Fall 2016-May 2017

WellWVU, West Virginia University, Morgantown WV

- Worked as a personal coach to help college students manage feelings of high stress, anxiety, and depression through exercise. The role of the coach was to help empower students with the necessary knowledge to choose appropriate types of exercise based on mood, schedule, intensity, etc.

Supervisors: Ed.D., CMPC, Edward Etzel and Shannon Foster

OTHER ACADEMIC POSITIONS

Student Success Coach, Office of Student Retention

Fall 2014-May 2016

West Virginia University, Morgantown WV

Worked individually with undergraduate students to help them with time management, study skills, exam preparation, note-taking, reading comprehension, stress management and general college adjustment. Helped students explore personal motivations for attending college in order to support overall well-being and academic success. Helped student access campus resources to support their psychosocial and academic well-being. Provided interactive psychoeducational presentations in a group setting on tips for college success. Topics included time management, note-taking, learning styles, study skills, self-care and more.

TEACHING EXPERIENCE

Instructor, School of Sport Sciences

Fall 2020 - 2024

West Virginia University, Morgantown WV

SEP 647: Supervision in Applied Sport Psychology

- Instructor, School of Sport Sciences** **Fall 2022**
West Virginia University, Morgantown WV
 SEP 727: Ethics in Counseling and Sport Psychology (graduate level)
- Instructor, Department of Sport and Exercise Psychology** **Fall 2018**
West Virginia University, Morgantown WV
 SEP 272: Psychological Perspectives of Sport
- Guest lectures, Department of Sport and Exercise Psychology** **2016, Fall 2017**
West Virginia University, Morgantown WV
 Topics included: Motivation, Arousal regulation, Concentration, Adherence to Injury Rehabilitation, Research Methods.
- Teaching Assistant, Department of Sport and Exercise Psychology** **Fall 2015**
West Virginia University, Morgantown WV
 SEP 474: Sport studies- Research methods. Assisted with grading of the main research proposal assignment across several stages of development: introduction, literature review, methods, and data analyses.
- SORTS Presentations, Office of Student Retention** **Aug 2014- May 2016**
West Virginia University, Morgantown WV
 Provided interactive psychoeducational presentations throughout the semester on tips for academic success. Topics included time management, note-taking, organization, test anxiety, learning styles, study skills, and exam preparation.
- Teaching Assistant, Office of Student Retention** **Fall 2014**
West Virginia University, Morgantown WV
 WVU293k: Leadership Development. Assisted with grading of homework assignments and papers in a leadership development course for undergraduate students. Topics included: the nature of leadership, recognizing leadership traits, developing leadership skills, creating a vision, setting the tone, listening to out-group members, handling conflict, overcoming obstacles, and addressing ethical issues in leadership.

RESEARCH POSITIONS

- Graduate Research Assistant, PEIA Weight Management Program** **Aug 2017- Dec 2018**
West Virginia University, Morgantown WV
 Assisted with an externally funded grant focused on the evaluation of a statewide weight management program. Responsibilities include data collection and entry, database management, finding and summarizing literature, data analysis and report writing (including quarterly reports and manuscripts for publication).
- Graduate Research Assistant, Department of Epidemiology** **May 2016- May 2017**
West Virginia University, Morgantown WV
 Assisted in conducting a clinical trial comparing the effects of yoga vs. lifestyle and health education on restless legs syndrome. Responsibilities included recruitment of

participants, preparation of clinical trial materials, pre/post assessment of participants, implementation of randomized controlled trial (RCT) guidelines, and data input and management in SPSS. Other tasks included preparation of research posters and systematic literature reviews.

Student Research Assistant, Duke Breast Imaging Clinic

Fall 2012- May 2014

Duke University, Durham NC

Assisted in recruiting patients for a guided loving-kindness meditation intervention addressing anxiety during breast biopsy. Patients were approached in the waiting room when they came in for a scheduled breast biopsy. Responsibilities included conducting informed consent, collecting salivary cortisol and vital signs, administering a set of patient questionnaires, and randomizing each participant to study intervention conditions. Other tasks included database management, follow-up with recruited patients, training of new research assistants for the study, and writing projects related to the data that were collected in the Duke Breast Imaging Clinic. Writing projects included co-authoring a scientific paper and an abstract.

