



Name: Lael Gershgoren, PhD

Date: Mar 6th, 2022

CURRICULUM VITAE

1. Personal Details

Electronic Address: laelg75@gmail.com

2. Higher Education

A. Undergraduate and Graduate Studies

- 2007 - 2009 M.S. in Sport and Exercise Psychology
Within: Educational Psychology
Florida State University, Tallahassee, FL
- 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

B. Doctoral Degree and Post-Doctoral Studies

- 2009 – 2012 PhD in Sport and Exercise Psychology
Within: Educational Psychology,
Florida State University, Tallahassee, FL

C. Other Education

- 2015 - 2016 Teaching Certificate, The Mofet Institute, Tel-Aviv, Israel
- 2008 - 2011 Certification in Measurement and Statistics:
EDF 5401: General linear models (GLM)
EDF 5402: ANOVA
EDF 5406: Multivariate analysis
EDF 5409: Causal modeling (SEM)
EDF 6937: Meta-analysis
EDF 5432: Measurement theory I
PET 5390: Measurement in sport psychology
- 2006 - 2007 Coaching Course in Strength and Conditioning in Soccer
Wingate Institute of Sport, Netanya, Israel
- 2002 - 2003 Instructors Course in Soccer
Wingate Institute of Sport, Netanya, Israel



3. Academic Ranks and Tenure in Institutes of Higher Education

Dates	Institution and Department	Rank/Position
2018 - Currently	The School of Behavioral Sciences, The College of Management Academic Studies, Israel	Senior Lecturer (Assistant Professor)
2012 - 2017	Wingate Academic College, Israel	Lecturer

4. Offices in Academic Administration

Head coordinator of the Practicum program (applied internship) of the M.A. program in Sports, Effort, and Physical Training Psychology.

Head of the Ethics committee of the M.A. program in Sports, Effort, and Physical Training Psychology.

5. Scholarly Positions and Activities outside the Institution

Head of the Conferences & Seminars committee, The Israeli Association for Sport & Performance Psychology.

6. Participation in Scholarly Conferences

a. Active Participation

Date	Name of Conference	Place	Subject of Lecture/Discussion	Role
2009, April	SPEAR Sport Science Conference	Tallahassee, FL, USA	Strategies for Developing Team Cohesion in the Pre-season.	Presenting team
2009, June	The 12th ISSP World Congress of Sport Psychology	Marrakech, Morocco.	Perception of exertion and attention allocation as a function of visual and auditory conditions.	Leading presenter
2009, September	The Association for Applied Sport Psychology Annual Conference	Salt Lake City, UT, USA	Recruitment in collegiate sport: An assessment of attitude, ethics, and expectations.	Leading presenter
2009, September	The Association for Applied Sport Psychology Annual Conference	Salt Lake City, UT, USA	Lessons Learned: Consulting with Soccer Teams	Presenting team
2009, September	The Association for Applied Sport Psychology Annual Conference	Salt Lake City, UT, USA	Strategies for developing team cohesion in the preseason	Workshop team
2010, February	The 2nd annual SPEAR Sport Science Conference	Tallahassee, FL, USA	Shared Mental Models in Team Sports	Leading presenter
2010, February	The 2nd annual SPEAR Sport Science Conference	Tallahassee, FL, USA	The Effect of Parental Feedback on Young Athletes' Perceived Motivational Climate, Goal Involvement, Goal Orientation, and Performance.	Leading presenter
2010, March	the 2nd Annual Marvalene Hughes Research in Education Conference	Tallahassee, FL, USA	Recruitment in collegiate sport: An assessment of attitude, ethics, and expectations.	Leading presenter
2010, March	the inaugural Performance	Pensacola,	Cohesion and Camaraderie.	Workshop



