

JOHN HEIL

*Licensed Clinical Psychologist
Certified Mental Performance Consultant-Emeritus
United States Olympic & Paralympic Committee Sport Psychology Registry
United States Olympic & Paralympic Committee Mental Health Registry
Fellow, Association for Applied Sport Psychology
Association for Applied Sport Psychology Mentorship Registry
Fellow, American Psychological Association
Past President, Society for Sport, Exercise & Performance Psychology*

PSYCHOLOGICAL HEALTH * ROANOKE, Partner

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Clinical & Consulting Services

Pain & Behavioral Medicine

Sport Psychology

Police, Fire & Public Safety

AFFILIATIONS

Virginia Tech Carilion School of Medicine, Roanoke, VA- Lecturer, Psychiatry (since 2009)
Carilion Clinic, Roanoke, VA-Psychology Consultant, Medical Rehabilitation Unit (since 2019)
Veterans Affairs Medical Center Psychology Internship, Site Coordinator (since 1992)
Roanoke City Police Academy, Roanoke, VA (since 2003)
International Swim Coaches Association, Sport Science Board (since 2016)
USA Fencing Sport Psychology Consultant (since 1995)

EDUCATION

University of Utah School of Medicine (1985-1987)
Postdoctoral Training: Pain & Behavioral Medicine

Lehigh University, Bethlehem, PA (1975-1982)
Doctorate: Health & Sport Psychology

St. Louis University, St. Louis, MO (1972-1975)
Master's Degree: Clinical Psychology

Lehigh University, Bethlehem, PA (1968-1972)
Bachelor's Degree: Psychology, Interdepartmental Honors

LICENSES AND CERTIFICATION

Virginia Board of Psychology, Academic/Research and Clinical (080100463)
Association for the Advancement of Applied Sport Psychology, Certified Mental Performance Consultant-Emeritus (059)
Association for Applied Sport Psychology Mentorship Registry
National Provider Identifier Number (NPI) - 1285605105
ORCID#0000-0002-4758-2672
United States Olympic Committee Sports Psychology Registry
NVFC National First Responder Registry
Fellow, Association for the Advancement of Applied Sport Psychology

Fellow, American Psychological Association (Sport, Exercise & Performance Psychology;
Police and Public Safety)

Major League Baseball-approved Substance Abuse Counselor

WORK HISTORY

Academic

Independent Training Affiliations in Behavioral Medicine & Sport Psychology (1990-present)
University of North Carolina at Greensboro; Washington & Lee University; Moravian College;
United State Fencing Coaches Association, Maître D'Arme Certification; Georgia Tech
University; University of Western Australia, Vienna University (Austria), Temple University
Medical School, University of Virginia, Radford University, Virginia Tech, Lehigh University,
Roanoke College, Liberty University, University of Montreal, University of Ottawa, Utah State
University, Stellenbosch University (South Africa), Charlotte Reformed Theological Seminary,
Drew University (Madison, NJ)

Veterans Administration Medical Center, Salem, VA (1992-present)

Local Site Coordinator, Psychology Intern Training Program

Supervisor, Sport Psychology Rotation; Lecturer in Psychology

Roanoke City Police Academy, Roanoke, VA (2003-present)

Officer Survival Training, Seminar Co-Leader

Roanoke County Police Academy, Roanoke, VA (2008-2011)

Officer Survival Training, Seminar Co-Leader

University of Virginia Medical School, Salem, VA (2000-2008)

Lecturer, Psychiatry

Roanoke County Police Dept., Roanoke, VA (2002-2008)

Crisis Intervention Training Program

Virginia Tech Cook Counseling Center, Blacksburg, VA

Supervisor, Sport Psychology Post Doctoral Fellow & Interns (2000-2001; 2005; 2008)

University of Virginia Sport Psychology Seminar, Charlottesville, VA

Guest Faculty (1989, 1986, 1984, 1983)

University of Utah, Salt Lake City, UT

Thesis Supervisor, Sport Psychology Program (1986-1987)

Coordinator, Behavioral Medicine and Pain Seminar Series (1986-1987)

University of Orebro International Summer University, Orebro, Sweden

Guest Faculty (Summer, 1985)

Roanoke College, Salem, VA

Adjunct Professor (1982-1985); Visiting Instructor (1979-1982)

Radford University, Radford, VA

Visiting Assistant Professor (1982-1984)

Lehigh University, Bethlehem, PA

Adjunct Professor (1979; 1976)

Northampton County Area Community College, Bethlehem, PA

Adjunct Professor (1977-1979)

Colorado Mountain College, Vail, CO

Adjunct Professor (1978; 1976-1977)

Webster University, St. Louis, MO

Instructor (1974-1975)

Southern Illinois University, Edwardsville, IL

Lecturer (1974)

Consultation-Ongoing

Boston Red Sox (2015-present)

Consultation

AASP Advocacy Committee (2020); Safe Sport-Harassment Officer, State Games of America, 2019; Harassment Officer, Virginia Commonwealth Games. (July 25-29, 2018); Fluvanna County Commonwealth's Attorney (December, 2017) Critical incident stress; United States Fencing Association-Sports Medicine Committee (1994-2017); Virginia Law Enforcement Assistance Program (11/4/16) Critical Incident Stress Management; Roanoke Police-Media Coop (February, 2016) seminar on line of duty shootings; NCAA (2015) on "Best Practices for Understanding and Supporting Student-Athlete Mental Wellness: Inter-Association Consensus"; Roanoke College Department of Athletics (2015); Commonwealth Games of Virginia, Associate Director of Sportsmedicine, 2011-2012; Director of Sportsmedicine (1991-2010). Roanoke Regional Airport Commission Disaster Training (2011); United States Fencing Association-Chair, Sport Medicine & Science Committee (1994-2008); Sports Tech World (2005-2008); Roanoke Gators Swim Team (1993- present); Bill Pilat Lacrosse Goalie School (2002-2010); Roanoke Catholic High School Soccer Team (2004-2006); Roanoke Catholic High School Sport Science Club (2004-2006); VMI Men's Soccer Team (2005); United States Fencing Association, Coaching Committee (1997-2004), Southwest Soccer Association, Sportsmanship and Ethics Committee (2000-2001); US Army World Class Athlete Program (1999-2000); NCAA YES Clinics (Football, 2004, Football, 2003; Football, 2001; Softball, 2001; Basketball, 1998; Football, 1997; Basketball, 1995; Football, 1995); Life University International Sports Training Institute, Research Consultation Committee (1997-2001); Roanoke Valley Pre-Olympic Training Camp (2000 & 1996); ASTM Committee on Sports Equipment and Facilities (1989-1999); Canadian Sport Massage Therapists Association (1999); Allstate Insurance Co. (Roanoke, VA) Department of Human Resources (1999); Western Virginia Emergency Medical Service Critical Incident Stress Debriefing Team (1995-1999); Roanoke Girls and Women in Sports Day (May, 1998); Tour DuPont/Cycle Roanoke, Sportsmedicine (1994-1996); Roanoke College Math and Science Advisory Committee (1995-1996); Virginia Amateur Sports/Virginia High School League/Association for the Advancement of Applied Sports Psychology, Sport Psychology Seminar (October, 1996); Citgo State Games Athlete of the Year Award, Virginia Selection Committee (1994); USA Today Youth Sport Hotline (1991); Virginia Special Olympics, Fall Games, Medical Services (1989-1991); Washington & Lee University Athletic Department (1987-1988); Canadian Olympic Association - XV Olympic Winter Games (1987); University of Utah Sport Psychology Program (1986-1988); Rowmark Ski Academy (1986-1989); Lewis-Gale Hospital Pain Clinic (1986); Gianpietro Rossi, Marathon Medical Center, Italy (1986); Roanoke County Schools - Programs for the Gifted in Art (1985-1986); Roanoke Memorial Hospitals (1983-1985); Dr. David Hutchins, Consultant, National Cancer Institute - Cancer Prevention/Awareness (1984-1985); Karl-Heinz Roeben, Niedersachsen Basketball Federation, West Germany (1985); Roanoke College Athletic Department (1985); Roanoke College - Music Division (1985); Mental Health Association of the Roanoke Valley (1982-1984); Virginia Tech Theatre Department (1982-1983); Touchstone Theatre Company (1978-1982); Sigma Chi Fraternity Leadership Training Workshop (1972-1976).