Student Research Assistant, PPT Research Lab

Jan-Dec 2013

Pain Prevention and Treatment Research Lab, Duke University, Durham NC

Assisted with the development and writing of two IRB protocols for virtual reality chronic pain interventions. Target patients were individuals who had undergone lumbar fusion and individuals with osteoarthritic pain of the knees.

Vertical Integration Program, Department of Psychology

Summer 2013

Duke University, Durham NC

Spent eight weeks as a research assistant in the Duke Breast Imaging Clinic recruiting patients, guiding patients through the consent forms, collecting salivary cortisol and vital signs and administering questionnaires. Simultaneously, time was dedicated towards establishing the beginnings of an Honors Thesis. Specifically, study aims and a literature review were developed. The program also included two seminar classes every week on various topics including writing and analyzing empirical research papers, graduate school in psychology and faculty research at Duke.

PUBLICATIONS

Huysmans, Z., Whitley, M.A., Gonzalez, M., Clement, D., & Sheehy, T. (*In preparation*). “Talabasha - Temidlalo Nemfundvo” Sport-based positive youth development in Eswatini: A program evaluation.

Coker-Cranney, A.M., **Huysmans, Z.**, Swary, S., & Watson, J.C. (*In preparation*). Learning the boundary line: Understanding identity and over-conformity in collegiate volleyball players.

Huysmans, Z., & Dekova, R. (*In preparation*). Channeling the Game: Positive Youth Development through Sport in Eswatini.

Etzel, E., & **Huysmans, Z.** (under contract). Chapter 1: Some Impressions on Ethics in Sport, Exercise, and Performance Psychology. In J. Watson II & E. Etzel (Eds.), *Ethical Issues in Sport, Exercise, and Performance Psychology*. Morgantown: FiT Publishing.

Kilwein, T. M., Bates, D., Nash, T., Guzman, G., Foss, J. M., Huysmans, Z., Selby, C., Savitsky, D., Cox, M., Andrews, S., Davis, S., Mack, S., McLane, L., Kovach, K., Bobbitt, S., Jones, J. L. (under contract). Common mental health concerns. In M. Kerulis. (Ed.), *Counseling athletes: Development across the lifespan*. Cognella.

Hussey, K., Blom, L., **Huysmans, Z.**, Voelker, D.K., Moore, M., & Mulvihill, T. (2023). Trauma-Informed Youth Sport: Identifying Program Characteristics and Challenges to Advance Practice. *Journal of Youth Development*, 18 (3).

Huysmans, Z., Whitley, M.A., Gonzalez, M., Clement, D., & Sheehy, T. (2021). “The Relationship Was a Big Success – the Bond”: Exploring Coaching Strategies to Foster Life Skills Development in Eswatini. *Journal of Applied Sport Psychology*.

Coker-Cranney, A.M., **Huysmans, Z.**, & Swary, S. (2020). The Only Constant is Change: Exploring Shifting Relationships in Sport Overconformity through a Narrative Identity Lens. *Journal of Sport Psychology in Action*, 11 (4), 279-291.

Innes, K.E., Selfe, T.K., Montgomery, C., Hollingshead, N., **Huysmans, Z.**, Srinivasan, R... (2020). Effects of a 12-week yoga versus a 12-week educational film intervention on symptoms of restless legs syndrome and related outcomes: an exploratory randomized controlled trial. *Journal of Clinical Sleep Medicine*, 16(1).

Sturges, A.J., **Huysmans, Z.**, Way, W., & Goodson, A. (2020). Examining the Role of High School Athletic Directors in Promoting Leadership Development in High School Student-Athletes. *Journal for the Study of Sports and Athletes in Education*, 14 (1), 58-81.

Huysmans, Z., Clement, D., Whitley, M.A., Gonzalez, M., & Sheehy, T. (2019). ‘Putting kids first’: Exploring the application of the teaching personal and social responsibility model to youth development in eSwatini. *Journal of Sport for Development*, 7 (13), 13-32.

Wren, A.A., Shelby, R.A., Scott Soo, M., **Huysmans, Z.**, Jarosz, J.A., Keefe, F.J. (2019). Preliminary efficacy of a lovingkindness meditation intervention for patients undergoing breast cancer surgery: A randomized controlled pilot study. *Supportive Care in Cancer*, 27, 3583-3592.

