

PUBLICATIONS

BOOKS

Farres, L. G. (2004). *The FOCUSED curler: Becoming a mental rock*. Vancouver, Canada: Curl BC.

Farres, L.G. and Sport Medicine Council of B.C. (2002). *The beginning runner's journal*. Vancouver, Canada: Greystone Books.

POPULAR PUBLICATIONS

Farres, L.G. (2004, Fall). Becoming a better coach through reflective practice. *BC Coach's Perspective*, 6, 10-11.

Farres, L. G. (2003, Fall). Reflections from the Canada winter games. *BC Coach's Perspective*, 3, 8-15.

Farres, L. G. (2003). Preparing mentally for competition. *Best Practices Quarterly*, 19(1), 8-10.

Farres, L. G. (2002-03). Mental Preparation and the Canada Winter Games. *BC Coach's Perspective*, 6 (5), 6-8.

Farres, L. G. (2000). A mental training tool: Implementing an effective mental skills training program. *BC Coach's Perspective*, 4(4), 14-17.

Farres, L. G. (2000). A mental training tool: Assessment as a learning tool. *BC Coach's Perspective*, 5 (1), 13-16.

REFEREED PUBLICATIONS

Farres, L. G. & Stodel, E. J. (2003). WebExcellence in mental skills education: A framework for designing quality web-based mental skills education environments. *International Journal of Sport Psychology*, 1, 353-371.

Farres, L.G. (2002). Coping with a negative coach experience at a national training camp. *Journal of Excellence*, 6, 71-85.

MacDonald, C. J., Breithaupt, K., Stodel, E. J., Farres, L. G., & Gabriel, M. A. (2002). The demand-driven learning model: Testing a framework for web-based learning. *International Journal of Testing*.

MacDonald, C. J. Stodel, E. J., & Farres, L. G., (2001). Student teachers attitudes regarding the teaching of creative dance. *McGill Journal of Education*, 36, 219-238.

MacDonald, C. J., Stodel, E. J., Farres, L. G., Breithaupt, K., & Gabriel, M. A. (2001). The

demand driven learning model. *The Internet and Higher Education: A Quarterly Review of Innovations in Post-Secondary Education*, 1(4), 1-22.

Stodel, E. J., & Farres, L.G. (2002). Insights for delivering mental skills training over the web. *Journal of Excellence*, 6, 104-117.

BOOK CHAPTERS

Farres, L. G., & MacDonald, C. J. (in press). *Activity Theory and context: An understanding of the development of constructivist instructional design models*. In de Figueiredo, A.D., and Afonso, A.P. (eds) *Managing Learning in Virtual Settings: The Role of Context*. Hershey, PA: IDEA Group.

MacDonald, C. J, Stodel, E. J., & Farres, L. G. (in press). *The future of university and organisational teaching: A rationale for the Demand-Driven Learning Model as a framework for e-learning*. In J. Boettcher, C. Howard, L. Justice, & K. Schenk (Eds.), *Encyclopedia of Online Learning and Technology*. Hershey, PA: Information Science Publishing.

Stodel, E. J., Farres, L. G., & MacDonald, C. J. (in press). *WebExcellence in mental skills education: The importance of design in online mental training*. In J. Boettcher, C. Howard, L. Justice, & K. Schenk (Eds.), *Encyclopedia of Online Learning and Technology*. Hershey, PA: Information Science Publishing.

SCHOLARLY AND PROFESSIONAL PRESENTATIONS

Farres, L. G. (2004). *Sport psychology and athletes with an intellectual disability: The use of mental skills by athletes during the Special Olympics Canada Winter Games*. Paper presented at the Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Minneapolis, TN, October.

Muscat, A. C. & Farres, L. G. (2004). *Coaches and consultants*. Poster presented at the Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Minneapolis, October.

Farres, L. G. & Muscat, L. G. (2004). *Contextual Diversity and Activity Theory in Sport Psychology: A New Approach*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSA) Conference, Vancouver, June.

Muscat, A. C. & Farres, L. G. (2003). *Contextual intelligence (CI): Lessons from multi-sport games*. Paper presented at the Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Philadelphia, October.

