

# Taylor B. Casey, Ph.D.

tcasey@commonwealthu.edu

## EDUCATION

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<b>Doctor of Philosophy in Educational Psychology</b>	Denton, Texas	GPA: 3.9/4.0
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*Concentration in Psychosocial Aspects of Sport and Exercise*

University of North Texas

Advisor: Scott Martin, Ph.D., Fellow ASCM, Fellow AASP

2021 UNT American Kinesiology Association Doctoral Scholar Award Recipient

**Master of Education in Counseling Psychology**

Columbia, Missouri

*Emphasis in Sport and Exercise Psychology*

University of Missouri

Advisor: Brandon Orr, Ph.D.

**Bachelor of Science in Kinesiology**

Fort Worth, Texas

*Emphasis in Sport Psychology*

Texas Christian University

Advisor: Gloria B. Solomon, Ph.D.

## ACADEMIC POSITIONS

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<b>Guest Lecturer</b>	Texas	August 2021-Present
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- Guest lecture on sport, exercise, and performance psychology topics to undergraduate and graduate kinesiology courses.
- Topics have included, but are not limited to, motivation, goal setting, attentional focus, conducting and analyzing qualitative research, basic counseling skills, and theoretical frameworks for consulting.

**Graduate Course Instructor**

Remote

August 2025-Present

SPPP 503 Mental Health in Sport and Performance Settings; SPPP 504 Cognitive and Affective Bases of Human Behavior

Rehabilitation Sciences Department; Commonwealth University – Lock Haven

- Developed all online course content, projects, exams, and ancillaries.
- Conducted all online class activities, such as lectures, discussion board, projects, and quizzes.
- Maintained accurate record of grades in workbook and on Canvas website.

**Graduate Course Instructor**

Denton, Texas

January 2024-May 2024

KINE 5160 Sport in American Culture

Department of Kinesiology, Health Promotion, and Recreation; University of North Texas

- Developed all online and in-person course content, projects, exams, and ancillaries.
- Conducted all class lectures and activities, including facilitating weekly roundtable discussions amongst students on current sociocultural sport topics and issues.
- Maintained accurate record of grades in workbook and on Canvas website.

**Graduate Course Co-Instructor**

Denton, Texas

January 2021-May 2021

KINE 5205/6205 Sport and Exercise Psychology Professional Seminar; KINE 5185, KINE 6185/PSYC 6185 Applied Sport Psychology

Department of Kinesiology, Health Promotion, and Recreation; University of North Texas

- Developed course content (online and in-person), leading class lectures and activities.
- Collaborated with and guided small group leaders in responsibilities.
- Maintained accurate record of grades in workbook and on Canvas website.

**Undergraduate Course Instructor**

Denton, Texas

August 2019-May 2021

KINE 4000 Psychology of Sport

Department of Kinesiology, Health Promotion, and Recreation; University of North Texas

- Developed course content (online and in-person), conducted class lectures and activities.
- Assisted students in understanding content and preparing for exams.
- Maintained accurate record of grades in workbook and on Canvas website.

**Teaching Assistant**

Denton, Texas

July 2019-August 2019

KINE 4050 Quantitative Analysis in Kinesiology

Department of Kinesiology, Health Promotion, and Recreation; University of North Texas

- Proctored exams.
- Constructed and maintained online Canvas website.

**Coordinator**

Denton, Texas

August 2018-December 2020

KINE 5205/6205 Sport and Exercise Psychology Professional Seminar

Department of Kinesiology, Health Promotion, and Recreation; University of North Texas

- Generated course content, prepared meeting materials, and led meetings and course activities.
- Constructed online Canvas course containing an abundance of resources.
- Mentored students with their current research projects and professional development.

**Teaching Assistant**

Denton, Texas

August 2017-December 2020

KINE 4000 Psychology of Sport; KINE 5125 Sport and Exercise Psychology; KINE 6125/PSYC 6125 Advanced Sport and Exercise Psychology; KINE 5185, KINE 6185/PSYC 6185 Applied Sport Psychology

Department of Kinesiology, Health Promotion, and Recreation; University of North Texas

- Led help sessions to assist students in understanding content and preparing for exams.
- Assisted in leading class activities, guest lectured on several occasions.
- Maintained accurate record of grades in workbook and on Canvas website.