Huysmans, Z., Clement, D., Hilliard, R., & Hansell, A. (2018). Exploring the coach’s role in youth life skills development in Southern Africa. *International Sport Coaching Journal*, 5, 237-250.

Innes, K.E., Selfe, T.K., Brundage, K., Montgomery, C., Kandati, S., Wen, S., Bowles, H., Khalsa, D.S., **Huysmans, Z.** (2018). Effects of Meditation and Music-Listening on Blood Biomarkers of Cellular Aging and Alzheimer’s Disease in Adults with Preclinical Memory loss: An exploratory randomized clinical trial. *Journal of Alzheimer’s Disease*, 66(3), 947-970.

Innes, K.E., Selfe, T.K., Kandati, S., Wen, S., **Huysmans, Z.** (2018). Effects of mantra meditation vs. music listening on knee pain, function, and related outcomes in older adults with knee osteoarthritis: an exploratory randomized clinical trial. *Evidence-Based Complementary and Alternative Medicine*, 2018.

Huysmans, Z., & Clement, D. (2017). A preliminary exploration of the application of self-compassion within the context of sport injury. *Journal of Sport & Exercise Psychology*, 39, 56-66.

SCIENTIFIC PRESENTATIONS

Voelker, D.K., **Huysmans, Z.**, Fogaca, J., McAlarnen, M. (2023). Leveling Up the Training of Certified Mental Performance Consultants in Higher Education Settings: Perspectives and Processes in Effective Mentorship Structure and Design to Meet Emergent Demands. *AASP Annual Conference, Continuing Education Symposium* Orlando, Florida, 2023.

Minkler, T., Zizzi, S., & **Huysmans, Z.** (2022). Screening for Trauma and PTSD before Mindfulness-Based Interventions with Athletes: Applied, Clinical and Research Implications. *AASP Annual Conference*, Fort Worth, Texas, 2022.

Hussey, K., Voelker, DK., Blom, L., & **Huysmans, Z.** (2022). Trauma-Informed Youth Sport: Identifying Program Characteristics and Challenges to Advance Practice. *AASP Annual Conference*, Fort Worth, Texas, 2022.

Huysmans, Z., Clement, C., Hilliard, R., & Hansell, A. (2018). Coaching life skills through youth sport in Southern Africa. *AASP Annual Conference*, Toronto, Canada, 2018.

Clement, D., & **Huysmans, Z.** (2018). Psychological predictors of sport injury: The role of self-compassion. *AASP Annual Conference*, Toronto, Canada, 2018.

Zizzi, S. Fogaca, J., Ingels, S., Hansell, A., & **Huysmans, Z.** (2018). A comparison of exercise modality enjoyment within a community sample of adults participating in a weight management program. *AASP Annual Conference*, Toronto, Canada, 2018.

Ingels, J. S., **Huysmans, Z.**, Hansell, A., Hynes, L., & Stefenson, A. (2018). Healthy Foundations: Background and key takeaways from the creation and implementation student led and student focused wellness program on a college campus. *Presented at the 2018 West Virginia Licensed Professional Counseling Conference*, Morgantown, 2018.

Innes, K.E., Selfe, T.K., Kandati, S., Montgomery, C., Bowles, H. & **Huysmans, Z.** (2018). Effects of mantra meditation vs. music listening on knee pain, function, and related outcomes in older adults with knee osteoarthritis: a pilot randomized controlled trial (RCT). *International Congress on Integrative Medicine and Health*, Baltimore, 2018.

Innes, K.E., Selfe, T.K., Montgomery, C., Bowles, H., Kandati, S., Khalsa, D.S., & **Huysmans, Z.** (2018). Effects of Meditation and Music-Listening on Blood Biomarkers of Cellular Aging and Alzheimer's Disease in Adults with Preclinical Memory loss: An exploratory randomized controlled trial (RCT). *International Congress on Integrative Medicine and Health*, Baltimore, 2018.