Fewster, C., Baldwin, K., Farres, L. G., & Muscat, A. C. (2003). *Developing and implementing sport psychology services for Canada winter games*. Poster presented at the Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Philadelphia, October.

- Farres, L. G. (2002). *Understanding the experiences for female Canadian national athletes of a team sport in a centralized training camp*. Poster presented at the Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Tucson, October.
- MacDonald, C. J., Stodel, E. J., Farres, L. G., & Gabriel, M. A. (2002). *The demand driven learning model*. Paper to be presented at the American Education Research Association (AERA) Annual Meeting, New Orleans, April.
- MacDonald, C. J., Breithaupt, K., Stodel, E. J., Farres, L. G., & Gabriel, M. A. (2001). *The demand-driven learning model: Testing a framework for superior web-based learning*. Paper presented at the American Educational Research Association (AERA) Annual Meeting, Seattle, WA, April.
- Farres, L. G. & Stodel, E. J. (2000). *Designing effective web-based mental skills training: A conceptual model*. Paper presented at the Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Nashville, TN, October.
- Stodel, E. J. & Farres, L. G. (2000). *eMST: An alternative delivery mechanism for mental skills training*. Poster presented at the Association for the Advancement of Applied Sport Psychology (AAASP) Conference, Nashville, TN, October.
- Gabriel, M. A., MacDonald, C. J., Farres, L.G., & Stodel, E. J. (2000). *Exploring learner interactions in cyberspace*. Paper presented at the Canadian Association for Distance Education (CADE) Conference, Quebec City, May.
- Farres, L. G. (2000). *Understanding the experience for a national team female athlete in a centralized training camp: A pilot study*. Paper presented at the Women in the Zone Conference, Bowling Green State University, Ohio, March.
- Farres, L. G. (2000). *A model for developing web-based learning programs in sport psychology*. Poster presented at the Jean Paul Dionne Symposium, March, Ottawa.
- Stodel, E. J., & Farres, L. G. (2000). *EMT: Is there a future*. Paper presented at the fourth annual Eastern Canada Sport & Exercise Psychology Symposium (ECSEPS), March, Kingston.
- Farres, L. G. (1998). *The training camp: The athlete experience*. Poster presented at the Jean Paul Dionne Symposium, March, Ottawa.
- Farres, L. G. (1998). *Conceptualizing the training camp experience*. Paper presented at the second annual Eastern Canada Sport & Exercise Psychology Symposium, March, Ottawa.

INVITED PRESENTATIONS

- Farres, L. G. (2005). *Team building and the national team*, B.C. Field Hockey High Performance Coaching Conference, Vancouver, January 9.
- Farres, L.G. (2004). *Building sandcastles of confidence*. Invited Speaker. Alberta Special Olympics

Coaching Conference, Edmonton, October.

Farres, L.G. (2004). *Motivation and athletes*. Invited Speaker, Synchro BC Coaching Conference, Vancouver, September.

Farres, L.G. (2004). *Lessons learned: Special Olympics Canada Winter Games*. Invited Speaker. BC Special Olympics Coaching Conference, Kelowna, August.

Farres, L. G. (2004). *Introduction to Mental Skills Training*. Invited Speaker. Pacific Sport Sport Map Primer, Victoria, May 8.

Farres, L. G. (2004). *Preparing Mentally for a Major Competition*, Invited Speaker, Curl BC High Performance Coaching Conference, Victoria, February 13.

Farres, L. G. (2004). *Mental Skills Training for Sport*. Invited Speaker, Sport Map Primer. Victoria, May 8.

Farres, L. G. (2004). *Team Building*, B.C. Field Hockey High Performance Coaching Conference, Vancouver, January 10.

Farres, L. G. (2003). *Integrating Mental Skills into Practice*. B.C. Wheelchair Sports Coaching Conference. Oct. 4.

Farres, L. G. (2003). *The Psychology of Motivation*. BC Amateur Hockey High Performance Coaching Conference. Kelowna, July 1.

Farres, L.G. (2003). *Team Building*. Invited Speaker. BC Olympic Youth Academy. Vancouver, June 30.

