

Artur Poczwadowski, Ph. D.

EDUCATION:

- Ph.D. 1997 University of Utah, Salt Lake City, USA
Field of Study: Exercise and Sport Science
Emphasis: Psychosocial Aspects of Sport
- M.S. 1991 University of Gdańsk, Gdańsk, Poland
Field of Study: Psychology,
- M.S. 1989 University of Physical Education, Gdańsk, Poland
Field of Study: Physical Education
Specialization: Coaching

ADDITIONAL PROFESSIONAL CREDENTIALS:

Certified Mental Performance Consultant, the Association for the Advancement of Applied Sport Psychology (CMPC, AASP) #215

Member, the United States Olympic Committee (USOC) Sport Psychology Registry (2004-2008, 2008-2012, 2012-2016 Olympic/Paralympic Cycles)

- Certified Coach of Level II, Judo, 1989.
- Certified Instructor in Swimming, 1989.
- Certified Instructor in Gymnastics, 1989.
- Certified Instructor in Track and Field, 1989.
- Certified Instructor in Soccer, 1989.
- Certified Instructor in Handball, 1989.
- Certified Instructor in Volleyball, 1989.
- Certified Instructor in Basketball, 1989.

SUPERVISION TRAINING, SCHOLARLY ACTIVITY, and EXPERIENCE

- Completed 1.25 CE credits via an Association for Applied Sport Psychology (AASP) webinar (online; September 26, 2018): *Professional Development as a Journey - with the Supervisor as a Tour Guide*. CMPC Required CE Area: Mentorship/Supervision.
- Completed 6 units by attending an Association for Applied Sport Psychology (AASP) Continued Education workshop: *Essentials of mentorship: Developing quality sport psychology practitioners*. (Honolulu, September 20-21, 2011.)
- Completed a workshop (4 hours) entitled: *State of the Art Supervision: Current Trends & Issues*. (University of Denver, Denver, Colorado, November 7, 2008.)
- Taught a graduate course (2015, 2017; Adept, Professional, Supervisor and Leader [CPSY 4630]) with two 2-hour units on supervision and meta-supervision in sport and performance psychology.
- Supervised graduate students in their sport, performance, and exercise psychology consultations 2005-present:
 - Sport and Exercise Psychology Advanced Practicum (SES 686)
 - Sport and Exercise Psychology Service Delivery (SES 677)
 - Sport and Exercise Psychology Professional Practice (SES 678)
 - Practicum in Sport and Performance Psychology (CPSY 4680); a three-quarter sequence
 - Practicum in Sport and Performance Psychology: Professional Practice (CPSY 4686); a three-quarter sequence

Publications:

- Aoyagi, M. W., Poczwadowski, A., & Shapiro J. L. (Eds.). (2017). *A peer guide to applied sport psychology for consultants in training*. Taylor and Francis.
- Poczwadowski, A. (2009). Model superwizji w przygotowaniu magistrów na kierunku psychologii sportu i wysiłku w Barry University [*Supervision in Sport Psychology Training: Model adopted at Barry University*]. In W J. Blecharz, & M. Siekańska (Eds.). *Praktyczna psychologia sportu. Wykorzystanie koncepcji psychologicznych w sporcie* (pp. 77-84). *Studia i Monografie nr 54, Akademia Wychowania Fizycznego im. Bronisława Czecha, Cracow, Poland.*

Presentations:

- Shapiro, J. L. & Poczwadowski, A. (August 5, 2016). Consulting with United States Paralympic Teams: Utilizing professional peer consultation. In A. Poczwadowski and J. L. Shapiro (Coauthors), *Athletes With Physical Disabilities—Peer Consultation, Field Placement, and Supervision*. Symposium conducted at the 124th Annual Convention of American Psychological Association, Denver, CO, USA.
- Poczwadowski, A. (June 10, 2015). *Professional Development in Performance Psychology: Meta Supervision Theory and Practice*. A 6-hr workshop at University of Social Sciences and Humanities, Sopot, Poland.
- Van Raalte, J., & Poczwadowski, A. (July 24, 2014). *Best Practices in Supervision for Developing Competent Consultants*. 1hr Continued Education webinar conducted for Association for Applied Sport Psychology.
- Poczwadowski, A. (March 23, 2012). Zawodowe Doskonalenie Psychologa Osiągnięć: Superwizyjna Sesja i Koleżeńska Konsultacja (Analiza Przypadków). [*In Pursuit of Professional Excellence: Collegial Supervision (Case Studies)*]. Warsaw School of Social Sciences and Humanities, Sopot, Poland.
- Poczwadowski, A. (May 14, 2008). Model superwizji w przygotowaniu magistrów na kierunku psychologii sportu i wysiłku w Barry University [*Supervision in Sport Psychology Training: Model adopted at Barry University*]. Keynote at the Inaugural Convention on Practice of Sport Psychology, Cracow, Poland.
- Poczwadowski, A. & Cremades, G. (October 26, 2007). *Supervision of applied sport and exercise psychology experiences: Master's program based on AASP certification standards*. AASP 22th Annual Convention, Louisville, USA.

EMPLOYMENT:

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| 2012 – present | Professor; University of Denver, Graduate School of Professional Psychology, Denver, Colorado |
| 2008-2012 | Associate Professor, University of Denver, Graduate School of Professional Psychology, Denver, Colorado |
| 2004-2008 | Associate Professor, Barry University, Department of Sport and Exercise Sciences, Miami Shores, Florida |
| 1999-2004 | Assistant Professor, St. Lawrence University, Department of Psychology, Canton, New York |
| 1997-1999 | Visiting Assistant Professor, University of Utah, Department of Exercise and Sport Science, Salt Lake City |
| 1989-1993 | Academic Instructor, University of Physical Education, Department of Psychology, Gdansk, Poland |

CONSULTING:

- 2013 – present Sport and Performance Excellence Consultants, LLC, private practice and business (a member of a four-person consulting firm). Denver, Colorado, USA. Provided sport psychology consulting to individual players (cycling, sailing, swimming, golf,

basketball, American football, e-sport gamer); corporate client (crossfit gym); and US Paralympic Alpine Skiing Team, US Paralympic Nordic Skiing Team, US Paralympic Swimming Team, US Paralympic Track & Field Team, and individual Paralympic athletes.

2012 iPerformance Consultants, LLC; private practice. Denver, Colorado, USA. Provided sport psychology consulting to individual players (golf, wrestling, football, diving) and corporate client (fitness franchise).

2006-2009 Planet Excellence/Sports, Inc. (private practice and business), Miami, Florida, USA. Provided sport psychology consulting to the tennis and golf academies and individual players.

2004-2005; 2009-2010 Planning the sport psychology services for United States Team Handball (men's and women's teams). USA TH Sport Science and Technology Committee (member).

1999-2004 Conducted workshops for athletes and coaches and provided individual consulting for varsity teams (men's and women's alpine skiing, men's and women's cross country skiing, men's and women's golf, women's hockey; women's volleyball; men's soccer; baseball; men's tennis; men's and women's squash). St. Lawrence University, Canton, New York, USA.

1996-1999 Provided sport psychology consulting to individual athletes of the following sports: soccer, diving, speed skating, bobsledding, skeleton, freestyle skiing, snowboarding, air pistol shooting, and figure skating, Salt Lake City, Utah, USA.

1995-1998 Stanley Klotkowski Speed Skating Program, Salt Lake City, Utah, USA. Delivered sport psychology consulting service to coaches and athletes. Conducted research and supervised field experiences of University of Utah undergraduate students.

1991-1993 AZS AWF Gdansk Sport Club, Gdańsk, Poland. Provided sport psychology consulting to group and individual athletes (judo, team handball, table tennis).

1991-1992 Polish Judo Association, Warsaw, Poland. Provided sport psychology consulting to the Polish judo men's and women's national teams.