	Enhancement Outreach Conference,	FL, USA		leader
2010, May	The Theories & Models-secrets of the path from philosophy of science to real research	Tallahassee, FL, USA	Designing a Research Agenda in Poorly Defined Domains: The Case of Shared Mental Models.	Workshop team
2010, June	the 1st Wingate Congress of Exercise and Sport Sciences.	Netanya, Israel.	Is a Team of Experts Necessarily an Expert Team? A Qualitative Inquiry of Shared Mental Models in Team Sport.	Leading presenter
2011, February	The 3rd annual SPEAR Sport Science Conference	Tallahassee, FL, USA	Team Chemistry and Shared Mental Models in Expert Soccer Teams.	Leading presenter
2011, April	The South-East Regional AASP Conference	Tallahassee, FL, USA	Teaching Sport Psychology - Keeping Your Students Active and Engaged.	Leading presenter
2011, April	The South-East Regional AASP Conference	Tallahassee, FL, USA	Making a Long Story Short: Using Anecdotal Stories to Facilitate Mental Skills among Athletes.	Workshop leader
2011, April	The South-East Regional AASP Conference	Tallahassee, FL, USA	Everything I Know I Learned at the Movies: Using Video Clips to Teach Mental Skills to Athletes.	Workshop team
2011, April	The South-East Regional AASP Conference	Tallahassee, FL, USA	Developing and Implementing a Leadership Training Program with Collegiate Rugby and Soccer Athletes.	Workshop team
2011, July	The 13th European Federation of Sport Psychology	Madiera, Portugal	Meta-Analytical Review on Cohesion and Performance in Sports.	Presenting team
2011, August	The APA 119th Convention	Washington DC, USA	Strategies for Addressing Cultural Diversity and Cross-Cultural Issues.	Workshop team
2011, September	the Association for Applied Sport Psychology Annual Conference	Honolulu, HI, USA	Parents' Involvement in Youth Sport Using Achievement Goal Theory.	Leading presenter
2011, September	the Association for Applied Sport Psychology Annual Conference	Honolulu, HI, USA	Developing and Implementing a Leadership Training Program with Collegiate Rugby Players.	Presenting team
2011, September	the Association for Applied Sport Psychology Annual Conference	Honolulu, HI, USA	Team Mental Models in Soccer: An Applied Longitudinal Case-Study on Tactical and Situational Awareness.	Presenting team
2014, June	The 3rd Wingate Congress of Exercise and Sport Sciences	Netanya, Israel.	The Utilization of Shared Mental Models in Competitive Soccer.	Leading presenter
2015, October	The Association for Applied Sport Psychology Annual Conference	Indianapolis, IN, USA	Character Building, Values, & Life Skills Intervention in Competitive Youth Sport.	Leading presenter
2015, October	The Association for Applied Sport Psychology Annual Conference	Indianapolis, IN, USA	Coubertin's Corner: Using Problem-Based Learning to Integrate Research into Undergraduate Classes.	Presenting team
2016, April	The Branco-Weiss Conference of Education	Ramat Gan, Israel	A Healthy Mind in a Healthy Body: Physical Education as a Platform for Educating Values.	Workshop leader



2016, June	The 5th International Wingate Congress of Exercise and Sport Sciences	Netanya, Israel.	The Development of the Graded Mental Training Scale in the Israeli Army.	Leading presenter
2016, June	The 5th International Wingate Congress of Exercise and Sport Sciences	Netanya, Israel.	Combat Mental Training.	Workshop leader
2016, June	The 5th International Wingate Congress of Exercise and Sport Sciences	Netanya, Israel.	Advanced Technologies in Mental Training: An Emphasis on Decision-Making Enhancement Under Pressure.	Leading presenter
2016, June	The 5th International Wingate Congress of Exercise and Sport Sciences	Netanya, Israel.	A Physical Fitness Assessment of Soccer Players during an Official Match: A Pilot Study.	Presenting team
2018, June	The 6th International Wingate Congress of Exercise and Sport Sciences	Netanya, Israel.	Advanced Technologies for Performance Enhancement in Sport Psychology.	Leading presenter
2018, June	The 6th International Wingate Congress of Exercise and Sport Sciences	Netanya, Israel.	Emotional Intelligence and Leadership in Volleyball Coaches.	Leading presenter
2021, October	the 15th International Society of Sport Psychology (ISSP) World Congress	Taipei, Taiwan.	Does the League Table Lie? The Importance of Perceived Performance Measure in Sport Psychology.	Leading presenter

