

Lael Gershgoren, PhD

Publications & Applied Experience

Contact Information

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Professional Preparation

Institution Attended, Dates Attended, Degrees Granted

- 2009 – 2012 PhD in Sport and Exercise Psychology
Within: Educational Psychology
Florida State University, Tallahassee, FL
Dissertation: Shared Mental Models in Team Sports
- 2007 - 2009 M.S. in Sport and Exercise Psychology
Within: Educational Psychology
Florida State University, Tallahassee, FL
Thesis: The Effect of Parental Feedback on Perceived Motivational Climate in Youth Sport
- 2006 - 2007 Prerequisite courses for acceptance into M.S. in Psychology
University of Haifa, Israel
- 2001 - 2005 Bachelor of Science in Physical Therapy (BPT)
University of Haifa, Israel

Professional Applied Experience

2007 - present

Performance Enhancement Consultation

Services included mental skills training and were provided to teams and individuals

- a. Private mental performance consultant with elite & youth athletes and performers
- b. Performance enhancement consultant - the Combat Fitness Department, IDF (2014 - current)
- c. An Elite Handball Team: Maccabi Rishon LeTzion (August 2016 – May 2019).
- d. The Israel Football Association: National Youth Teams U21– U15 (October 2016 – May 2018)
- e. The Academy for Excellence in Sport (August 2012 – May 2015).
- f. An Elite Soccer Club: Maccabi Haifa (January 2015 – May 2015).
- g. An Elite Handball Team: Hapoel Rishon LeTzion (August 2012 – May 2015).
- h. Men and women NAIA soccer teams (Fall 2007 - Spring 2012).
- i. Men and women NCAA swimming team (Fall 2011 & Spring 2012).
- j. An European national women rugby team. (Summer 2011).
- k. Male NCAA Baseball player (Spring 2012).
- l. Male Police officers at a training program in Florida (Fall 2010).
- m. Female and male young gymnasts at a competitive club in Israel (Summer 2008, 2009, 2010).
- n. Female competitive dancers at a dancing academy in Florida (Spring 2010 - Summer 2010).
- o. Male young soccer players at a soccer club in Israel (Summer 2008, 2009).