PUBLICATIONS RELATED TO SPORT PSYCHOLOGY PRACTICE (examples):

Aoyagi, M. W., Cohen, A. B., Poczwardowski, A., Metzler, J. N., & Statler, T. (2018). Models of performance excellence: Four approaches to sport psychology consulting. *Journal of Sport Psychology in Action*, 9(2), 94-110. Doi: 10.1080/21520704.2017.1355861

Poczwardowski, A. (2017). Deconstructing sport and performance psychology consultant: Expert, person, performer and self-regulator. *International Journal of Sport and Exercise Psychology*. <http://dx.doi.org/10.1080/1612197X.2017.1390484>

Aoyagi, M. W., Poczwardowski, A., & Shapiro J. L. (Eds.). (2017). *A peer guide to applied sport psychology for consultants in training*. Taylor and Francis.

Aoyagi, M. W., Poczwardowski, A., Statler, T., Shapiro, J. L., & Cohen, A. B. (2017). The performance interview guide: Recommendations for initial consultations in sport & performance psychology. *Professional Psychology: Research and Practice*, 48(5), 352-360. <http://dx.doi.org/10.1037/pro0000121>

- Poczwadowski, A., Diehl, B., O'Neil, A., Cote, T., & Haberl, P. (2014). Successful transitions to the Olympic Training Center, Colorado Springs: A mixed-method exploration with six resident athletes. *Journal of Applied Sport Psychology*, 26, 33-51. DOI: 10.1080/10413200.2013.773950
- Poczwadowski, A., Aoyagi, M. W., Shapiro, J. L., & Van Raalte, J. L. (2014). Developing professional philosophy for sport psychology consulting practice. In A. G. Papaioannou & D. Hackfort (Eds.), *Routledge companion to sport and exercise psychology: Global perspectives and fundamental concepts* (pp. 895-907). London, UK: Routledge.
- Aoyagi, M. W., & Poczwadowski, A. (Eds.). (2012). *Expert approaches to sport psychology: Applied theories of performance excellence*. Morgantown, WV: Fitness Information Technology.
- Poczwadowski, A., & Sherman, C. P. (2011). Revisions to the Sport Psychology Service Delivery (SPSD) heuristic: Explorations with experienced consultants. *The Sport Psychologist*, 25, 511-531.
- Sherman, C., & Poczwadowski, A. (2005). Presenting mental skills to young teams: The why and the how of integrated instruction. In M. Andersen (Ed.), *Sport psychology in practice* (pp. 17-44). Champaign, IL: Human Kinetics.
- Poczwadowski, A., Sherman, C., & Ravizza, K. (2004). Professional philosophy in the sport psychology service delivery: Building on theory and practice. *The Sport Psychologist*, 18, 415-429.
- Poczwadowski, A., & Conroy, D. E. (2002). Coping responses to failure and success among elite athletes and performing artists. *Journal of Applied Sport Psychology*, 14, 314-340.
- Poczwadowski, A., Sherman, C., & Henschen, K. P. (1998). A sport psychology service delivery heuristic: Building on theory and practice. *The Sport Psychologist*, 12, 191-207.

PRESENTATIONS RELATED TO SPORT PSYCHOLOGY PRACTICE (examples):

- Poczwadowski, A., Ravizza, K., & Aoyagi, M. (October 21, 2017). *Reflecting on past practices, recent challenges, and problem-solving in gaining entry*. Association for Applied Sport Psychology 32nd Annual Convention, Orlando, Florida, USA.
- Shapiro, J., Poczwadowski, A., Clark, E., & Mitchell, S. (October 20, 2017). *Sport psychology consulting with United States Paralympic athletes*. Association for Applied Sport Psychology 32nd Annual Convention, Orlando, Florida, USA.
- Baltzell, A., Hays, K. F., Poczwadowski, A., & Chow, G. (September 29, 2016). *Time's up! Handling acute competition distraction and distress: A discussion with four experts*. Association for Applied Sport Psychology 31st Annual Convention, Phoenix, AZ, USA.
- Poczwadowski, A. (October 5, 2012). *Making the theoretical practically useful: Theory, data, and art in service of sport psychology practice*. In A. Cohen (Chair), *Interdisciplinary Perspectives on Applied Sport Psychology: Five Approaches to Performance Excellence*. Symposium conducted at the Association for Applied Sport Psychology 27th Annual Convention, Atlanta, GA, USA. Other presenters: A. Cohen, M. Aoyagi, S. Portenga, J. Metzler, T. Statler.
- Poczwadowski, A. (October 28, 2010). *Usefulness of eclectic perspective in informing one's unique consulting style: An illustration based on a conceptualization of the case of X*. In M. W. Aoyagi, (Chair), *How theory informs practice: The case of X conceptualized from four different perspectives*. Symposium conducted at the Association for Applied Sport Psychology 25th Annual Convention, Providence, RI, USA.
- Poczwadowski, A., & Sherman, C. (September 17, 2009). *Best practices in sport psychology service delivery: Results of qualitative, interpretive investigation*. Association for Applied Sport Psychology 24th Annual Convention, Salt Lake City, USA.
- Poczwadowski, A., Balague, G., Vernacchia, R., & Nideffer, R. (October 5, 2001). *Collegial consultation as strategy for managing self in consulting process: How effectively can you deliver sport psychology services in isolation?* [1hr colloquium]. AAASP 16th Annual Convention, Orlando, Florida, USA.