Farres, L. G. (2003). *Integrating Mental Skills into Practice*, Invited Speaker. BC Volleyball High Performance Coaching Conference. Abbotsford, May 31.

Farres, L. G. (2003). *Mental Preparation for High Performance*. Invited Speaker. National Triathlon Training Group. Victoria, May 26.

Farres, L.G. (2003). *Preparing Mentally for Competition*. Invited Speaker. Canadian Junior National Waterpolo High Performance Camp, Coquitlam, May 12.

Farres, L.G. (2003). *Mental Preparation for Sport*. Invited Speaker. BC High School Sports Coaching Conference. Burnaby, May 9.

Farres, L.G. (2003). *Psychology of Injury*, Invited Speaker. Dynamic Core Fitness. Whistler, April 26.

Farres, L. G. (2003). *Integrating Mental Skills Training*. Invited Speaker. BC Curling High Performance Camp. Vancouver, April 26.

- Farres, L. G. (2003). *Motivation for Beginning Runners*. Invited Speaker. Sport Med BC In Training Leader Training. New Westminster, Jan. 5
- Farres, L. G. (2002). *Introduction to Mental Skills Training*. Invited Speaker. Pacific Sport Sport Map Primer, Kamloops, Oct. 26.
- Farres, L.G. (2002). *Mental Preparation*. Invited Speaker. BC Field Hockey High Performance Camp. Vancouver, July 30.
- Farres, L.G. (2002). *Psychological Recovery and Regeneration*. Invited Speaker. Pacific Sport Toolkit. Vancouver, June 23.
- Farres, L.G. (2002). *Mental Preparation for Sport*. Invited Speaker. BC High School Sports Coaching Conference. Burnaby, May 10.
- Farres, L.G. (2002). *Positive Psychology*. Keynote Speaker. Kootney Sport, Health and Recreation Conference. Cranbrook, April 19.
- Farres, L.G. (2002). *Mental Preparation*. Invited Speaker. B.C. Field Hockey High Performance Camp. Vancouver, March 30
- Farres, L.G. (2002). *Preparing Mentally for Competition*. Invited Speaker. BC Indigenous Games Conference. North Vancouver, March 18.
- Farres, L.G. (2002). *Mental Skills Assessment*. Invited Speaker. Pacific Sport Toolkit for High Performance Coaches, Vancouver, Feb. 26.
- Farres, L.G. (2002). *Team Building*. Invited Speaker. BC Amateur Hockey Coaches Conference, Richmond, Feb. 2.
- Farres, L.G. (2002). *Communication and Coping*. Invited Speaker, Vancouver Sun Run Return Leader Clinic, New Westminster, Jan. 5.
- Farres, L.G. (2001). *Sport Science Panel*. Invited Panelist. Kaizen Conference, Vancouver, Nov. 20.
- Farres, L.G. (2001) *Communication and Coping*. Invited Speaker, YMCA Run Leader Clinic, Vancouver, Nov. 11.
- Farres, L.G. (2001). *Training and competing: Mental preparation*. Invited Speaker, Pacific Sport's Sport Map Primers, Nanaimo/Victoria, Nov. 3-4.
- Farres, L.G. (2001). *Workshop: Implementing a mental skills training program with athletes*. Invited Professional, BC Special Olympics Coach Training Weekend, Burnaby, Oct. 26-28.
- Farres, L. G. (2001). *Workshop: Mental training for exercise and enhanced performance*. Invited

