

Alexandra Dluzniewski, PhD, SETM Professional, CMPC

223 N Almon St., Moscow, ID 83843 (313) 806-3428
adluzsportshrink@gmail.com

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: As a Certified Mental Performance Consultant® (CMPC) and more recently training to become a Somatic ExperiencingTM (SE) Practioner, I have experience in helping individuals gain awareness of their internal and external world to build a foundation for enhanced well-being. Typically, the populatioin I work with are either already physically active or wanting to use movement as a resource for nervous system regulation; I provide them with the tools to use movement as a resource (i.e., mindfulness, nervous system regulation, engergy management, and value-based goal-setting).

Intermediate level Somatic ExperiencingTM Professional: Freelance Aug. 2023 – Present

- Trauma focused clients

Adjunct Facutly: University of Idaho Jan. 2023 – Present

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

CMPC®: University of Idaho

- Collegiate athletes and chronic pain patients May, 2020 – Aug. 2023

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
- 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 self-talk intervention
- Implemented HRV technology
- 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

- Mentored medical students on manuscript publication
- Worked on reports for project ECHO - Extension for Community Health Outcomes
- Collaborative work on applying for funding opportunities
- Collaborative work on various research: Psychometric assessment on psychosocial instruments

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

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

VII. Publications, Abstracts, Reports

12. **Dluzniewski A.**, Casanova, MP., Ullrich-French S., Brush, CJ., Larkins, L., Baker, RT. Assessing the psychometric properties of the Injury Psychological Readiness to Return to Sport Scale (I-PRRS) in a physically active population. (Accepted Upon Revision).
11. **Dluzniewski A.**, Casanova, MP, Ullrich-French S., Brush, CJ., Baker, RT. Exploring the influence of gratitude on musculoskeletal injury recovery: A latent growth modeling analysis. *39th Annual Association for Applied Sport Psychology Conference*. Abstract accepted May 2024.
10. Dowell, K., **Dluzniewski A.**, Casanova, MP., Allred, C., Cady, AC., Baker, RT. International Knee Documentation Committee Subjective Knee Form latent growth model analysis: Assessing recovery trajectories. *Healthcare*. May 2024.

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.