b. Organization of Conferences or Sessions

Date	Name of Conference	Place	Subject/Role of Conference, Comments	Role
2009, April	SPEAR Sport Science Conference,	Tallahassee, FL, USA	Sport Psychology	Organizational Committee
2010, Feb	SPEAR Sport Science Conference,	Tallahassee, FL, USA	Sport Psychology	Organizational Committee
2011, Feb	SPEAR Sport Science Conference,	Tallahassee, FL, USA	Sport Psychology	Organizational Committee
2011, April	The Regional AASP Conference	Tallahassee, FL, USA	Sport Psychology	Organizational Committee
2021, Dec	The Israeli Association for Sport & Performance Psychology	Online	Performance under stress	Head of the session committee

7. Invited Lectures\ Colloquium Talks

Date	Place of Lecture	Name of Forum	Presentation/Comments
2015, April	Haifa, Israel.	The Israel Institute of Technology (Technion)	Motivation in Physical Education Classes.
2021, July	Online	i24NEWS TV channel	Performance under pressure – Simone Biles



9. Scholarships, Awards and Prizes

2021 - Faculty member excellence award, College of Management, Israel

2009 - Teaching assistant, Florida State University, FL, USA

2007 - Research assistant, Florida State University, FL, USA

2003 - Excellence Scholarship, Haifa University, Israel

1995 - Excellence Award, commanders course. IDF, Israel

1993 – Graduation with Distinction, Hebrew Reali School, Haifa, Israel

10. Teaching

a. Courses Taught in Recent Years

Year	Course Name	Type: Lecture/Seminar/Workshop/ High Learn Course/Introduction	Degree	No. of Students
2013 - Current	Introduction to Sport Psychology	Introduction	B.A.	30-60
2018 - Current	Stress, Anxiety, Arousal, & Emotions in Sport	Introduction	M.A	20-35
2018 - Current	Professional Issues in Sport and Exercise Psychology Ethics	Advanced Seminar	M.A	20-35
2018 - Current	The Cognitive- Emotional-Social Model in Performance	Research Seminar	B.A.	14-16
2018 - Current	Research Methods and Advanced Statistics	Advanced course	M.A	20-35
2019 - Current	Measurement in Sport & Exercise Psychology (Psychodiagnostics)	Advanced course	M.A	20-35
2019 - Current	Applied Techniques and intervention Methods in Sport Psychology	Applied course	M.A	14-20
2019 - Current	Practicum in Sport Psychology	Applied internship	M.A	14-20

12. Professional 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 (2012 - current)
- 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 U 21– U 15 (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).



PUBLICATIONS

A. Ph.D. Dissertation

Dissertation: Shared Mental Models in Team Sports.

Thesis: The Effect of Parental Feedback on Perceived Motivational Climate in Youth Sport.

B. Scientific Books (Refereed)

B. Edited Books and Special Journal Issues – Published

Accepted for Publication

2. **Gershgoren, L.**, Lidor, R., & Tenenbaum, G., (Eds., in press). *Fundamental Issues in Sport and Exercise Psychology: Theory and Applications*, Tel-Aviv, Israel: Mofet Institute (Heb).

C. Other Scientific Publications:

Published

1. **Gershgoren, L.**, Gershgoren, A., Basevitch, I., & Tenenbaum, G. (2012). Shared mental models in ball games. Biannual publication of the Israel Olympic Committee, 53-59.
2. **Gershgoren, L.**, & Asaf Blatt (2019). The new competitive edge. Biannual publication of the Israeli Olympic Committee, 28-30.
3. **Gershgoren, L.**, Orbach, I., Basevitch, I., & Blumenstein, B. (2021). The five rings of soft landing: A multidisciplinary intervention program for enhanced return from the Olympic games. Biannual publication of the Israeli Olympic Committee, 52-57.

