

# Alexandra M. Dluzniewski, PhD, CMPC

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## I. Education

Ph.D. in Sport and Exercise Psychology August 2023  
*University of Idaho, Moscow, ID*  
Cumulative GPA: 3.93

Master's Degree in Human Performance April 2017  
*University of Florida, Gainesville, FL*  
Cumulative GPA: 3.8

Bachelor of Arts Degree in Psychology December 2014  
*University of Michigan, Dearborn, MI*  
Field GPA: 3.7  
Cumulative GPA: 3.4

## II. Applied and Teaching Experience

*Summary of Applied Experience:* The past six years I have gained experience in learning and teaching mental skills to professional athletes, college student-athletes, college students and the general population how to implement mental skills (i.e., mindfulness, value-based goal-setting, and energy management) through an integrative approach, utilizing CBT and ACT approaches to optimize performance, motivation, and overall well-being related to physical activity.

*CMPC®: University of Idaho*

- Variety of clients Present
- Men's and Women's Cross Country and Track and Field May, 2020 – May, 2022
- Integrated Sports Medicine and Rehabilitative Therapy Clinic March, 2022 – Dec, 2022
  - Devoted a couple hours a week to gain experience in a non-athletic population

*Adjunct Faculty: University of Idaho.* Jan. 2023 – Present

- Active Living and Mental Health course
- Taught healthy and productive movement through mindfulness and value work

*Lecturer: Washington State University* Aug. 2022 – Dec. 2022

- Psychological Aspects of Movement

*Lecturer: University of Idaho* Aug. 2021 – Dec. 2021

- Graduate level Sport Psychology course

- Used a flipped designed course for an optimal learning environment
- Taught Mindfulness and MST to graduate students

*Sport Psychology Consultant: University of Idaho* Feb. 2018 – May, 2020

- Team dynamics: Challenges with COVID, values, communication, and focus
- Implemented a between-point self-talk intervention
- Implemented HRV technology to help with serving
- Administered a battery of questionnaires to create mental skill profiles for each athlete

*Facilitator: Department of Orthopedics and Rehabilitation, Division of Research, University of Florida* Aug. 2016 – Jan, 2017

- Implemented a psychosocial 10-step program on a population who had suffered traumatic injuries to help optimize their recovery; taught coping skills, goal setting and developing focus, recommended resources as needed
- Served as part of the clinical care team in orthopaedic trauma

## VI. Research

*Postdoctoral Fellow: WWAMI, University of Idaho* Oct. 2023 – Present

- Research that focuses on access to health care and quality of care in underserved rural areas
- Evaluation and assessment for project ECHO - Extension for Community Health Outcomes
- Mentored medical students for manuscript publication
- Psychometric assessment on psychosocial instruments

*Research Assistant: WWAMI, University of Idaho* Jan. 2022 – Oct. 2023

- Worked on reports for project ECHO
- Collaborative work on applying for funding opportunities
- Collaborative work on various research: Psychometric assessment on psychosocial instruments

## VII. Publications, Abstracts, Reports

18. Casanova MP, Deming, SM, **Dluzniewski A**, & Baker RT. 2023 Summer Youth Program: Merging Present, and Future Voices of the Schitsu'umsh People. Report prepared for the Coeur d'Alene Tribe Department of Education. October 2023.
17. **Dluzniewski A**, Casanova MP, Fuerst, P. University of Idaho Health Profession Student Substance Use Disorder Education Program: Annual Progress Report. Report prepared for the University of Idaho WWAMI Program to be submitted to the Substance Abuse Mental Health Services Administration. September 2023.
16. Casanova, MP, McDowell, S, **Dluzniewski, A**, & Baker, RT. (2023). ECHO Idaho Opioids, Pain and Substance Use Disorders Series Evaluation: Primary Care Provider