SCHOLARLY OR CREATIVE ACTIVITIES

Publications

1. Razon, S., Aarsal, G., Rasor-Nascimento, T., Simonavice, E., **Gershgoren, L.**, Loney, B. S., Panton, L., & Tenenbaum, G. (2010). Perceptions of exertive pain, attention allocation, and task adherence in patients with fibromyalgia using imagery. *Journal of Multidisciplinary Research*, 5-24.
2. **Gershgoren, L.**, Tenenbaum, G., Gershgoren, A., & Eklund, R. C. (2011). The Effect of Parental Feedback on Young Athletes' Perceived Motivational Climate, Goal Involvement, Goal Orientation, and Performance. *Psychology of Sport & Exercise*, 12, 481-489.
3. Tenenbaum, G., & **Gershgoren, L.**, (2011). Conclusions and Recommendations: Toward a Comprehensive Framework of Evidenced-based Practice with Performers. In Luiselli, J. K. & Reed, D.D. (Eds.). *Behavioral Sport Psychology: Evidence-Based Approaches to Performance Enhancement* (pp 249-262). New York, NY: Springer.
4. Tenenbaum, G., **Gershgoren, L.**, & Schinke, J. R. (2011). Non-numerical data as data: A positivistic perspective. *Qualitative Research in Sport, Exercise & Health*, 3, 349-361.
5. **Gershgoren, L.**, Gershgoren, A., Basevitch, I., & Tenenbaum, G. (2012). Shared mental models in ball games. *Biannual publication of the Israel Olympic Committee*, 53-59.
6. Dietrich, F. D., Shipherd, A. M., **Gershgoren, L.**, Filho, E.S.M., & Basevitch, I. (2012). Sport psychology group consultation using social networking websites. *Psychological Services*, 9, 323-324.
7. **Gershgoren, L.**, Filho, E.S.M., Tenenbaum, G., & Schinke, J. R. (2013). Coaching shared mental models in soccer: A longitudinal case study. *Journal of Clinical Sport Psychology*, 7, 293-312.
8. Tenenbaum, G., Basevitch, I., **Gershgoren, L.**, & Filho, E. S. M. (2013). Emotions and decision-making in sport: Theoretical conceptualization and experimental evidence. *International Journal of Sport and Exercise Psychology*, 11, 151-168.
9. Tenenbaum, G. & **Gershgoren, L.** (2014). Individual and team decision making. In A. Papaioannou & D. Hackfort. (Eds.), *Routledge Companion to Sport and Exercise Psychology* (pp. 460-479). London, UK: Routledge.
10. Filho, E.S.M., **Gershgoren, L.**, Basevitch, I., Schinke, J. R., & Tenenbaum, G. (2014). Peer leadership and Shared Mental Models in a college Volleyball Team: A season Long Case Study. *Journal of Clinical Sport Psychology*, 8, 184-203.
11. Tenenbaum, G., Razon, Selen., & **Gershgoren, L.** (2014). Ethical considerations in sport and exercise psychology research. In J. Watson & E. Etzel (Eds.), *Ethical issues in sport, exercise, and performance psychology* (pp. 173-187). Morgantown, WV: Fitness Information Technology.
12. Filho, E. S. M., **Gershgoren, L.**, Basevitch, I., & Tenenbaum, G. (2014). Profile of high-performing college soccer teams: An exploratory multi-level analysis. *Psychology of Sport and Exercise*, 15, 559-568.
13. Filho, E. S. M., Dobersek, U., **Gershgoren, L.**, Becker, B., & Tenenbaum, G. (2014). The cohesion-performance relationship in sport: A 10-year retrospective meta analysis. *Sport Sciences for Health*, 10, 165-177.
14. Tenenbaum, G., & **Gershgoren, L.** (2014). Decision making. In R. Eklund, & G. Tenenbaum (Eds.), *Encyclopedia of Sport & Exercise Psychology*. (Vol. 4, pp. 190-192). Thousand Oaks, CA: SAGE Publications, Inc.
15. **Gershgoren, L.**, Basevitch, I., Filho, E.S.M., Gershgoren, A., Tenenbaum, G., Eccles, D., & Schinke, J. R. (2017). Expertise in soccer teams: A qualitative inquiry into the role of shared mental models within team chemistry. *Psychology of Sport & Exercise*, 24, 128-139.
16. Shipherd, A. M., Basevitch, I., Filho, E., & **Gershgoren, L.** (2018). A scientist-practitioner approach to an on-field assessment of mental skills in collegiate soccer student-athletes. *Journal of Sport Psychology in Action*, 9, 196-205.
17. **Gershgoren, L.**, (in press). Zone, Zone of functioning, Dysfunctional zone, & Affective-emotional zone. In D. Hackfort, R. J. Schinke, & B. Strauss (Eds.), *Dictionary of Sport Psychology*. Elsevier, Inc.