**Research Coordinator**

Denton, Texas

August 2017-May 2018

KINE 5205/6205 Sport and Exercise Psychology Professional Seminar

Department of Kinesiology, Health Promotion, and Recreation; University of North Texas

- Assisted and collaborated on preparing course materials and content.
- Provided support to students on current research projects.
- Led educational and applied workshops to assist in professional development of students.

**SPORT, PERFORMANCE, AND COUNSELING PSYCHOLOGY EXPERIENCE**

**The Edge: Performance Psychology Consulting, LLC.**

July 2021-Present

Performance Psychology Consultant

<https://www.theedgeperformancepsychologyconsultingllc.com>

- Founded and own The Edge: Performance Psychology Consulting, LLC.
- Provide non-clinical sport and performance psychology consulting services to a diverse population of performers through remote and in-person delivery.
- Take a values and mindful-based approach to help clients learn and utilize various mental skills, tailored to their specific need/interest.
- Areas of expertise include focus/concentration, goal setting and evaluation, time management, communication skills, leadership, stress management, and career development.

**Sport Psychology Consultant**

August 2017-July 2021

- Provided non-clinical sport psychology consulting services to a diverse population of performers.
- Services included, but not limited to, goal setting, pre-performance routines, visualization, self-talk, self-efficacy, self-regulation, mindfulness, and stress management techniques.

**Sport Psychology Practicum**

Columbia, Missouri

August 2015-May 2017

Elevate Gymnastics &amp; Fitness LLC; University of Missouri

Supervisor: Brandon Orr, Ph.D.

- Worked closely with coaches and athletes to meet the needs of the athletes.
- Established a positive, dependable, honest, and professional relationship with coaches, athletes, and athletes' parents through open-communication and presence at practices and competitions.
- Provided individual and team non-clinical sport psychology services. Training included bi-weekly supervision.

**Counseling Psychology Practicum**

Columbia, Missouri

August 2016-May 2017

University of Missouri Career Center; University of Missouri

Supervisors: Kathleen Boggs, Ph.D, Licensed Psychologist, Patrick J. Rottinghaus, Ph.D., Zandre Labuschagne, M.A., &amp; Melissa E. Muñoz, M.A.

- Provided individual psychotherapy to students and community members. Training included weekly individual supervision with videotape review.
- Conducted intake assessments to determine if presenting concerns were appropriate fit for agency.
- Responsibilities included case conceptualization, treatment planning, and appropriate interventions. Additional duties included referral to community agencies when appropriate.

**Sport Psychology Internship**

Argyle, Texas

August 2014-December 2015

Liberty Christian School; Texas Christian University

Supervisors: Melody D. Phillips, Ph.D., FACSM &amp; Gloria B. Solomon, Ph.D., CC-AASP

- Worked closely with athletic administration, coaches, and athletic trainers to meet the needs of the high school athletes.
- Built a helpful, supportive, and trustworthy professional relationship with athletic administration, coaches, athletic trainers, and athletes through open-communication and attendance of practices and competitions.
- Implemented team building, cohesion, and positive climate activities to high school sports teams. Training included bi-weekly individual supervision.

**EARLY CHILDHOOD EDUCATION POSITION****Director**

Decatur, Texas

June 2025-Present

Heroland Preschool; Trinity Fellowship – Decatur

- Fully staff and train preschool employees.
- Market, recruit, and educate families on the preschool, as well as enroll students.
- Select, and mentor teachers in, preschool curriculum.
- Lead, care, teach, and nurture the teachers, children, and children's families who are a part of the preschool.

**Floating Assistant**

Decatur, Texas

August 2023-May 2025

Heroland Preschool; Trinity Fellowship – Decatur

- Support and assist preschool director and teachers with daily needs.
- Establish and maintain a safe and healthy environment for all staff and children.