- Assessment Report. Report prepared for the Idaho Department of Health and Welfare. September 2023.
15. Casanova, MP, McDowell, S, **Dluzniewski, A**, & Baker, RT. (2023). ECHO Idaho Counseling Techniques for Substance Use Disorders Series Evaluation Report. Report prepared for the Idaho Department of Health and Welfare. September 2023.
  14. Casanova, MP, McDowell, S, **Dluzniewski, A**, & Baker, RT. (2023). ECHO Idaho Opioids, Pain and Substance Use Disorders Series Evaluation: Behavioral Health Specialists Assessment Report. Report prepared for the Idaho Department of Health and Welfare. September 2023.
  13. Reeves, AJ, Wiet, R, Deming, SM, Moore, JD, **Dluzniewski, A**, Casanova, MP, & Baker, RT. Medication for Opioid Use Disorder (MOUD) Assessment Continuation: Current Practices and Provider Views on Recent Policy Changes. Report prepared for the Idaho Department of Health and Welfare. September 2023.
  12. **Dluzniewski A.**, Casanova, M., Ullrich-French S., Brush, C., Larkins, L., Baker, R. Assessing the psychometric properties of the Injury Psychological Readiness to Return to Sport Scale (I-PRRS) in a physically active population. (Submitted for review).
  11. Casanova MP, Reeves AJ, **Dluzniewski A**, Winters Juel L, Dunay M, Baker RT. (2023). Geriatric Care in Idaho: Idaho Provider Perceptions and Knowledge of Geriatric Care, Alzheimer’s Disease, and Related Dementias. Report prepared for ECHO Idaho and the Idaho Department of Health and Welfare. Report prepared for ECHO Idaho. June 2023.
  10. Casanova MP, **Dluzniewski A**, Wiet R, Reeves AJ, & Baker RT. “Call Me: Stories from North Idaho” Documentary: Evaluation and Assessment Report. Report prepared for Panhandle Health District. February 2023.
  9. **Dluzniewski A.**, Allred C., Casanova M., Moore, J., Cady A., Baker R. Longitudinal invariance testing of the knee injury osteoarthritis outcome score for joint replacement scale (KOOS-JR). *International Journal of Sports Physical Therapy*.
  8. Casanova MP, **Dluzniewski A**, Wiet R, Reeves AJ, & Baker RT. “Call Me: Stories from North Idaho” Documentary: Evaluation and Assessment Report. Report prepared for Panhandle Health District. February 2023.
  7. **Dluzniewski A.**, Casanova M.P., Reeves AJ., Baker, RT. WWAMI University of Idaho North Idaho AHEC Scholars Cohorts E19 & E20. Report prepared for the North Idaho Area Health Education Center. January 2022.
  6. Casanova MP, Reeves AJ, **Dluzniewski A**, Wiet R, & Baker RT. ECHO Idaho: Pediatric Autism MOC Quality Improvement Cohort Program Evaluation. Report prepared for ECHO Idaho. December 2022.
  5. Casanova MP, Reeves AJ, **Dluzniewski A**, Wiet R, & Baker RT. ECHO Idaho: Pediatric Autism Program Evaluation. Report prepared for ECHO Idaho. November 2022.
  4. Casanova MP, **Dluzniewski A**, & Baker RT. 2022 Summer Youth Program: Merging Present, and Future Voices of the Schitsu’umsh People. Report prepared for the Coeur d’Alene Tribe Department of Education. October 2022.
  3. Zdziarski LA., McClelland JM., Vasilopoulos T., Sadasivan KK., Hagen JE., Patrick M., **Dluzniewski A.**, Sleeth C., Chang C., Vincent HK., and Horodyski MB. Emerging setting: athletic trainers and orthopaedic trauma patients 12 week functional and perceived functional outcomes. National Athletic Trainers Association (NATA), Houston, TX, June 26-29, 2017.

2. Vincent HK., Zdziarski L., Horodyski M., **Dluzniewski A.**, Hagen JE., Vasilopoulos T., Sadasivan KK. Patient and clinical outcomes with a transformational coaching intervention after orthopaedic trauma. American Association for Physical Medicine & Rehabilitation (AAPM&R) Annual Meeting, Denver CO, October 12-15, 2017.
1. **Dluzniewski A.**, Zdziarski LA., Hagen JE., Vasilopoulos T., Sadasivan KK., Horodyski M., Vincent HK. Psychosocial intervention and how it influences the use of pain medication in orthopaedic trauma patients. American Association for Physical Medicine & Rehabilitation (AAPM&R), Annual Meeting, Denver CO, October 12-15, 2017.

### **VIII. Current Professional Affiliations and Certifications**

- Certified Mental Performance Consultant ® 2022 – Present
- American Psychological Association (APA) 2022 – Present
- Professional Association of Athlete Development Specialists 2017 – Present
- Association for Applied Sport Psychology (AASP) 2015 – Present