- Professional, Meadow Park Sports Center, Whistler, September.
- Farres, L. G. (2001). *Workshops: Using mental skills on the ice*, Invited Professional, BC Men's Hockey Under 18 Selection Camp, Osoyoos, July 26-27.
- Farres, L. G. (2001). *Mental skills training for tennis*, Invited Speaker, University of Victoria Elite Tennis Camp, Victoria, July.
- Farres, L. G. (2001). *Developing a mental training program*, Invited Speaker, Annual BC Volleyball Association's Coaches Conference, Kelowna, May.
- Farres, L. G. (2001). *Developing a mental training program*. Invited Speaker, Annual British Columbia School Sports Coaching Conference, Burnaby, May.
- Farres, L. G. (2001). *Mental skills for marathon and half marathon runners*. Invited Speaker, Running Room Run Clinic, Vancouver, April.
- Farres, L. G. (2001). *Workshop: Mental skills training for athletes*. Invited Professional, BC Special Olympics Soccer and Athletics Camp, Kelowna, April.
- Farres, L. G. (2001). *Recovery and regeneration: Physical, nutritional and mental considerations*, Invited Speaker and Panelist, National Sport Center-GV, Vancouver, April.
- Farres, L. G. (2001). *Implementing a mental training program*, Invited Speaker, BC Target Sports Annual Coaching Conference, New Westminster, April.
- Farres, L. G. (2001). *Introduction to mental skills training*, Invited Speaker and Panelist, Pacific Sport's Sport Map Primer Series, Abbotsford, March.
- Farres, L. G. (2001). *Workshop: Developing a mental skills training program*, Invited Professional, BC Athletics' Coaching Development Camp, Abbotsford, March.
- Farres, L. G. (2001). *Developing an effective goal setting program*. Invited Speaker, British Columbia Field Hockey High Performance Coaching Seminar, Vancouver, February.
- Farres, L. G. (2001). *Workshop: Introduction to mental skills training for mountain bikers*. Invited Professional, Meadow Park Sports Center, Whistler, February.
- Farres, L. G. (2000). *Workshop: Introduction to mental skills training for figure skaters*. Invited Professional, North Shore Winter Club, North Vancouver, November.
- Farres, L. G. (2000). *Mental skills training for rugby players*. Invited Speaker. Rugby Canada U-19 selection camp, Shawnigan Lake, December.
- Farres, L. G. (2000). *Workshop: mental skills training for rhythmic gymnasts*. Invited Professional, BC Special Olympics Rhythmic Gymnastics Sport Camp, Richmond, November.

- Farres, L. G. (2000). *Workshop: Mental skills training for curlers*. Invited Professional, Curling BC High Performance Development Camp, North Vancouver, September.
- Farres, L. G. (2000). *Workshop: Mental skills training for curlers*. Invited Professional, Curling BC High Performance Camp, New Westminster, September.
- Farres, L. G. (2000). *Workshop: Goal setting for excellence*. Invited Professional, National Sport Center - Greater Vancouver Tool Box Series, Vancouver, September.
- Farres, L. G. (2000). *Workshops on mental skills training for hockey*. Invited Professional, BC Hockey Under 18 Women's Development Camp, , Osoyoos, August 24-25.
- Farres, L. G. (2000). *Workshops on mental skills training for officials*. Invited Professional. BC Hockey Officials training Camp, Kamloops, August 9-10.
- Farres, L. G. (2000). *Workshops on mental skills training for hockey players*, Invited Professional, BC Men's Hockey Under 18 Selection Camp, Osoyoos, July 28-29.
- Farres, L. G. (2000). *Mental training tool: Understanding athletes' within the context of their lives*. Invited Speaker. Annual British Columbia Coaching Conference, New Westminster June.
- Farres, L. G. (1999). *Physically fit but brain dead: Understanding the psychology of overtraining*. Invited Speaker, Annual British Columbia Coaching Conference, New Westminster, May.
- Farres, L. G. (1999). *Understanding mental training*. Invited Speaker, Annual British Columbia School Sports Coaching Conference, Burnaby, May.
- Farres, L. G. (1999). *Developing a seasonal plan*. Invited Speaker, Annual British Columbia School Sports Coaching Conference, Burnaby, May.
- Farres, L. G. (1997). *The mental training program for the Canadian national women's field hockey squad*. Invited Speaker, Field Hockey Canada's Five Nations Coaching Conference, Vancouver, May.
- Farres, L. G. (1997). *Application of a mental training tool*. Invited Speaker, Annual British Columbia Coaching Conference, Vancouver, May.
- Farres, L. G. (1997). *Understanding and applying sport psychology to coaching*. Invited Speaker, British Columbia Field Hockey High Performance Coaching Seminar, Vancouver, February.
- Farres, L. G. (1996). *Equity and sport*. Invited Panelist, Annual British Columbia Coaching Conference, Vancouver, May.