Boards of Directors

Virginia Amateur Sports, Board of Directors ((1992-2018; 2020); Vice-President (1997-2002))
International Swim Coaches Association, Sport Science Board (since 2016)
Society for Sport, Exercise & Performance Psychology of the American Psychological
- President/ Executive Board member term (2013-2016)
SARA (Sexual Assault Response and Awareness) (2011- 2013)
Lewis-Gale Clinic Rehabilitation Unit (2004-2005)
Association for Applied Sport Psychology (1994-1997)
Rowmark Ski Academy, Sport Science Board (1986-1988)

Administration

AASP Special Interest Group (SIG) in Fencing, Coordinator (since 2009)
Society for Sport, Exercise and Performance Psychology Fellows Committee Chair (2016-2018)
Roanoke Valley Public Safety Media Coop (2016-2017)
Coalition for the Advancement of Graduate Education and Training in the Practice of Sport Psychology (2014-2017)
American Psychological Association, Arts and Psychology Committee (2014-2016)
AASP Mentorship Match Program (2013-2014)
APA Division 47 Social Media Committee (2012-2013)
Lewis Gale CME Group, Psychological Medicine Seminar Series, Coordinator (2004-2009)
Association for the Advancement of Applied Sport Psychology, Organizational Outreach Committee (2005-2009)
Lewis Gale Physicians, Quality Assurance Committee (2005- 2006)
Lewis-Gale Clinic, Quality Assurance Committee (2003-2005)
Lewis-Gale Clinic, Research Committee (2002 -2003)
Lewis-Gale Hospital Library Committee (1992-1998)
Lewis-Gale Hospital Spine Committee (1995-1997)
Association for the Advancement of Applied Sport Psychology, Health Psychology Committee (1990-1993)
Association for the Advancement of Applied Sport Psychology, Certification Committee (1992-1994)
Lewis-Gale Hospital, Mental Health Providers Section of the Department of Medicine, Chair (1990-1994)

Sports Officiating

NCAA (DI) Cross Country Championships, Lehigh University (1979)
Mid-Atlantic States Collegiate Athletic Conference – Track & Field (1978-1979)

Product Development

eScout - an electronic scouting device for fencing. Provides stripside tactical information with statistical, descriptive and video capabilities. Beta stage.

Clinical

Lewis-Gale Clinic, Roanoke, VA

Clinical & Consulting Psychologist (1988-2006)

Psychological assessment, psychotherapy – inpatient & outpatient; Sport psychology consultation; Police and public safety consulting; Hospital privileges: Lewis-Gale Medical Center

Rockbridge Area Community Services Board, Lexington, VA

Senior Clinician/Prevention Specialist (1987-1988)

Psychological assessment, psychotherapy, case management and emergency; Sport psychology consultation; Hospital privileges: Stonewall Jackson Hospital, Lexington, VA and Bath County Hospital, Hot Springs, VA.

University of Utah Medical Center, Salt Lake City, UT

Senior Post-Doctoral Fellow in Behavioral Medicine and Pain (1986-1987)

Post-Doctoral Fellow in Behavioral Medicine and Pain (1985-1986).

Case management, psychological assessment, psychotherapy, and consultation-liaison in behavioral medicine. Research and training; Coordinator, Sports Medicine Consultation Service; Related affiliations: Salt Lake City VA Medical Center (Substance Abuse; Neuropsychology) and Western Institute of Neuropsychiatry (Anxiety Disorders; Dissociative Disorders).

Colonial Health Associates, Roanoke, VA

Psychologist (1985). Associate in a general psychiatric practice.
Psychotherapy and sport psychology consultation.
Radford University Counseling Center, Radford, VA
Adjunctive Counseling Psychologist (1982-1984).
Individual, couples, and group counseling; Coordinator, Student-Athlete Programs.
Lehigh University Psychology Department, Bethlehem, PA
Graduate Assistant (1978-1979).
Biofeedback and psychophysiological assessment.
St. Louis University Psychological Clinic, St. Louis, MO
Practicum (1972-1974).
Intake, psychological assessment and psychotherapy.
Haverford State Hospital, Haverford, PA
Counselor (Summer, 1972).
Counseling of general psychiatric inpatient population in work setting.
Kurtz Shelter Workshop and Training Center, Bethlehem, PA
Counselor (Summer, 1971).
Counseling of outpatient population in work setting.

AWARDS

Devon Prep Athletics Hall of Fame (2017)
Paul Harris Leadership Award Salem, Virginia Rotary (2014)
Virginia Amateur Sports, Wall of Honor (2010)
Virginia Social Science Association Development Award (1981)
Packard Fellowship (1978-1979)
Carnegie Fellowship (1975-1976)
National Institute of Mental Health Fellowship (1973-1974)
Sigma Chi Fraternity Scholarship Award (1972-1973)
General Motors Scholarship (1970-1972).

GRANTS

Sport Hazing: Awareness, Prevention and Intervention Training. American Psychological Association Interdivisional Grant 2016. Lead investigator, John Heil

A Self-Determination Psychological Intervention for Injured Collegiate Athletes, Association for Applied Sport Psychology Grant 2014. Les Podlog, John Heil & Tom Iriye.

Cognitive and Affective Factors Linked to Successful Performance in Elite Women Foil Fencers, USOC Sport Science and Technology Grant 0699-SST99-FEN-201. Lead Investigator, Dale Pease, Univ. Houston.

PUBLICATIONS

Book and Book Chapters

Heil, J. (1993). Psychology of sport injury. Champaign, IL: Human Kinetics. [2011 Reissue with Supplement, available from author]

Heil, J. (2020). Star spangled sport (pp. 34-36). In M. L. Sachs, L. S Tashman, & S. Razon (eds.), *Performance excellence: stories of success from the real world of sport and exercise psychology*. London: Rowman & Littlefield.

Heil, J. (2020). Perfect pitch (pp.31-34). In M. L. Sachs, L. S Tashman, & S. Razon (eds.), *Performance excellence: stories of success from the real world of sport and exercise psychology*. London: Rowman & Littlefield.

Heil, J. & Soter, P. (2020). The extreme stupor (pp. 153-157). In M. L. Sachs, L. S Tashman, & S. Razon (eds.), *Performance excellence: stories of success from the real world of sport and exercise psychology*. London: Rowman & Littlefield.

Heil, J. (2020). Being there (pp. 198-200). In M. L. Sachs, L. S Tashman, & S. Razon (eds.), *Performance excellence: stories of success from the real world of sport and exercise psychology*. London: Rowman & Littlefield.

Podlog, L., Heil, J., Podlog, S., & Hammer, C. (2019). Historical perspectives on athletic injuries and concussion (pp. 8-19). In G. A. Bloom & J. G. Caron (eds.) *Psychological aspects of sport-related concussions*. New York: Routledge.

Podlog, L., Heil, J., & Podlog, S. (2019). Sport injury: psychological consequences and management strategies (pp. 127-152). In A. Mugford & G. Cremades (eds.), *Sport, exercise, and performance psychology: theories and applications*. New York: Routledge/Psychology Press.

Podlog, L., Heil, J., & Podlog, S. (2019). Cognitive & behavioral strategies in exercise injury & rehabilitation (pp. 691-708). In M. Anshel, F. Gardner, E. Labbe, T. Petrie, & S. Petruzzello (eds.), *APA Handbook of Sport and Exercise Psychology: Vol. 2. Exercise Psychology*, M. H. Anshel (Editor-in-Chief). APA Books. <http://dx.doi.org/10.1037/0000124-035>

Podlog, L., Schulte, S., & Bryan, C. & Heil, J. (2016). A resilience intervention for diminishing attrition among injured armed force recruits. In D. Dustin, K. Bricker, S. Negley, M. Brownlee, K. Schwab & N. Lundberg (Eds.), *This Land is Your Land*. (pp. 185-197). Urbana, IL: Sagamore Publishing.

Heil, J., & Podlog, L. (2012). Injury and Performance. In S. M. Murphy (Ed.), *The Oxford handbook of sport and performance psychology*. New York: Oxford University Press.

Heil, J., & Podlog, L. (2012). Pain and Performance. In S. M. Murphy (Ed.), *The Oxford handbook of sport and performance psychology*. New York: Oxford University Press.

Zhu, L. J., Heil, J., & Wenzel, T. (2011). *Clinical sport psychology: Perspective West and East; Depression in Asian Athletes* (Vol. 1). Saarbruken, Germany: VDM Verlag Dr. Muller

O'Connor, E. A., Heil, J., Harmer, P., Zimmermann, I. (2005). Injury. In J. Taylor & G. Wilson (Eds.), *Applying sport psychology: Four perspectives* (pp. 187-206, 281-283). Champaign, IL: Human Kinetics.

Heil, J. & O'Connor, E. A. (2001). Psychological impact of injury and rehabilitation. In W. E. Garrett, D. T. Kirkendall & Squire, D.L. (Eds.), *Principles and practices of primary care sports medicine* (pp.191-204). Philadelphia: Lippincott Williams & Wilkins.

Heil, J. (2000). The injured athlete. In Y. L. Hanin (Ed.), *Emotion in sport* (pp. 245- 265). Champaign, IL: Human Kinetics.