Presentations

Conference Presentations

1. Shipherd, A. M., Basevitch, I., **Gershgoren, L.**, Dietrich, F. D., & Eccles, D. W. (2009, April). Strategies for Developing Team Cohesion in the Pre-season. Paper presented at the inaugural SPEAR Sport Science Conference, Tallahassee, FL.
2. Razon, S., Basevitch, I., Land, W., Thompson, B., **Gershgoren, L.** & Tenenbaum, G. (2009, June). Perception of exertion and attention allocation as a function of visual and auditory conditions. Refereed abstract presented at the 12th ISSP World Congress of Sport Psychology, Marrakech, Morocco.
3. **Gershgoren, L.**, Basevitch, I., Shipherd, A. M. & Dietrich, F. D. (2009, September). Recruitment in collegiate sport: An assessment of attitude, ethics, and expectations. Refereed abstract presented at the Association for Applied Sport Psychology Annual Conference, Salt Lake City, UT, p. 113. Madison, WI: AASP.
4. Shipherd, A. M., Filho, E. S. M., Basevitch, I., **Gershgoren, L.** & Dietrich, F. D. (2009, September). Lessons Learned: Consulting with Soccer Teams. Refereed abstract presented at the Association for Applied Sport Psychology Annual Conference, Salt Lake City, UT, p. 104. Madison, WI: AASP.
5. **Gershgoren, L.**, & Fillo, E.S.M. (2010, February). Shared Mental Models in Team Sports. Paper presented at the 2nd annual SPEAR Sport Science Conference, Tallahassee, FL.
6. **Gershgoren, L.**, & Gershgoren, A. (2010, February). The Effect of Parental Feedback on Young Athletes' Perceived Motivational Climate, Goal Involvement, Goal Orientation, and Performance. Paper presented at the 2nd annual SPEAR Sport Science Conference, Tallahassee, FL.
7. **Gershgoren, L.**, Basevitch, I., Shipherd, A. M. & Dietrich, F. D. (2010, March). Recruitment in collegiate sport: An assessment of attitude, ethics, and expectations. Presented at the Second Annual Marvalene Hughes Research in Education Conference, Tallahassee, FL.
8. **Gershgoren, L.**, Filho, E. S. M. & Gershgoren, A. (2010, June). Is a Team of Experts Necessarily an Expert Team? A Qualitative Inquiry of Shared Mental Models in Team Sport. Refereed abstract presented at the 1st Wingate Congress of Exercise and Sport Sciences, Natania, Israel.
9. **Gershgoren, L.**, Gershgoren, A., Filho, E. S. M., Basevitch, I., & Tenenbaum, G. (2011, February). Team Chemistry and Shared Mental Models in Expert Soccer Teams. Paper presented at the 3rd annual SPEAR Sport Science Conference, Tallahassee, FL.
10. **Gershgoren, L.**, Loney, B. S. & Shipherd, A. M. (2011, April). Teaching Sport Psychology - Keeping Your Students Active and Engaged. Presented at the South-East Regional AASP Conference, Tallahassee, FL.
11. Medeiros Filho, E. S., Dobersek, U., & **Gershgoren, L.** (2011, July). Meta-Analytical Review on Cohesion and Performance in Sports. Refereed abstract presented at the 13th European Federation of Sport Psychology, Madiera, Portugal.
12. **Gershgoren, L.**, Tenenbaum, G., Gershgoren, A., & Eklund, R. C. (2011, September). Parents' Involvement in Youth Sport Using Achievement Goal Theory. Refereed abstract presented at the Association for Applied Sport Psychology Annual Conference, Honolulu, HI.
13. Shipherd, A. M., Basevitch, I., **Gershgoren, L.** & Filho, E. S. M. (2011, September). Developing and Implementing a Leadership Training Program with Collegiate Rugby Players. Refereed abstract presented at the Association for Applied Sport Psychology Annual Conference, Honolulu, HI.
14. Filho, E. S. M., **Gershgoren, L.**, Shipherd, A. M. & Basevitch, I. (2011, September). Team Mental Models in Soccer: An Applied Longitudinal Case-Study on Tactical and Situational Awareness. Refereed abstract presented at the Association for Applied Sport Psychology Annual Conference, Honolulu, HI.