**PUBLICATIONS**

Zakrajsek R. A., Bianco, A. G., **Casey, T. B.**, Hayden, K. N., & Martin, S. B. (2023). Injury prevention and rehabilitation. In I. Nixdorf, J. Beckmann, T. MacIntyre, S.B. Martin, & R. Nixdorf (Eds.), *Routledge Handbook of Mental Health in Elite Sport*. Taylor & Francis/Routledge.

Martin, S. B., Zakrajsek, R. A., **Casey, T.**, & Bianco, A. G. (2020). Mental techniques for performance. (Independent Course, ISC 30.3.4). In C. Hughes (Ed.), *Special topics: Enhancing performance using a mind, body, metric approach*. Academy of Orthopaedic Physical Therapy, American Physical Therapy Association.

## NATIONAL AND PROFESSIONAL PRESENTATIONS

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Hayden, K. N., Barnes, C. A., Sears, R. K., **Casey, T. B.**, & Martin, S. B. (2024, October). *ACEs and trauma-informed care of college athletes* [Workshop presentation]. Annual Conference of the Association for Applied Sport Psychology, Las Vegas, NV, United States.

Barnes, C. A., Hayden, K. N., **Casey, T. B.**, Reitman, K. L., & Martin, S. B. (2022, October). *Recognition, prevention and treatment of disordered eating and body dissatisfaction in athletes* [Conference session]. Annual Conference of the Association of Applied Sport Psychology, Fort Worth, TX, United States.

Hayden, K. N., Barnes, C. A., **Casey, T. B.**, Leibovitz, A. P., Williams, H. P., & Martin, S. B. (2022, October). *Relationship between adverse childhood experiences, social behaviors, self-efficacy, and resiliency of young adults* [Poster presentation]. Annual Conference of the Association of Applied Sport Psychology, Fort Worth, TX, United States.

Barnes, C. A., Hayden, K. N., Ferner, K. A., **Casey, T. B.**, Williams, H. P., & Martin, S. B. (2022, October). *Childhood trauma, social behaviors in sport and life, resilience and self-efficacy of male and female college kinesiology students* [Poster presentation]. Annual Conference of the Association of Applied Sport Psychology, Fort Worth, TX, United States.

Leibovitz, A. P., Hayden, K. N., Barnes, C. A., **Casey, T. B.**, & Martin, S. B. (2022, October). *Predicting prosocial and antisocial behaviors in sport and life of young adults* [Poster presentation]. Annual Conference of the Association of Applied Sport Psychology, Fort Worth, TX, United States.

Bianco, B. G., **Casey, T. B.**, Hayden, K. N., Zakrajsek, R. A., & Martin, S. B. (2021, October). *Developing interprofessional care teams in injury recovery* [Conference session]. Annual Conference of the Association of Applied Sport Psychology, held virtually.

**Casey, T. B.**, Greer, R. J., Hayden, K. N., & Martin, S. B. (2021, October). *Influence of self-taught quiet eye training on internal process and performance* [Poster presentation]. Annual Conference of the Association for Applied Sport Psychology, held virtually.

Boyd, C. A., **Casey, T. B.**, Johnson, M. S., & Martin, S. B. (2020, October). *Identity and career maturity in kinesiology students* [Poster presentation]. Annual Conference of the Association for Applied Sport Psychology, held virtually.

**Casey, T.**, Greenspoon, L. A., Zakrajsek, R. A., & Martin, S. B. (2020, October). *Influence of using quiet eye on perceptions of firearm self-efficacy and self-regulation* [Poster presentation]. Annual Conference of the Association for Applied Sport Psychology, held virtually.

Leibovitz, A., **Casey, T.**, & Martin, S. B. (2019, October). *Exploring the experiences of military adaptive athletes in sport and physical activity* [Poster presentation]. Annual Conference of the Association for Applied Sport Psychology, Portland, OR.

**Casey, T.**, Villalon, C., & Martin, S. B. (2018, October). *Influence of perceived support on male and female high school head coaches' coaching efficacy* [Poster presentation]. Annual Conference of the Association for Applied Sport Psychology, Toronto, Canada.