D. Articles in Refereed Journals

Published

1. Razon, S., Arsal, 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*, 2, 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.**, & Schinke, J. R. (2011). Non-numerical data as data: A



- positivistic perspective. *Qualitative Research in Sport, Exercise & Health*, 3, 349-361.
4. 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.
 5. **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.
 6. 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.
 7. 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.
 8. 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.
 9. **Gershgoren, L.**, Basevitch, I., Filho, E.S.M., Gershgoren, A., Tenenbaum, G., Eccles, D., & Schinke, J. R. (2016). Expertise in soccer teams: A qualitative inquiry into the role of shared mental models within team chemistry. *Psychology of Sport & Exercise*, 24, 128-139.
 10. 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.
 11. Harel, U., **Gershgoren, L.**, & Carmeli E. (2020). Differences in activity patterns between adult and U-21 major league players. *The Sport Journal*, 41.
 12. **Gershgoren, L.**, Tenenbaum, G., Sela, T., & Blatt, A., (2021). Does the League Table Lie? The Development and Validation of the Perceived Performance in Team Sports Questionnaire (PPTSQ). *Frontiers in Psychology*, 11, 615018.
 13. **Gershgoren, L.**, Levental, O., & Basevitch I. (2022). Home advantage perceptions in elite handball: A comparison among fans, athletes, coaches, and officials. *Frontiers in Psychology*, 12, 782129.

E. Articles or Chapters in Scientific Books (which are not Conference Proceedings)

Published

Lael Gershgoren, PhD. CV: Publications & Applied Experience



1. 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.
2. 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.
3. Tenenbaum, G., Razon, S., & **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.
4. **Gershgoren, L.** (2021). An expert team. In G. Tenenbaum & Y. Galily (Eds.), *Expertise and Excellence: A Multidisciplinary Perspective* (pp 129-148). Herzliya: Interdisciplinary Center (IDC).

F. Articles in Conference Proceedings

Published

1. 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.
 2. **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.
 3. 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.
 4. 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.
 5. **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, Netanya, Israel.
 6. Filho, E. S. M., Dobersek, U., & **Gershgoren, L.** (2011, July). Meta-Analytical Review on Cohesion and Performance in Sports. Refereed abstract presented at the 13th European
- Lael Gershgoren, PhD. CV: Publications & Applied Experience



Federation of Sport Psychology, Madiera, Portugal.

7. **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.
 8. 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.
 9. 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.
 10. **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, Netanya, Israel.
 11. **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.
 12. 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.
 13. **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, Netanya, Israel.
 14. **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, Netanya, Israel.
 15. Harel, U., Carmeli, E., & **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, Netanya, Israel.
 16. **Gershgoren, L.**, & Blatt, A. (2018, June). Advanced Technologies for Performance Enhancement in Sport Psychology. Refereed abstract presented at the 6th International Wingate Congress of Exercise and Sport Sciences, Netanya, Israel.
 17. Shwartz, O., & **Gershgoren, L.** (2018, June). Emotional Intelligence and Leadership in Volleyball Coaches. Refereed abstract presented at the 6th International Wingate Congress of Exercise and Sport Sciences, Netanya, Israel.
 18. **Gershgoren, L.**, Tenenbaum, G., Sela, T., & Blatt, A., (2021, October). Does the League Table Lie? The Importance of Perceived Performance Measure in Sport Psychology. Refereed abstract
- Lael Gershgoren, PhD. CV: Publications & Applied Experience



presented at the 15th International Society of Sport Psychology (ISSP) World Congress, Taipei, Taiwan.

G. Entries in Encyclopedias

1. 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.
2. **Gershgoren, L.**, (2019). Zone, Zone of functioning, Dysfunctional zone, & Affective-emotional zone. In D. Hackfort, R. J. Schinke, & B. Strauss (Eds.), *Dictionary of Sport Psychology*. Elsevier, Inc.

J. Other Works Connected with my Scholarly Field

1. Frontiers in Psychology – Special Issue Editor.
2. Frontiers in Psychology – Manuscript reviewer.
3. Journal of Sport and Exercise Psychology – Manuscript reviewer.
4. Athletic Insight – Manuscript reviewer.
5. Adapted Physical Activity Quarterly - Manuscript reviewer.

K. Submitted Publications

1. **Gershgoren, L.**, & Levental, O., Goal keeper's shirt color and scoring analysis in professional team handball. *Physical Culture and Sport*.