Innes, K.E., Selfe, T.K., **Huysmans, Z.**, Khalsa, D.S., Kandati, S. (2016). Meditation and Music Listening Improve Memory and Cognitive Function in Adults with Subjective Cognitive Decline: A Preliminary Randomized Controlled Trial (RCT). *Alzheimer's Association International Conference*, Toronto, 2016.

Innes, K.E., Selfe, T.K., Kandati, S., **Huysmans, Z.**, Malnikoff, A., Migaiolo, A. (2016). Effects of mantra meditation vs. music listening on knee pain, function, and related outcomes in older

adults with knee osteoarthritis: a pilot randomized controlled trial (RCT). *Symposium on Yoga Research*, Stockbridge, 2016.

Wren, A. A., Shelby, R. A., Keefe, F. J., **Huysmans, Z.**, Soo, M. S. (2016). Impact of a Lovingkindness Meditation Intervention on Key Outcomes during the Peri-Surgical Period of Breast Cancer. *37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine Annual Meeting*, Washington, 2016.

Huysmans, Z., Wren, A. A., Shelby, R.A., Keefe, F. J. (2014) The Breast Biopsy Experience: Relationship between Anxiety, Anticipatory Pain and Psychological Variables. *Visible Thinking: Undergraduate Research Symposium*, Duke University, 2014.

Huysmans, Z., Wren, A. A., Shelby, R. A., Keefe, F. J., Soo, M. S. (2014). Impact of Experiences at the Time of Breast Biopsy on Knowledge of Recommended Follow-Up, Perceived Cancer Risk, Beliefs about Mammography, and Preferences for Support. *35th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine*, Philadelphia, 2014.

Huysmans, Z., Wren, A. A., Shelby, R.A., Keefe, F. J. (2013) The Breast Biopsy Experience: Relationship between Anxiety, Anticipatory Pain and Psychological Variables. *Vertical Integration Program (VIP)*, Duke University, 2013.

THESIS & DISSERTATION COMMITTEE MEMBER

Minkler, Tommy. West Virginia University (2022). Dissertation title: *Drivers of Change in Mindfulness-Based Interventions with Athletes: Investigating the Influence of Dosage, Readiness, and Attitudes*.

Hussey, Kayla. Ball State University (2021). Thesis title: *The experience of trauma-informed sport leaders: Context-specific features and common components of trauma-informed youth sport settings*.

AWARDS & GRANTS

AASP Distinguished Doctoral Student Practice Award 2018
This award recognizes outstanding or innovative service delivery in sport psychology by a doctoral student member of AASP. This award may not be awarded annually. Service delivery and client is defined broadly and reaches across all areas of AASP.

AASP Gualberto Cremades International Research Grant 2018
This grant recognizes an international student as principal investigator, residing within or outside the US, for a research project focusing on sport and exercise psychology from an international perspective, with particular emphasis on collaborative efforts from a cross-cultural perspective and/or approaching the field from a non-Eurocentric, non-US perspective.

Outstanding Graduate Student in Sport and Exercise Psychology West Virginia University, Morgantown WV College of Physical Activity and Sport Sciences	2018
APA Division 47 Thesis Award Society for Sport, Exercise, and Performance Psychology (Division 47) This award recognizes outstanding student research that has the greatest potential for making a significant contribution to the theoretical and applied knowledge base in exercise and sport psychology.	2017
Outstanding Graduate Student in Sport and Exercise Psychology West Virginia University, Morgantown WV College of Physical Activity and Sport Sciences	2017
AASP Student Diversity Conference Travel Grant	2015

SERVICE

Journal of Applied Sport Psychology (JASP) Editorial Board	2021 - present
AASP Annual Conference Abstract Reviewer	2020 - present
APA Division 47 APA Convention Abstract Reviewer	2020, 2021
WVU Sport and Exercise Psychology Graduate Student Club Position West Virginia University, Morgantown WV	
Student Representative	2017-2018
Vice President	2016-2017
Interview Weekend Chair	2014-2015
International Committee West Virginia University, Morgantown WV College of Physical Activity and Sports Sciences Graduate student committee member	2015- 2016
Student Advisory Board West Virginia University, Morgantown WV College of Physical Activity and Sports Sciences	2014-2015

ATHLETIC EXPERIENCE

Competitive Swimmer – Junior National Level (Eswatini)	2002-2007
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