Villalon, C., **Casey, T.**, Zakrajsek, R. A., & Martin, S. B. (2018, October). *High school coaches' support of sport psychology consultants and willingness to seek their assistance* [Poster presentation]. Annual Conference of the Association for Applied Sport Psychology, Toronto, Canada.

Foss, J. M., Sullivan, M. C., **Moore, T. B.**, McAfee, N. W., Herring, T. E., & Martens, M. P. (2017, August). *The effect of psychological intervention on physical rehabilitation outcomes: A meta-analysis* [Poster presentation]. Annual Conference of the Association for Applied Sport Psychology, Washington, D. C.

**Moore, T.** & Solomon, G. B. (2015, April). *Mental toughness among college athletes: The influence of contact level* [Poster presentation]. Harris College of Nursing and Health Sciences Annual Research Symposium, Texas Christian University, Fort Worth, TX.

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Solomon, G. B., Erickson, E. R., **Moore, T. B.**, Atkins, R. A., Ochs, C., & Maciulewicz, K. M. (2014, October). *Mental toughness among college athletes* [Poster presentation]. Annual Conference of the Association for Applied Sport Psychology, Las Vegas, NV.

**Moore, T.** & Solomon, G. B. (2014, October). *Mental toughness among college athletes: The influence of contact level* [Poster presentation]. Annual Conference of the Association for Applied Sport Psychology, Las Vegas, NV.

Solomon, G. B., Madeson, M., Galli, N., & **Moore, T.** (2013, October). *Best of the best: Teaching activities in exercise psychology* [Conference session]. Annual Conference of the Association for Applied Sport Psychology, New Orleans, LA.

## **ADDITIONAL RESEARCH EXPERIENCE**

**Relationship Between Adverse Childhood Experiences, Social Behaviors, Self-efficacy, and Resilience of Young Adults** January 2024-Present

Authors: Keely N. Hayden, Cami A. Barnes, Amanda P. Leibovitz, **Taylor B. Casey**, and Scott B. Martin

- Examined the relationship between sport participation and adverse childhood experiences, social interactions, and protective factors (e.g., resilience, self-efficacy).
- Assisted the primary author in writing the manuscript, as well as aided primary author in obtaining feedback and making necessary edits.
- Submitted to the *Journal of American College Health* November 2024.

**International Journal of Sports Science & Coaching** December 2022-Present  
Manuscript Reviewer

**Influence of Quiet Eye Training on Internal Processes and Performance Outcomes Dissertation** January 2021-August 2021

Department of Kinesiology, Health Promotion, and Recreation

Supervisor: Scott Martin, Ph.D., Fellow ASCM, Fellow AASP

- Investigated the influence of quiet eye training on college students' internal processes associated with performing a novel task.
- Collected data on participants' internal processes, performance outcomes, and self-perceptions before, during, and after intervention through surveys, reflections, and interviews.
- Analyzed quantitative and qualitative data.
- Successfully defended dissertation August 2021.
- Submitted to the *Journal of Advancing Sport Psychology in Research* December 2022.

**High School Coaches' Encouragement and Support of Sport Psychology Services – Manuscript** March 2018-April 2019

Department of Kinesiology, Health Promotion, and Recreation

Additional Authors: Christina Villalon, **Taylor Casey**, Rebecca Zakrajsek, & Scott B. Martin

- Extended past research on college coaches' use, willingness to encourage athletes to seek assistance, and support of sport psychology services by surveying high school head coaches.
- Assisted the primary author in writing the manuscript, as well as aided primary author in obtaining feedback from supervisor(s) and making necessary edits.
- Submitted to *The Sport Psychologist* April 2019.

## **PROFESSIONAL ORGANIZATIONS**

Association for Applied Sport Psychology (AASP) member 2013-Present  
*Conference Abstract Reviewer, 2019, 2025*

American College of Sports Medicine (ACSM) member 2014-Present

Texas American College of Sports Medicine (TACSM) member 2014-Present