Poczwadowski, A., Sherman, C. P., Silva, J. M., & McCann, S. (October 21, 2000). *Practical implications of professional philosophy in the delivery of sport psychology service* [colloquium] AAASP 15th Annual Convention, Nashville, Tennessee, USA.

Poczwadowski, A. (May 27, 1995). *A young Olympic consultant. Professional and personal experiences in consulting athletes*. International Society of Mental Training and Excellence (ISMTE) Congress, Ottawa, Canada.

SUMMARY:

Dr. Poczwadowski received his Ph.D. in exercise and sport science with specialization in psychosocial aspects of sport from University of Utah, Salt Lake City, a master's degree in coaching and physical education from University of Physical Education in Gdańsk, Poland and a master's degree in psychology from Gdańsk University, Poland.

Currently, he is a *Professor at University of Denver Graduate School of Professional Psychology* and, in the past he worked at Barry University (Miami Shores, Florida), St. Lawrence University (Canton, New York), University of Utah (Salt Lake City, Utah), and University of Physical Education in Gdańsk (Poland). Courses that he has taught include psycho-social aspects of sport, applied sport psychology, consulting methods and practices, group dynamics in sports, motivational interviewing, motor learning and control, training planning and periodization, psychophysiological aspects in human movement, research methods, and qualitative research methods.

Artur has over 70 publications (of which 30 are published in peer-reviewed journals, 18 are book chapters/book parts, 3 are co-edited books, 1 is co-edited conference proceedings, 13 are publications for various professional journals, 1 is a book review, and 1 is an encyclopedia entry). He delivered over 100 professional presentations on national and international level, 4 keynote addresses, and over 90 invited and educational lectures and workshops in *Brazil, Canada, China, Denmark, Greece, Italy, Mexico, Poland, South Korea, Spain, Sweden, and the United States*. His publications and professional presentations focus on sport and performance psychology practice for performance enhancement and psychological well-being, coach-athlete relationships, and coping strategies in elite performers. For two years (2004 – 2006) he served as an Associate Editor for *The Sport Psychologist* and he currently serves on its *Editorial Board*. In 2006 he was nominated for the President of Association for Applied Sport Psychology (AASP), which has membership from about 30 countries. He is currently a Fellow of AASP and has been a member of the *Managing Council of the International Society of Sport Psychology (ISSP)* since 2013 and currently serves as its Secretary General (2017-2021).

Since 1991, Dr. Poczwadowski has consulted with athletes and teams from a number of sports (tennis, golf, hockey, judo, squash, baseball, team handball, soccer, track and field, diving, rowing, cycling, air pistol shooting, alpine skiing, cross country skiing, figure skating, speed skating, and e-sport). At the elite level, he worked with the Polish national men's and women's judo teams (1991 & 1992 European Championships, 1992 World Championships, and 1992 Olympic Games) and St. Lawrence University Division I women's hockey team (2001 and 2004 Frozen Four). He started his private practice in 1991 in Gdańsk, Poland through his *Psychological Studio of Performance Enhancement*. In 2006, he founded *Planet Excellence Sports, Inc.* in Florida and, in 2013, as a senior consultant joined *Sport and Performance Excellence Consultants, LLC (SPEX)* in the Denver area. Most recently, he has been involved in assisting in mental training with four US Paralympic Teams. For example, he travelled with the US Paralympics Swim Team to the 2015 IPC Swimming World