Heil, J. & Fine, P. (1999). Pain in sport: A biopsychological perspective. In D. Pargman (Ed.), *Psychological bases of sport injuries*. 2nd edition (pp. 13-28). Morgantown, WV: Fitness Information Technology.

Yukelson, D. & Heil, J. (1998) Psychological considerations in working with injured athletes. In P. K. Canavan (Ed.), *Rehabilitation in sports medicine* (pp. 61-70). Stanford, CT: Appleton & Lange.

Heil, J. & Carter, C. (1998). Fencing. In National Youth Sport Safety Foundation (Ed.), 1997 *Youth Sports Safety Yearbook* (pp. 67-72). Boston, MA: Author

Heil, J. & Henschen, K. (1996). Assessment in sport and exercise psychology. In J. J. Van Raalte & B. W. Brewer (Eds.), *Exploring sport and exercise psychology*. (pp. 229-255). Washington, DC: American Psychological Association

Heil, J. (1995). Imagery. In K. Henschen & W. Straub (Eds.), *Sport psychology: An analysis of athlete behavior* (3rd ed.). Longmeadow, MA: Mouvement.

Heil, J. (1995). Psychology of injury prevention and rehabilitation. In K. Henschen & W. Straub (Eds.), *Sport psychology: An analysis of athlete behavior* (3rd ed.). Longmeadow, MA: Mouvement.

Heil, J. & Fine, P. (1993). The biopsychology of injury related pain. In D. Pargman (Ed.), *Psychological bases of sport injuries* (pp. 33-43). Morgantown, WV: Fitness Information Technology.

Rotella, R. & Heil, J. (1991). Psychosocial aspects of sports medicine. In B. Reider (Ed.), *Sports medicine: The school age athlete*. Philadelphia: W. B. Saunders.

Heil, J. & Koesters, E. (1986). Athlete and artist: The search for a common ground. In L.-E. Unestahl (Ed.), *Sport psychology: In theory and practice* (pp. 190-195). Orebro, Sweden: Veje Publishing.

Heil, J. (1984). Imagery for sport: Theory, research and practice. In W. F. Straub and J. Williams (Eds.), *Cognitive sport psychology* (pp. 245-252). Lansing, NY: Sport Science International.

Scholarly/Professional

Journals, Proceedings, Newsletters

Podlog, L., Heil, J., Burns, R.D., Bergeson, S., & Williams, A.M., Fawver, B. (e-publication). A cognitive behavioral intervention for injured collegiate athletes. *The Sport Psychologist*.

Podlog, L., & Heil, J. (2020). Mental health considerations among injured athletes. *NCAA Sport Science Institute*.

Heil, J. (2018, Fall). Organizational dynamics in failed mitigation of sexual violation special issue: The Psychology and history of sexual violation and its condemnation, *Clios Psyche*, 25(1), 63-67.

Heil, J. (2016). Sport advocacy; Challenge, controversy, ethics and action. *Sport, Exercise, and Performance Psychology*, 5(4), 281-295. <http://dx.doi.org/10.1037/spy0000078>

Heil, J. (2015, April). Office survival simulation training. *The Police Chief*, 82(4), p.46-48.
<http://www.policechiefmagazine.org/officer-survival-simulation-training/>.

Heil, J. (2014, November/December). President's column: Sport advocacy. APA 47 Exercise and Sport Psychology Newsletter.
<http://www.apadivisions.org/division-47/publications/newsletters/exercise-sport/2014/12/issue.pdf>

Podlog, L, Heil, J. & Schulte, S. (2014). Psychosocial factors in sport injury rehabilitation and return to play. *Physical Medicine and Rehabilitation Clinics of North America: Sports Medicine*, 915-930.

Heil, J. (2014, April). President-elect's column: The partnership between AASP, APA and the USOC has given stability and credibility to the professional practice of sport psychology. APA 47 Exercise and Sport Psychology Newsletter. DOI:
<http://www.apadivisions.org/division-47/publications/newsletters/exercise-sport/2014/04/president-elect.aspx>.

Heil, J., Wiese-Bjornstal, D., Williams, J., Arvinen-Barrow, M., & Brewer, B. (2014, October). "Study the past if you want to define the future" (Confucius): A historical perspective on the psychology of sport injury 9p. 171). Association for Applied Sport Psychology 2014 Conference Proceedings. [Abstract]. Madison, WI: AASP.

Heil, J. (2013, September). Team game training (p.125). Symposium on signature sport psychology techniques that link theory and practice. Association for Applied Sport Psychology - 2013 Conference Proceedings [Abstract]. Madison, WI: AASP.

Heil, J (2012). Pain on the run: Injury, pain and performance in a distance runner. *The Sport Psychologist*, 26, 540-550.

Heil, J. & Wiita, N (2012, October). Drawing the line for aggressive sport behavior: Athletes, referees, and coaches as targets (p. 57). Association for Applied Sport Psychology - 2012 Conference Proceedings [Abstract]. Madison, WI: AASP.

Athey, A. B. & Heil, J. (2011). Responding to critical incidents in sport: The 6 "Cs" of Critical incident response in sport: A guide for parents, coaches, and administrators. *The Journal of Performance Psychology*, 1, 1-8. [Translated into Polish at
<http://fundacjaflow.weebly.com/nasze-projekty.html>]

Heil, J., Bennett, G., Brolinson, P. G. & Goforth, M. (2010, October). Implementing lessons learned in response to the VT Shootings: Sports Medicine Team perspectives (pp. 175-176). Association for Applied Sport Psychology - 2010 Conference Proceedings [Abstract]. Madison, WI: AASP.

Heil, J., Johnson, L., Gilbert, D., Inge-Messerschmidt, J., Salzbach, R., Smith, M. & Strosnider, S. (2009). Psychological Intervention with the Virginia Tech Shootings: Lessons Learned and Recommendations. *The Journal of Excellence*, 13, 97-129. (Online:
<http://www.zoneofexcellence.ca/Journal/Issue13/index.html>).

Heil, J. & Lee, J. (2009, September). Sport psychology applied to law enforcement training (p.125). Association for Applied Sport Psychology 2009 Conference Proceedings [Abstract]. Madison, WI: AASP.

Heil, J., Wiita, N. Johnson, P. & Staples, G. (2009, September). Injurious rule violating sport behavior: Who is accountable (p. 84)? Association for Applied Sport Psychology 2009 Conference Proceedings [Abstract]. Madison, WI: AASP.

Heil, J. (2009). Turning injury to advantage: Rapid recovery on game day. *Athletic Therapy Today*, 14(2), 13-15.

Loberg, L., Houston, M. & Heil, J. (2008, September). Children's experiences with a sport-related injury (p. 33). Association for Applied Sport Psychology 2008 Conference Proceedings [Abstract]. Madison, WI: AASP.

Valovich McLeod T.C., Bay R.C., Heil J., McVeigh S.D. (2008) Identification of Sport and Recreational Activity Concussion History Through the Pre-Participation Screening and a Symptom Survey in Young Athletes. *Clinical Journal of Sport Medicine*, 18(3), 235-240.

Stapleton, A., Heil, J., Bennett, G. & Hankes, D. (2007, October). Crisis Intervention in Sport (p.10). In Association for Applied Sport Psychology 2007 Conference Proceedings [Abstract]. Madison, WI: AASP.

Valovich McLeod, T.C., Heil J., McVeigh S.D., Bay R.C. (2006). Identification of sport and recreational activity concussion history through the pre-participation screening and a symptom survey in young athletes. *Journal of Athletic Training*. 41(2): S-91.

Heil, J. (2003). Psychology in remarkable recovery and failed rehabilitation (pp. 188-190). In, *Proceedings: National Athletic Trainers' Association Annual Meeting & Clinical Symposia*. Champaign, IL: Human Kinetics.

Heil, J., Richards, C & Soter, P (2002, November). Sport Psychology Program Development with US Fencing. Association for the Advancement of Applied Sport Psychology 2002 Conference Proceedings [Abstract] (p.112). Tucson, AZ: AAASP.

Lee, J., Branum-Martin, L., Pease, D. G. & Heil, J. (2002, November). The Interaction among situation-specific state-balance, felt motivations and point spread on fencing performance. Association for the Advancement of Applied Sport Psychology 2002 Conference Proceedings [Abstract] (p.91). Tucson, AZ: AAASP.

Heil, J, Buford, B., Chirby, B. & Gore, K. (2002, November). Performance Variables for Referees in an Olympic Sport National Governing Body. Association for the Advancement of Applied Sport Psychology 2002 Conference Proceedings [Abstract] (p.99). Tucson, AZ: AAASP.

Heil, J. & Fine, P. (1999). Remarkable feats and failed rehabilitation: Pain and injury at the extremes of performance. In, *The Third World Congress on Mental Training: Proceedings*. Salt Lake City, UT: ISMTE.

