

# Curriculum Vitae

Alexandra Dluzniewski, PhD, CMPC

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## EDUCATION

### **University of Idaho, Moscow, ID.**

Doctor of Philosophy in Sport & Exercise Psychology

Graduation Date: Aug 2023

Dissertation: *Examining the Relationship Between Psychological Factors and Pain, Disablement, and QoL in an Injured Physically Active Population* (Advisor: Dr. Russell T. Baker)

### **University of Florida, Gainesville, FL.**

Master of Science in Kinesiology

Graduation Date: April 2017

### **University of Michigan, Dearborn, MI.**

Bachelor of Arts in Psychology

Graduation Date: Dec 2014

## PROFESSIONAL EXPERIENCE

- |                   |   |
|-------------------|---|
| 08/2024 – Present | Somawise Wellness LLC<br>Moscow, ID<br>Founder & Owner  |
| 10/2023 - Present | University of Idaho<br>Moscow, ID<br>Postdoctoral Fellow<br>University of Washington School of Medicine Medical Education Program (WWAMI) |
| 01/2023 – Present | University of Idaho<br>Moscow, ID<br>Adjunct Faculty – Department of Movement Sciences  |
| 05/2022 – Present | Certified Mental Performance Consultant<br>Moscow, ID   |
| 01/2022 – 10/2023 | University of Idaho<br>Moscow, ID<br>Research Assistant<br>University of Washington School of Medicine Medical Education Program (WWAMI)  |

08/2022 – 12/2022 Washington State University  
Pullman, WA  
Lecturer – Department of Kinesiology and Educational Psychology

08/2021 – 12/2021 University of Idaho  
Moscow, ID  
Lecturer – Department of Movement Sciences

02/2018 – 05/2020 University of Idaho  
Moscow, ID  
Sport Psychology Consultant – University of Idaho Athletic Department

08/2017 – 05/2020 University of Idaho  
Moscow, ID  
Teaching Assistant – Department of Movement Sciences

08/2016 – 01/2017 University of Florida  
Gainesville, FL  
Intern – Department of Orthopedics and Rehabilitation  
Division of Research

11/2011 – 02/2015 Allen Park High School  
Allen Park, MI  
Assistant Girls Basketball Coach

11/2015 – 02/2017 Buchholz High School  
Gainesville, FL  
Head Girls Basketball Coach

### **ACADEMIC COURSES TAUGHT**

08/2017 – Present **University of Idaho**  
PEB 107: Team Sports - Basketball  
PEP 301: Mental Skills Training for Athletes  
PEP 305: Applied Sports Psychology  
PEP 560: Sport Psychology  
IFIT 106: Active Living and Mental Health

08/2022 – 12/2022 **Washington State University**  
KINES 313: Psychological Aspects of Movement

01/2016 – 12/2016 **University of Florida**  
APK 2105C: Applied Human Physiology with Laboratory

## **STUDENT MENTORING & ADVISING**

- 07/2023 – Present      Applied Mental Training Mentoring
- Mentoring 1 student in their external placement in pursuit of the Certified Mental Performance Consulting hours.
- 10/2023 – Present      Biomedical Research Mentoring
- Mentoring 10 medical students in their project implementation and manuscript preparation in various research-focused placements.

## **PEER-REVIEWED PUBLICATIONS, REPORTS, & PRESENTATIONS**

14. Jacobsen G., Casanova MP., **Dluzniewski A.**, Reeves A., Baker RT. Examining the factor structure and validity of the Depression Anxiety Stress Scale-21. (Under Review). October 2024
13. Garabedian A., **Dluzniewski A.**, Baker RT., Casanova MP. Exploring the relationship between self-compassion and psychological pain: A canonical correlation analysis. *Behavioral Sciences*. August 2024
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. *BMJ Open Sport & Exercise Medicine*. June 2024.
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. *39<sup>th</sup> 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.

## **PROFESSIONAL MEMBERSHIPS**

Association of Applied Sport Psychology

- Certified Mental Performance Consultant #12020
- Student Member (2015 – 2022)

## **ORGANIZATIONAL PERFORMANCE PSYCHOLOGY CONSULTING EXPERIENCE**

2018 – 2024 University of Idaho Men's and Women's Track and Cross Country Team

2018 – 2021 University of Idaho Women's Volleyball Team

2018 – 2020 University of Idaho Women's Tennis Team

2018 – 2019 University of Idaho Women's Basketball Team