Championships in Glasgow, Scotland and guided mental preparation of three winter Paralympic sports during the 2018 PyeongChang Winter Paralympic Games, South Korea. He is a *Certified Mental Performance Consultant (CMPC)* by AASP (*the Association for Applied Sport Psychology*) in performance enhancement and is listed in *United States Olympic Committee (USOC) Sport Psychology Registry*.

ACADEMIC TEACHING --COURSES:

Theoretical Aspects of Sport and Performance Psychology (CPSY 4652)
Theories of Performance Excellence (CPSY 4671)
Motivational Interviewing (CPSY 4657)
Exercise Physiology (CPSY 4610)
Adept, Professional, Supervisor and Leader (CPSY4630)
Applied Motor Learning (CPSY 4663)
Movement Principles for Performance (CPSY 4666)
Consulting Methods & Practices (CPSY 4669)
Motivation, Emotion, and Learning (CPSY 4677)
Scholarly Writing Methods and Practices (CPSY 4678)
Human Growth and Development (CPSY 4685)
Practicum in Sport and Performance Psychology (CPSY 4680)
Practicum in Sport and Performance Psychology: Professional Practice (CPSY 4686)
Sport and Performance Psychology Practicum in Collegiate Athletics (CPSY 5468)
Principles of Motor Learning (SES 326)
Psychosocial Aspects of Sport (SES 335)
Research Methodology (SES 616)
Motor Learning and Control (SES 625)
Motor Development (SES 664)
Sport Psychology (SES 537)
Sport and Exercise Psychology Advanced Practicum (SES 686)
Sport and Exercise Psychology Service Delivery (SES 687)
Sport and Exercise Psychology Professional Practice (SES 688)
Introductory Psychology (Psyc 100)
Personality (Psyc 253)
Pursuing a Happy and Optimistic Life: Can You? Should You? Will you? (FRPG 189)
Psychology of Creativity (Psyc 248C; summer abroad course in Vienna, Austria)
Sport Psychology (Psyc 255)
Interpersonal Dynamics in Sport (Psyc 448)
Introduction to Sport Psychology (ESS 334)
Introduction to Exercise and Sport Science (ESS 250)
Applied Sport Psychology (ESS 673)
Group Dynamics in Sport (ESS 674)
Qualitative Research Methods (ESS 782)
Training Planning and Periodization (ESS 569)
Psychophysiological Aspects in Human Movement (ESS 6710)
Judo and Self-Defense (ISR 135/235)
Beginning Swimming (ESS 166)
Intermediate Swimming (ESS 167)
Beginning Weight Training (ESS 110)
Intermediate Weight Training (ESS 111)
Basketball (ESS 115)

Jogging (ESS 104)
Power Walking (ESS 101)

ATHLETIC EXPERIENCES:

Judo athlete 1978-1995; competed on regional, national, and international level.
Two-time Polish Judo University Champion '89, '91.
A member of Polish academic national judo team (1986-88).
Completed Salt Lake City Granite Furniture Marathon (1995).

PROFESSIONAL ORGANIZATIONS:

1996 - present Association for the Advancement of Applied Sport Psychology
(AAASP; (name changed in 2006 to AASP/Association for Applied
Sport psychology)
1996 - present International Society of Sport Psychology (ISSP) [1996 to present]
1996-1999; 2006-2013; 2015- present American Psychological Association (APA),
Division 47 – Sport and Exercise Psychology,
1995 to 1999; 2001 International Society of Mental Training and Excellence (ISMTE)
1997-2006 American Alliance for Health, Physical Education, Recreation and Dance
(AAHPERD)
1996-1997 American Society of Clinical Hypnosis (ASCH)
1992-1993 Polskie Towarzystwo Psychologiczne (Polish Psychological Association)