Heil, J., Wakefield, C. & Reed, C. (1998). Patient as athlete: A metaphor for injury rehabilitation. *Psychotherapy Patient*, 10 (3/4), 21, 39.

Heil, J. (1998). Emotional response to injury: Issues and controversies [abstract]. *Journal of Applied Sport Psychology*, 10, S126.

Chillag, S., Heil, J. & Cormier, J. (1998). Attitudes of adolescent non-anabolic steroid users about anabolic steroids [abstract]. *Journal of Applied Sport Psychology*, 10, S156.

Heil, J. (1998, Jan/Feb). A cry for help. *American Pain Society Bulletin*, 8(1), p. 3.

Heil, J. (1998 May/June). Living with the beast. *American Pain Society Bulletin*, 8 (3), p. 4.

Heil, J. (1997, July/August). The healing potential of art. *American Pain Society Bulletin*, 7(4), p. 3.

Heil, J., Sagal, M. & Nideffer, R. (1997). The business of sport psychology consulting [abstract]. *Journal of Applied Sport Psychology*, 9, S109.

Steadman, R., Heil, J. & Harmer, P. (1997). Issues in sport injury and pain [abstract]. *Journal of Applied Sport Psychology*, 9, S159.

Heil, J. (1997, July). The psychology of sport injury: A review and critique. In R. Lidor and M. Bar-Eli (Eds.), *Innovations in sport psychology: Linking theory and practice: Proceedings, Part I* (pp. 318-320). Israel: Ministry of Education, Culture, and Sport.

Heil, J., Henschen, K. P. & Nideffer, R. (1996). Psychological assessment in applied sport psychology [abstract]. *Journal of Applied Sport Psychology*, 8, S32.

Heil, J. (1996). Issues and controversies in psychology assessment in sport [abstract]. *Journal of Applied Sport Psychology*, 8, S33.

Gould, D., Udry, E., Bridge, D., Beck, L. & Heil, J. (1996). An investigation of the psychology of season ending ski injuries [abstract]. *Journal of Applied Sport Psychology*, 8, S47.

Taylor, J. & Heil, J. (1995). Applying sport psychology to injury management: Implementing a psychological rehabilitation program in sports medicine facilities [abstract]. *Journal of Applied Sport Psychology*, 7, S114.

Heil, J., Udry, E., Durso-Cupal, D. & Shaffer, S. (1995). Sport psychology and sports medicine: Building relationships through research [abstract]. *Journal of Applied Sport Psychology*, 7, Sxxx.

Heil, J., Vernacchia, R., Reardon, J., & Henschen, K. (1995). Sport critical incident stress debriefing [abstract]. *Journal of Applied Sport Psychology*, 7, Sxxx.

Heil, J. (1994, Spring). Defining a psychology of sport injury: Principles for practice. *Exercise and Sport Psychology Newsletter*, 8, p. 7.

Heil, J. & Shapiro, D. (1994, July 1). Sports psychology and the physical therapist. Part I: A winning strategy for rehabilitation. *Physical Therapy Forum*, 13 (13), pp. 28-30.

Heil, J. & Shapiro, D. (1994, July 15). Sports psychology and the physical therapist. Part II: Mental training. *Physical Therapy Forum*, 13 (14), pp. 4-7.

Heil, J. (1994, May). Understanding the psychology of sport injury: A grief process model. *Temple Psychiatric Review*, 3 (3), pp. 4-10.

Heil, J. (1994, December). Treating chronic pain. Lewis-Gale Medical Center Physician Newsletter: Clinical Focus: The Pain Center, p. 1.

Heil, J., Wirt, S., & Minter, G. (1994, April/May). Healing art: Incorporating visual arts in the healing process. American Pain Society Bulletin, 4 (2), 19-20.

Heil, J. & Rians, C. (1993, Summer). Sport injury risk: A psychological perspective. Medical Proceedings/Lewis-Gale Clinic, 8-11.

Heil, J. & Fine, P. (1993). Pain management in sport injury. In S. Serpa, J. Alves, V. Ferreira, & A. Paula-Brito (Eds.). Proceedings of the Eighth World Congress of Sport Psychology: Sport Psychology: An integrated approach. (pp. 570-573). Lisbon, Portugal: ISSP.

Heil, J., Zemper, E., & Carter, C. (1993). Behavioral factors in fencing injury. In S. Serpa, J. Alves, V. Ferreira, & A. Paula-Brito (Eds.). Proceedings of the Eighth World Congress of Sport Psychology: Sport Psychology: An integrated approach (pp. 574-576). Lisbon, Portugal: ISSP.

Heil, J. (1993, Winter). Sports Medicine Injury Checklist: A tool for psychological assessment of the injured athlete. Sports Medicine Update. [Chronic pain syndrome, Special Issue], 7(4), pp.12-14, 24.

Heil, J. (1992, May). The challenge of chronic pain. Lewis-Gale Medical Center Physicians Newsletter: Clinical Focus: Pain Management, p.1.

Henschen, K. & Heil, J. (1992). A retrospective study of the effect of an athlete's sudden death on teammates. Omega, 25(3), 217-223.

Heil, J. (1992). The thrill of victory! Risk-taking attitudes in sport. ASTM Standardization News [Sport standards, Special issue], 20(6), 60-62.

Heil, J. (1992, Fall). Bonnie Berger (Ed.). Issues and Answers: "What is health psychology?" Association for the Advancement of Applied Sport Psychology Newsletter, pp. 12-14.

Emmerson, R., Dustman, R., Heil, J. & Shearer, D. (1988). Psychological performance of young non-drinkers and long and short term sober alcoholics. Alcoholism: Clinical and experimental research, 12(5), 625-629.

Shapiro, D., Heil, J. & Hager, F. (1983). Validation of the JoHari window test as a measure of self-disclosure. Journal of Social Psychology, 120, 289-290.

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Iris Zimmermann: An Olympic Fencing Quest, Heil & Magdelinskas, June, 2011
<http://www.youtube.com/watch?v=wZDpgrgvCmw&feature=g-all-u>

American Fencing: Olympic Spirit. Heil & Magdelinskas; December, 2010
<http://www.youtube.com/watch?v=5FeKO0TKgVA>

US Olympic Fencing. Heil & Magdelinskas, January, 2011
http://www.youtube.com/watch?v=N60_qvEl63E&feature=mfu_in_order&list=UL
[2]

YouTube Channels

Swim Sport Psychology

Fencing Sport Psychology

Zen Zone Digital

VIDEO COMMENTARY

SwimmingWorld.TV (April 6, 2016): Sport Science NOW. Sport Science Commentary on the NCAA Swimming Championships 2016.
<https://www.swimmingworldmagazine.com/news/introducing-swim-science-now-a-pilot-swimmingworld-tv-show-for-coaches/>

PROFESSIONAL PRESENTATIONS

Invited Conference Presentations

Heil, J. (2020, Jan. 17). Injury & mental health: a systems view. Presentation in seminar on the psychology of sport injury at PAC12 Student-Athlete Mental Health Summit, Los Angeles, CA.
https://www.cme.ucla.edu/files/view/online-syllabus/public/m190-21-student/1045_Sports.pdf

Heil, J. (2018, September 23). Keynote lecture: The psychology of being sidelined. Micheli Lecture: Psychology of sport injury & rehabilitation. Boston Childrens' Hospital/Harvard Medical School, Boston, MA.

Heil, J. (2018, October 24). Effects of shift work, cumulative stress and PTSD. Super session presented at the Virginia Public Safety Communications Conference and Exposition, Roanoke, VA.

Heil, J. (2018, February 3). Treating addiction in a world of pain: The Role of opioid risk assessment. Virginia Pain Society, Charlottesville, VA.

Heil, J. (2015, August). President's Address Division of Exercise & Sport Psychology-Sport advocacy: Sport psychology in the public interest. American Psychological Association Annual Conference, Toronto, Canada.

Heil, J. (2014, November). Psychological treatment of sport injuries; Part 1: Sport injury. International Seminar on Sport Injuries: Psychology, Medicine & Other Sciences, Madrid, Spain

Heil, J. (2014, November). Psychological treatment of sport injuries; Part 2: Pain management. International Seminar on Sport Injuries: Psychology, Medicine & Other Sciences, Madrid, Spain

Heil, J. (2013, September). Team game training. Symposium on signature sport psychology techniques that link theory and practice at the Association for Applied Sport Psychology Conference, New Orleans.

Heil, J. (2010, September). Sport psychology for the wounded warrior. USO Wounded Warrior Family & Caregiver Conference, El Paso, TX.

Heil, J. (2003, June). Psychology in remarkable recovery and failed rehabilitation. Symposium presentation at National Athletic Trainers' Association Annual Meeting & Clinical Symposia. St. Louis, MO.