15. **Gershgoren, L.** (2014, June). The Utilization of Shared Mental Models in Competitive Soccer. Refereed abstract presented at the 3rd Wingate Congress of Exercise and Sport Sciences, Natania, Israel.
16. **Gershgoren, L.** (2015, April). Motivation in Physical Education Classes. Presented at the Israel Institute of Technology (Technion), Haifa, Israel.
17. **Gershgoren, L. & Eytan, E.** (2015, October). Character Building, Values, & Life Skills Intervention in Competitive Youth Sport. Refereed abstract presented at the Association for Applied Sport Psychology Annual Conference, Indianapolis, IN.
18. Shipherd, A. M., & **Gershgoren, L.** (2015, October). Coubertin's Corner: Using Problem-Based Learning to Integrate Research into Undergraduate Classes. Refereed abstract presented at the Association for Applied Sport Psychology Annual Conference, Indianapolis, IN.
19. **Gershgoren, L.** (2016, June). The Development of the Graded Mental Training Scale in the Israeli Army. Refereed abstract presented at the 5th International Wingate Congress of Exercise and Sport Sciences, Natania, Israel
20. **Gershgoren, L. & Tenenbaum, G.** (2016, June). Advanced Technologies in Mental Training: An Emphasis on Decision-Making Enhancement Under Pressure. Refereed abstract presented at the 5th International Wingate Congress of Exercise and Sport Sciences, Natania, Israel
21. Uri Harel., Eliezer Carmeli., & **Gershgoren, L.** (2016, June). A Physical Fitness Assessment of Soccer Players during an Official Match: A Pilot Study. Refereed abstract presented at the 5th International Wingate Congress of Exercise and Sport Sciences, Natania, Israel

Conference Workshops

1. Shipherd, A. M., Eccles, D. W., Basevitch, I., **Gershgoren, L.** & Dietrich, F. D. (2009, September). Strategies for developing team cohesion in the preseason. Refereed abstract presented at the Association for Applied Sport Psychology Annual Conference, Salt Lake City, UT, p. 119. Madison, WI: AASP.
2. **Gershgoren, L. & Fillo, E.S.M.** (2010, March). Cohesion and Camaraderie. Presented at the inaugural Performance Enhancement Outreach Conference, Pensacola, FL.
3. Tenenbaum, G., **Gershgoren, L. & Filho, E.S.M.** (2010, May). Designing a Research Agenda in Poorly Defined Domains: The Case of Shared Mental Models. Presented at the Theories & Models- secrets of the path from philosophy of science to real research Workshop, FSU Tallahassee, FL.
4. **Gershgoren, L., Cruz, A., Basevitch, I. & Tran, K.** (2011, April). Making a Long Story Short: Using Anecdotal Stories to Facilitate Mental Skills among Athletes. Presented at the Regional AASP Conference, Tallahassee, FL.
5. Cruz, A. & **Gershgoren, L.** (2011, April). Everything I Know I Learned at the Movies: Using Video Clips to Teach Mental Skills to Athletes. Presented at the Regional AASP Conference, Tallahassee, FL.
6. Shipherd, A. M., Basevitch, I., **Gershgoren, L. & Filho, E. S. M.** (2011, April). Developing and Implementing a Leadership Training Program with Collegiate Rugby and Soccer Athletes. Presented at the Regional AASP Conference, Tallahassee, FL.
7. Fillo, E.S.M, Basevitch, I., Kudlackova, K., **Gershgoren, L.,** Richards, V. & Tenenbaum, T. (2011, August). Strategies for Addressing Cultural Diversity and Cross-Cultural Issues. Presented at the APA 119th Convention, Washington DC.
8. **Gershgoren, L.** (2016, April). A Healthy Mind in a Healthy Body: Physical Education as a Platform for Educating Values. Presented at the Branco-Weiss Conference of Education, Ramat Gan, Israel
9. **Gershgoren, L.** (2016, June). Combat Mental Training. presented at the 5th International Wingate Congress of Exercise and Sport Sciences, Natania, Israel.

Forthcoming

1. **Gershgoren, L., Lidor, R., & Tenenbaum, G. (Eds.)** *Psychological Aspects in Sport: Theory and Applications*. Wingate publication (Heb).