Heil, J. (2002, May). Sport injury: The psychological cornerstones of rehabilitation. The Sixth IOC World Congress on Sport Sciences / American College of Sports Medicine 49th Annual Meeting. St. Louis, MO.

Heil, J. (1998, July). Remarkable feats: Of pain tolerance, injury rehabilitation, and coping with adversity in sport. Keynote presentation at the Second International Meeting of Psychology Applied to Sport and Exercise, Braga, Portugal.

Mack, G., Heil, J. & Foster, S. (1998, July). Mental aspects for performance and recovery. Workshop presented at Phoenix Fire Department Symposium, Phoenix, AZ.

Heil, J. (1997, April). Managing the injured worker: Seeking the win-win solution. Presentation at Norfolk Southern Association of Physicians Meeting, Roanoke, VA.

Heil, J. (1996, September). Applying sport psychology to injury rehabilitation. Presentation at the Virginia Occupational Therapy Association Conference, Roanoke, VA.

Heil, J. (1996, September). Youth sports: One size does not fit all. Presentation at the Virginia Recreation and Parks Society Annual Conference, Roanoke, VA.

Heil, J. (1995, June). Sport psychology and the injured athlete: Identification and treatment. Invited clinical lecture presented at the American College of Sports Medicine 42nd Annual Meeting, Minneapolis, MN.

Heil, J. & Gordin, R. (Co-chairs). (1994, November). Defining sport psychology: Scope of expertise. Invited Certification Symposium at the Association for the Advancement of Applied Sport Psychology Annual Conference, Lake Tahoe, NV.

Heil, J. (Chair) (1987, April). Pain and injuries of athletes: The sports medicine team, injury and the psychological care of athletes. Invited Symposium presented at the American Alliance of Health, Physical Education, Recreation and Dance National Convention and Exposition, Las Vegas, NV.

Heil, J. (1987, April). Concepts and strategies in psychological approaches to sportsmedicine. Paper presented at American Alliance of Health, Physical Education, Recreation and Dance National Convention and Exposition, Las Vegas, NV.

Conference Presentations

Heil, J. (2020, November 5). High fidelity simulation in deadly force training. Paper presented in seminar on police use of force. Society for Police and Criminal Psychology 2020 Online Conference.

Heil, J. (2020, October). Hazing training and intervention. Workshop presented at the Association for Applied Sport Psychology Conference (Virtual)

Heil, J. (2020, August 7). Hazing awareness, ethics & intervention. Poster presentation at American Psychological Association Convention (Virtual), Washington, D.C.

Heil, J. (2019, October). Principles of high-fidelity simulation & their application to police deadly force training. Poster presentation at the Association for Applied Sport Psychology Conference, Portland, OR

Himes, T., Orr, D., Havriluk, R., Heil, J., & Friederang, S. (2019, August 28). Building a Successful Age Group Program from 8-14. Feature Panel at the International Swim Coaches Association Hall of Fame Summit, Clearwater Beach, FL.

Havriluk, R., Heil, J., & Black, S. (2019, August 28). Shoulder sustenance: Holistic strategies for injury management & athlete recovery. Distinguished Science Panel at the International Swim Coaches Association Hall of Fame Summit, Clearwater Beach, FL.

Heil, J. (2019, August). Police psychology and sport psychology: a comprehensive skill set for law enforcement. Poster presented at the American Psychological Association Convention, Chicago, IL.

Podlog, L. & Heil (2019, August). Sports injury recovery and return to play – Tools for the practicing psychologist. Skill building session presented at the American Psychological Association Convention, Chicago, IL.

Heil, J. (2018, October 6). Training police for deadly force encounters: a role for sport psychology. Workshop presented at Association for Applied Sport Psychology Conference, Toronto, Canada

Heil, J. (2018, August 27) Where calorie power meets will power. Paper at the International Swim Coaches Association 9th Annual Hall of Fame Coaches Summit, Clearwater Beach, Florida.

Ingraham, R., Zhu, L. J., Heil, J., & Spraker, J. (2018, August 29). In J. Heil (Chair), Preventing abuse, bullying and harassment: How can we make our sport safer? Symposium conducted at the International Swim Coaches Association 9th Annual Hall of Fame Coaches Summit, Clearwater Beach, Florida.

Heil, J. (2018, August 29). Organization as problem, organization as solution. Paper presented at the International Swim Coaches Association 9th Annual Hall of Fame Coaches Summit, Clearwater Beach, Florida.

Trainer, R. & Heil, J. (2018, February). Panel: Addiction in a world of pain. Virginia Pain Society, Charlottesville, VA.

Stagner, B., DeMers, S., Campbell, L. Watson, P., Lightfoot, S., Crowder, D., & Siegel, A. (2017, August). APA and ASPPB working together—where ethics and regulations converge. American Psychological Association Convention, Washington, D.C. [The Basketball player: Ethics vignette by Heil, J., Albinson, C., Baillie, P., Durtschi, S., Etzel, E., Goldman, S., Hays, K., Joshua, M., Kontos, A., Stagner, B., Selby, C., & Smith-Machin, A.]

Prindle, K, Havriluk, R, Heil, J, & Stager, J. (2017, August). Moneyball for swimming. International Swim Coaches Association 8th Annual Hall of Fame Coaches Clinic, Clearwater, FL.

McKelvain, R., Heil, J., & Jones, J. (2017, August). Threat and compassion---Entering the mind and world of the police patrol officer. American Psychological Association Convention, Washington, D.C.

McKelvain, R., Jones, J. & Heil, J., (2017, August). Crisis and conflict---How patrol officers respond. American Psychological Association Convention, Washington, D.C.

Heil, J. (2017, October). Fencing SIG 5x5. Paper presented at the Association for Applied Sport Psychology (AASP) Conference, Orlando, FL.

Heil, J. (2017, April 8). Why sport psychologists should act as advocates and why they do not. Paper presented at the Social Justice through Sport & Exercise Psychology Symposium. Charlottesville, VA.
<https://drive.google.com/file/d/0B3O5u2CzEaq6Q0RxZnI4NjRfQUILOHVDRFY3eFhaVGVKcUYw/view>

Podlog, L., Heil, J., Iriye, T., Bergeson, S., & Hall, M. (Sep, 2016). A self-determination psychological intervention for injured collegiate athletes. Paper presented at the Association for Applied Sport Psychology (AASP) Conference, Phoenix, Arizona.

Schubert, M., Rosania, J.R., Beliaev, S., Havriluk, R., & Heil, J. (2016, September). Season planning. International Swim Coaches Association 7th Annual Hall of Fame Coaches Clinic, Clearwater, FL.

Heil, J., & Etzel, E. (2016, August). Ethics and advocacy in sport psychology. Conversation hour at the American Psychological Association Annual Conference, Denver, CO.

Heil, J (2016, March 26). Psychologist as athlete advocate. College Athletes' Rights & Empowerment Conference, Philadelphia, PA.

Heil, J., & Durtschi, S. (2015, October). Sport advocacy; Speaking for the greater good in sport. Workshop (continuing education) presented at the Association for Applied Sport Psychology Conference, Indianapolis, IN.

Beliaev, S, Havriluk, R., Heil, J., Mullen, J & Rosania, J. R. (2015, August). The pieces of the puzzle: Excellent stroke mechanics and planning for senior swimmers. International Swim Coaches Association Hall of Fame Coaches Clinic, Clearwater Beach, FL.

Holloway, B., Schubert, M., Reese, R., & Heil, J. (2015, August). Creating and selling a vision for success. International Swim Coaches Association Hall of Fame Coaches Clinic, Clearwater Beach, FL.

Beliaev, S, Blenk, C., Havriluk, R., Heil, J., & Mullen. (2015, August). The pieces of the puzzle: Excellent stroke mechanics and planning for young swimmers. International Swim Coaches Association Hall of Fame Coaches Clinic, Clearwater Beach, FL.

Heil, J. (2015, August). Sport psychology for age group swimmers: Hazing. International Swim Coaches Association Hall of Fame Coaches Clinic, Clearwater Beach, FL.

Heil, J. (2014, November). Research group roundtable on sport injuries. International Seminar on Sport Injuries: Psychology, Medicine & Other Sciences, Madrid, Spain

Heil, J., Wiese-Bjornstal, D., Williams, J., Arvinen-Barrow, M., & Brewer, B. (2014, October). "Study the past if you want to define the future" (Confucius): A historical perspective on the psychology of sport injury. Workshop presented at the Association for Applied Sport Psychology Conference, Las Vegas, NV.

Heil, J. (Presider). (2014, October). Lectures on injury/trauma/rehabilitation. Association for Applied Sport Psychology Conference, Las Vegas, NV.

Podlog, L, Heil, J., Schulte, S, & Bryan, C. (2014, September). A resilience intervention for diminishing attrition among injured female recruits. This Land is Your Land National Symposium, Salt Lake City, UT..

Beliaev, S, Havriluk, R., Heil, J. & Ivy, J. (2014, August). Swim sport science introduction. International Swim Coaches Association Hall of Fame Coaches Clinic, Clearwater Beach, FL.

Heil, J. (2014, August). The mind's role in swimmers' success. International Swim Coaches Association Hall of Fame Coaches Clinic, Clearwater Beach, FL.

Heil, J. (2014, August). Developing the mental game for younger swimmers. International Swim Coaches Association Hall of Fame Coaches Clinic, Clearwater Beach, FL.

Heil, J. (2013, August). The zone & sport psychology. International Swim Coaches Association Hall of Fame Coaches Clinic, Clearwater Beach, FL.

Heil, J. (2013, August). Mental prep for swim racing. International Swim Coaches Association Hall of Fame Coaches Clinic, Clearwater Beach, FL.

Heil, J. & Wiita, N (2012, October). Drawing the line for aggressive sport behavior: Athletes, referees, and coaches as targets. Poster presented at the Association for Applied Sport Psychology Conference, Atlanta, GA.

Heil, J. ((2012, October), Presider. Lectures on injury/trauma/rehabilitation at the Association for Applied Sport Psychology Conference, Atlanta, GA.

- Heil, J., Bennett, G., Brolinson, P. G. & Goforth, M. (2010, October). Implementing lessons learned in response to the VT Shootings: Sports Medicine Team perspectives. Workshop at the Association for Applied Sport Psychology Conference, Providence, RI.
- Heil, J. & Lee, J. (2009, September). Sport psychology applied to law enforcement training. Workshop at Association for Applied Sport Psychology Conference, Salt Lake City, UT.
- Heil, J., Wiita, N. Johnson, P. & Staples, G. (2009, September). Injurious rule violating sport behavior: Who is accountable? Association for Applied Sport Psychology Conference, Salt Lake City, UT.
- Heil, J. (2009, July). Psychological response to the Virginia Tech Mass Casualty: Lessons learned in the hospital setting. 31st International Congress on Law and Mental Health, New York City, NY
- Heil, J. (2009, January). Sports injury: Psychological recovery and rehabilitation. Virginia Youth Soccer Association Workshop 09, Arlington, VA.
- Heil, J. & Zhu, L. J. (2008, October). Sport injury & psychology. Presentation in symposium on Clinical Sport Psychology, 5th World Congress for Psychotherapy, Beijing, China.
- Stapleton, A., & Heil, J. (2008, September). Crisis intervention in sport. Preconference Workshop at the Association for Applied Sport Psychology Conference, St Louis, MO.
- Loberg, L., Houston, M. & Heil, J. (2008, September). Children's experiences with a sport-related injury. Association for Applied Sport Psychology Conference, St Louis, MO.
- Heil, J. (2007, October). Psychology of Sport Injury. Preconference Workshop at the Association for Applied Sport Psychology Conference, Louisville, KY.
- Stapleton, A., Heil, J., Bennett, G. & Hanks, D. (2007, October). Colloquim on Crisis Intervention in Sport (Presentation- Fatal Injury in Sport: Lessons Learned). Association for Applied Sport Psychology Conference, Louisville, KY.
- Heil, J. (2007, August). Stripside Coaching & Team Fencing. United States Fencing Coaches Association Conference, Oklahoma City, OK
- Heil, J. (2007, June). Pain and injury in sport: Doping related concerns. Lecture in Symposium: Sports Psychology and the Law, 30th International Congress on Law and Mental Health, Padua, Italy.
- Heil, J. & Masters, M. (2006, August). Motivation. United States Fencing Coaches Association Conference, Chicago, IL.
- Lee, J. T., Pease, D. G., Branum-Martin, L., & Heil, J. (2005, July). Cognitive and affective interactions of elite female foil fencers: A reversal theory approach. Paper presented at the 2005 Reversal Theory Conference, Winnipeg, Canada.

Buford, B.A., Heil, J., Chirby, B. (2002, August). Developing a Sport Organization and Enhancing Referee Performance. Poster at American Psychological Association Annual Conference, Chicago, IL.

Heil, J., Richards, C & Soter, P (2002, November). Sport Psychology Program Development with US Fencing. Seminar at Association for the Advancement of Applied Sport Psychology Conference, Tucson, AZ.

Lee, J., Branum-Martin, L., Pease, D. G. & Heil, J. (2002, November). The Interaction among Situation-specific State-balance, Felt Motivations and Point Spread on Fencing Performance. Poster at Association for the Advancement of Applied Sport Psychology Conference, Tucson, AZ.

Heil, J, Buford, B., Chirby, B. & Gore, K. (2002, November). Performance Variables for Referees in an Olympic Sport National Governing Body. Poster at Association for the Advancement of Applied Sport Psychology Conference, Tucson, AZ.

Lee, J., Pease, D., Heil, J., Branum-Martin, L. & Hughes, D. (2001, October). Metamotivational Style Profiles of Elite-women Foil Fencers and Implications for Performance Enhancement and Coaching. Lecture at Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL.

Pease, D., Heil, J., Lee, J., Branum-Martin, L. & Hughes, D. (2001, October). Cognitive and Affective Factors Linked to Successful Performance in Elite Women Foil Fencers. Poster at Association for the Advancement of Applied Sport Psychology Conference, Orlando, FL.

Harmer, P. & Heil, J., Coordinators. (2000, April 16). Science & Medicine in Fencing Seminar at FIE Junior/Cadet World Championships, South Bend, IN

Heil, J. (2000, April 16). Attention Deficit-Hyperactivity Disorder in Fencers. Science & Medicine in Fencing Seminar at FIE Junior/Cadet World Championships, South Bend, IN

Heil, J. (2000, October). Psychological Assessment in Injury. Presentation at the Association for the Advancement of Sport Psychology Annual Conference, Nashville, TN

Heil, J. (2000, October). Reactor to Symposium, Beyond Activation: Applications of Reversal Theory to Sport Psychology at the Association for the Advancement of Sport Psychology Annual Conference, Nashville, TN.

O'Connor, E. & Heil, J. (2000, October). Improved Psychological Skills in Swimmers Following Season-long Consulting. Poster presented at the Association for the Advancement of Sport Psychology Annual Conference, Nashville, TN.

Robinson, G. L., Teegarden, L. A., Heil, J. & Hartman, D. (2000, October). ADHD in Interscholastic Athletes. Poster presented at the Association for the Advancement of Sport Psychology Annual Conference, Nashville, TN.

Heil, J. & Fine, P. (1999, May). Remarkable feats and failed rehabilitation: Pain and injury at the extremes of performance. Workshop presented at the third world congress on mental training. Salt Lake City, UT.

Heil, J. (1998, August). Police line of duty shootings: Applying sport psychology “flow theory”. Twenty-fourth International Congress of Applied Sport Psychology, San Francisco, CA.

Heil, J. (1998, September). Emotional response to injury: Issues and controversies. Colloquium presented at the Association for the Advancement of Sport Psychology Annual Conference, Hyannis, MA.

Chillag, S., Heil, J. & Cormier, J. (1998, September). Adolescent attitudes about anabolic steroids. Poster presentation at the Association for the Advancement of Applied Sport Psychology Annual Conference, Hyannis, MA.

Wiechman, S., Heil, J., Nideffer, R. & Sagal, M. (1997, September). The business of sport psychology consulting. Workshop presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, San Diego, CA.

Heil, J. (1997, September). Presider/Reactor to Keynote presentation by Richard Steadman, Rehabilitating injured athletes: A physician’s perspective. Presented at the Association for the Advancement of Applied Sport Psychology, San Diego, CA.

Steadman, R., Heil, J., Harmer, P. & Ogilvie B. (1997, September). Issues in sport injury and pain. Workshop presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, San Diego, CA.

Heil, J. (1997, July). The psychology of sport injury: A review and critique. Presentation at IX World Congress of Sport Psychology, Israel.

Strosnider, S. & Heil, J. (1997, June). Psychological screening of generation X applicants. Presentation at Virginia Association of Chiefs of Police, Executive Development Schools, Radford, VA.

Heil, J. (1996, October). Psychological assessment in applied sport psychology. Symposium at Association for the Advancement of Applied Sport Psychology Annual Conference, Williamsburg, VA.

Heil, J. (1996, October). Issues and controversies in psychological assessment in sport. Paper presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Williamsburg, VA.

Heil, J. (1996, October). Discussant in symposium: An investigation of the psychology of season-ending ski racing injuries and injury rehabilitation. Association for the Advancement of Applied Sport Psychology Annual Conference, Williamsburg, VA.

Heil, J. (1996, October). Presider/Reactor to Keynote Address by Neville Owen, Psychological Theory and Population Behaviour Change: Physical Inactivity, presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Williamsburg, VA.

Taylor, J. & Heil, J. (1995, September). Applying sport psychology to injury management: Implementing a psychological rehabilitation program in sports medicine facilities. Workshop at the Association for the Advancement of Applied Sport Psychology Annual Conference, New Orleans, LA.

Heil, J. (Chair) (1995, September). Sport psychology and sports medicine: Building relationships through research. Symposium at the Association for the Advancement of Applied Sport Psychology, New Orleans, LA.

Heil, J., Vernacchia, R., Reardon, J., & Henschen, K. (1995, September). Sport critical incident stress debriefing. Workshop at the Association for the Advancement of Applied Sport Psychology Annual Conference, New Orleans, LA.

Heil, J. (1994, November). Remarkable feats of acute pain tolerance. American Pain Society Annual Conference; Miami, FL.

Heil, J. & Vernacchia, R. (Co-chairs). (1994, October). Fatal sport injury: Managing the aftermath. Symposium at the Association for the Advancement of Applied Sport Psychology Annual Conference, Lake Tahoe, NV.

Heil, J. & Henschen, K. (1994, October). Identifying intervention strategies for fatal sport injury. Workshop presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Lake Tahoe, NV.

Heil, J. & Ness, J. (1993, October). Alternative careers in sport psychology: Corporate and medical applications. Panel presentation at the Association for the Advancement of Applied Sport Psychology Annual Conference/Canadian Society for Psychomotor Learning and Sport Psychology Annual Conference, Montreal, Canada.

Heil, J. & Fine, P. (1993, June). Pain management in sport injury. Paper presented at the Eighth World Congress of Sport Psychology, Lisbon, Portugal.

Heil, J., Zemper, E., & Carter, C. (1993, June). Behavior factors in fencing injury. Paper presented at the Eighth World Congress of Sport Psychology, Lisbon, Portugal.

Heil, J. (1993, June). Mental training in athletic injury. Paper presented in the Workshop on mental training in theory and practice at the Eighth World Congress of Sport Psychology, Lisbon, Portugal.

Heil, J. & Lanahan, R. (1992, October). The HIV Positive/Athlete with AIDS: Performance and Confidentiality Issues. Paper presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Colorado Springs, CO.

Heil, J. (1992, October). Reaction to keynote address by Arthur LaPerriere, Exercise and Psychoneuroimmunology in AIDS, presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Colorado Springs, CO.

Heil, J. (1992, October). Facilitating physician referral of injured athletes. Paper presented in the Symposium on Issues for Sport Psychology Consultants in the Field of Sportsmedicine at the Association for the Advancement of Applied Sport Psychology, Colorado Springs, CO.

Heil, J. (Chair) (1991, October). When the good die young: Fatal injury in sport. Symposium presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Savannah, GA.

Heil, J. & Henschen, K. (1991, October). Death in sport: Epidemiological, historical and psychological perspectives. Paper presented at the Association for the Advancement of

Applied Sport Psychology Annual Conference, Savannah, GA.

Henschen, K. & Heil, J. (1991, October). Exercise-related sudden death: A retrospective study of the long term effects on teammates. Paper presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Savannah, GA.

Heil, J. (1990, September). Association-Dissociation: Clarifying the concept. Paper presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, San Antonio, TX.

Heil, J. (1990, February). Clinical issues in pain management in sport. Paper presented at the Western U.S.A. Pain Society Meeting, Park City, UT.

Heil, J., Henschen, K., Emmerson, R. & Bean, B. (1989). Life change, hardiness and football injuries. Poster presented at the First International Olympic Committee World Congress on Sport Sciences, Colorado Springs, CO.

Heil, J. (1989, September). Psychological skills training in pain and injury management. Workshop presented at The Association for the Advancement of Applied Sport Psychology Annual Conference, Seattle, WA.

Heil, J. (1988, October). Early identification and intervention with injured athletes at risk for failed rehabilitation. Workshop presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Nashua, NH.

Henschen, K., Heil, J., Bean, B. & Crain, C. (1988). Football injuries: Is grass or astroturf the culprit? Paper presented at the ASTM Symposium on the characteristics and safety of playing surfaces (artificial and natural) for field sports, Phoenix, AZ.

Heil, J. (1988). Stress and the highly performing person. Paper presented at Lewis-Gale Update '88. Salem, VA.

Emmerson, R., Dustman, R., Shearer, D. & Heil, J. (1988). Neuropsychological performance of young non-drinkers, social drinkers and long and short term sober alcoholics. Paper presented at the Rocky Mountain Psychological Association Convention, Snowbird, UT.

Heil, J. & Russell, S. (1987, July). Psychological approaches to the management of pain in athletic injury. Paper presented at the United States Olympic Training Center Festival '87 Conference on Sports Medicine and Sport Science, Chapel Hill and Durham, NC.

Nelson, D., Yoder, P., Hare, B., Bridges, K., Heil, J. & Russell, S. (1987). Patient-controlled vs. staff-controlled narcotic detoxification schedules in chronic pain management. Paper presented at the Fifth World Congress on Pain of the International Association for the Study of Pain, Hamburg, West Germany.

Russell, S., Heil, J. & Milano, R. (1986, September). The impact of aerobic exercise in the rehabilitation of chronic pain patients. Paper presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Jekyll Island, GA.

Heil, J. (Chair) (1986, September). Psychological care of the injured athlete. Symposium presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Jekyll Island, GA.

Heil, J. (1986, September). From the hospital bed: Consultation and intervention with the seriously injured athlete. Paper presented at the Association for the Advancement of Applied Sport Psychology Annual Conference, Jekyll Island, GA.

Heil, J. (Chair) (1986, June). Psychological aspects of sport injury. Symposium presented at the North American Society for the Psychology of Sport and Physical Activity Conference, Phoenix, AZ.

Heil, J. (1986, June). Pain and pain management in sport. Paper presented at the North American Society for the Psychology of Sport and Physical Activity Conference, Phoenix, AZ.

Heil, J. & Zervas, Y. (Co-chairs) (1985). Imagery and sport. Symposium presented at The Sixth World Congress in Sport Psychology, Copenhagen, Denmark.

Heil, J. (1985). The role of imagery in sport. Paper presented at The Sixth World Congress in Sport Psychology, Copenhagen, Denmark.

Heil, J. (1985). Principles of sport psychology in music, art, and theatre. Paper presented at The Sixth World Congress in Sport Psychology, Copenhagen, Denmark.

Heil, J. (1985). Sport and business - yesterday, today and tomorrow. Panel discussion in the Symposium on Sport and Business at The Sixth World Congress in Sport Psychology, Copenhagen, Denmark.

Heil, J. (1985). A brief quieting method. Paper presented in the Symposium on Sport and Business at The Sixth World Congress in Sport Psychology, Copenhagen, Denmark.

Heil, J. (1985). The search for meaning: The limits of human performance. Paper presented at the Preconference Workshop on the Teaching of Sport Psychology of the North American Society for the Psychology of Sport and Physical Activity, Gulfport, MS.

Unestahl, L.-E. & Heil, J. (Co-chairs) (1984). Imagery in sport. Symposium presented at the International Imagery Association - American Imagery Conference, New York, NY.

Heil, J. (1984). Practical considerations in the development of imagery training programs. Paper presented at the International Imagery Association - American Image Conference, New York, NY.

Heil, J. (1984). An educational antidote to inappropriate sport-related aggressive behaviors. Paper presented at the Interdisciplinary Session on Aggression and Violence in Sport at the Olympic Scientific Congress, Eugene, OR.

Heil, J. (1982). The enhancement of visual imagery during relaxation-mediation training. Paper presented at the International Imagery Association - American Imagery Conference, San Francisco, CA.

Heil, J. (1981). Personal growth and aggression control in sport. Poster presented at The Fifth World Congress of Sport Psychology, Ottawa, Canada.

Heil, J. (1976). A program of education in tension reduction. Paper presented at the American Association for the Advancement of Tension Control Meeting, Chicago, IL.

EDITORIAL & PROFESSIONAL REVIEW

Editorial Work

Swim Science NOW (2015-ongoing)

Sport Science Column Editor, American Fencing Magazine (1996-ongoing)

Swim Technique Magazine (2016)

Editor of Health Psychology Section Report, Association for Advancement of Applied Sport Psychology Newsletter (1994-1997)

Publication & Conference Reviews

Journal of Sport Psychology in Action (2017)

The American Psychological Association Conference (2017 &2018)

The Sport Psychologist

Journal of Applied Sport Psychology

International Society of Sport Psychology

Biomechanics

Association for the Advancement of Applied Sport Psychology

Journal of Mental Imagery

Eastern Psychological Association

Aspen Press

Lippincott, Williams & Wilkins (Clinical Exercise Physiology)

Research Quarterly for Exercise and Sport

INTERVIEWS CONDUCTED

-Heil, J. (January, 2016). ISCA President Doug Fonder Interview. Swim Science NOW.

International Swim Coaches Association. <https://swimisca.com/wp-content/uploads/January-Newsletter.pdf>. Reprinted in *Swim Technique*, (2016, February, p.15).

<https://www.swimmingworldmagazine.com/news/product/swimming-technique-february-2016-issue/>

-Heil, J. (December, 2015). Dr. Rod Havriluk Interview. Swim Science NOW. International

Swim Coaches Association. <http://www.swimisca.com/wp-content/uploads/December-Newsletter.pdf>. Reprinted in *Swim Technique*, (2016, February, p.25). Reprinted in *Swim*

Technique, (2016, February, p.15).

PUBLISHED INTERVIEWS PROVIDED

American Fencing Magazine (Winter, 2020, p.10-11). Serge Timacheff. The milieu of the strip. <https://www.qgdigitalpublishing.com/publication/?i=650267&ver=html5&p=10>

Virginia Amateur Sports Newsletter (2020, March 24). Keeping a healthy mind and spirit.

Our Health (2018, April-May, p.52-55). Jennifer Lamont. How decluttering makes you happier, healthier and leaner.

- Roanoke Times, (2018, March 16). Neil Harvey. Former Roanoke College fitness center director pleads guilty to cocaine possession but could see charge dismissed. [on drugs & sport].

<http://www.roanoke.com/news/crime/salem/former-roanoke-college-fitness->

center-director-pleads-guilty-to-cocaine/article_dc8c9557-f2f6-53d5-a694-b970af692bf3.html

-Our Health Magazine March, (2018). Jennifer Lamont. On the home environment and its psychological impact.

-Blue Ridge Pain Management (February 19, 2016). Shari Dragovich. Are you catastrophizing? <http://www.blueridgepm.com/are-you-catastrophizing/>

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Psychology & Police Use of Deadly Force] (November 8, 2018); Roanoke Rehab Network [Opioids & Marijuana in a World of Pain] (September 7, 2018). Devon Prep School [Coaching the Developing Athlete] (November 12, 2018); Roanoke Valley Public Safety Media Coop [Police use of deadly force] (March 18, 2016); Virginia Society for Clinical Social Work, Roanoke Chapter [Psychology and Chronic Pain] (January 20, 2016; Virginia Society for Clinical Social Work, Roanoke Chapter [Sport Advocacy& Hazing] (February 18, 2015); Lehigh Valley Sport Psychology Association [Hazing & Sport Advocacy] with Jarrod Spencer (December, 10.2014); Universidad Autonoma de Madrid [Soccer Field Vision] (November 17, 2014);.Lehigh Valley Sport Psychology Association [Acute Injury & Pain] (August, 21, 2014); Muhlenberg College, Psychology Department, Allentown, PA [Team Building] (April 10, 2014); Carilion Roanoke Memorial Hospital, Physical Therapy, Roanoke, VA [Pain Treatment] (December 17, 2013); Roanoke College, Business Administration, Roanoke VA [Team Building] (March 25,2013); Willamette University, Exercise Science, Salem, OR [Psychology of Sport Injury] (October 8, 2012); Roanoke College, Business Administration, Roanoke VA. [Decision Making in Action] (Sept., 19, 2012); VA Medical Center, Salem, VA [The VT Shootings: Lessons Learned in Hospital and Sport Settings] (April 12, 2011); Roanoke College, Olin Hall Gallery, Resonance Art Exhibit Workshop , Salem, VA [Pain, Meditation & Art] (Jan., 2011); Lewis-Gale Medical Center CME [VT Mass Casualty 4] (Apr., 2009); Lewis-Gale Medical Center CME [VT Mass Casualty 3] (Feb., 2008); Lewis-Gale Medical Center CME [The Role of the Psychologist in Hospital Consultations], January 4, 2008). Virginia Society of Clinical Social Work, Roanoke Chapter [VT Mass Casualty 2] (Sept., 2007); Lewis-Gale Medical Center CME [VT Mass Casualty] (Sept., 2007);Lewis-Gale Medical Center CME [Police & Public Safety Employment Evaluations] (July, 2007);US Fencing Sports Medicine & Science [Antidoping] (July, 2007); Lewis-Gale Medical Center CME [VT Mass Casualty 1] (May, 2007); US Fencing Sports Medicine & Science [Sport Injury] (Feb., 2007); Lewis-Gale Medical Center CME [Sport Injury] (Jan., 2007); Heartland Home Health Care [Stress Management] (Sept. 26, 2006); Lewis-Gale Medical Center CME (Apr., 2006); Virginia Counselors Association [Community Mental Health Services] (Apr., 2006); Lewis-Gale Medical Center CME (Nov. & July, 2005); Virginia Association of CALEA Assessment Professionals [CIT Training] (Jan., 14, 2005); Blue Ridge Academy of Clinical Psychologists [Sport Psychology & Olympic Games] (Nov., 2004); Lewis-Gale Clinic CME (Oct., 2004); Lewis-Gale Clinic CME (Feb., 2003; June 2003); Hollins University Dept. Athletics (Jan., 2003); Roanoke College Department of Athletics (September, 2002); Blue Ridge Academy of Operating Room Nurses (June, 2002); Appalachian District Society of Radiologic Technologists (May, 2002); Virginia Society for Clinical Social Work, Roanoke Chapter (January, 2002); Virginia Municipal Group Self-Insurance Association (March, 2001); Federal Occupational Health Unit, Roanoke, VA (November, 2001); Blue Ridge Academy of Clinical Psychology (February, 2001); Roanoke College History Department (January, 2001); Gentry, Locke, Rakes & Moore Law Firm (2000); Lewis-Gale Medical Center (Feb., 2000); Roanoke Valley Public Safety & Media Cooperative (2000); Roanoke Society of Human Resource Managers (September,1999); Roanoke Personal Injury Lawyers Association (July, 1999); Virginia Regional Child Fatality Review Team (1999, August); Fundadeporte Sport Psychology Program, Carabobo, Venezuela (April, 1998); Roanoke Gators - Jeff Rouse Swim Clinic, Roanoke, VA (February, 1997);Virginia Tech Student Health Services (1997, April); Blue Ridge Community Services, Division of Substance Abuse (1996, April); Roanoke County/Salem Chamber of Commerce (April,1997);. Lewis-Gale Foundation (1996, September & October); Roanoke Dental Study Group (1995); National Academy of Social Workers, Roanoke Chapter (1994); Salem Fire & Rescue Squad (1994); Lewis-Gale Hospital Chaplains (1993); Roanoke Area AIDS Survivorship Group (1993); Roanoke College Department of Physical Education (1993); Virginia Physical Therapy Association, Southwest District (1993); Health South, Roanoke, Virginia (1993); Roanoke Valley Association of Rehabilitation Counselors (1993); Lewis-Gale Foundation Womens' Health Group (1992); Terry Post School of Dance (1992); National Association of Retired Federal Employees (1992); Western Virginia Football

Official's Association (1991); National Ileitis and Colitis Foundation, Roanoke Chapter (1990); Roanoke Academy of Medicine/Roanoke Valley Ministers Conference (1988); Roanoke Chapter, National Arthritis Foundation (1988); Hoechst Celanese Occupational Medicine Services (1988); Southwest Virginia Occupational Nurses Association (1988); Rockbridge Area Association of Physicians Assistants (1987); Rockbridge Area Hospice (1987); Western Institute of Neuropsychiatry Clinic for Anxiety Disorders (1987); Utah Chapter Ankylosing Spondylitis Association (1987); University of Utah Athletic Training Program (1987); University of Utah Medical Center - Psychiatric Nursing (1987); Salt Lake City VA Medical Center Substance Abuse Treatment Unit (1986); Utah State University Sport Psychology Program (1986); Salt Lake City VA Medical Center Psychology Service (1985); University of Virginia Sport Psychology Program (1982-1985); Roanoke College - Visual Arts Division (1982-1987); Hollins College Psychology Department (1985); Roanoke Healing Arts Festival (1984); New Horizons Festival (1984); Roanoke Athletic Club (1984); Roanoke Orthopedic Center (1984); University of Virginia Sport Psychology Conference (1983-84); North Cross High School Theatre Department (1983); Roanoke Valley School of the Arts (1982); Roanoke Ballet Theatre (1982); Lehigh Valley Dance Forum (1979); Bethlehem Cooperative Association (1979); Lehigh Valley Dance Forum (1978); Boulder Community Free School (1976-1977)

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