

DR. JON C. FLEDZINSKAS

LICENSED CLINICAL PSYCHOLOGIST
(PSYD) CA LICENSE #33071

FORMAL EDUCATION

PsyD (Doctor of Psychology) May 2020
California Lutheran University
Area of Focus: Clinical Psychology

Dissertation: Beliefs, Hopes, and Experiences of Recovering from Injury: Interviews with Twelve Injured Collegiate Athletes at an NCAA Division III University - Chair: Dr. Mindy Puopolo

MS (Clinical Psychology) June 2018
California Lutheran University

BA (Psychology) May 2015
CSU Channel Islands

ELECTIVE GRADUATE COURSEWORK AND DIDACTICS

- Acceptance and Commitment Therapy and Mindfulness Graduate Courses
- DBT Basics & DBT Practicum with Dr. Jamie Bedics
- Collaborative Assessment and Management of Suicidality Training
- Big Sky Sport Psychology Retreats (2019; 2022)
- Mindfulness and Team Sport Interventions with Ken Ravizza



DR. JON FLEDZINSKAS
CLINICAL AND PERFORMANCE PSYCHOLOGIST

CLINICAL EXPERIENCE AND PRACTICE

CLINICAL PSYCHOLOGIST AT JON FLEDZINSKAS PSYCHOLOGY, APC

Private Practice Clinic in Westlake Willage CA (September 2021 - Present)

I utilize a client-centered approach and a humanistic lens in my work at my private practice. I mostly work with Autistic and/or ADHD clients by affirming their worth, helping them unlearn internalized shame and ableist standards and empowering their strengths. At my practice, I conduct psychological assessment and feedback with clients age 4 and up; weekly psychotherapy with clients age 12 and up, consultation, supervision, and applied sport psychology trainings with a variety of performers. I also have various roles as an expert consultant for working with neurodivergent folks across a variety of settings, including a PHP program, private schools, and mental health clinics. I currently have one practicum student working under me.

POST-DOCTORAL STAFF PSYCHOLOGIST AT COMMANDER COUNSELING AND WELLNESS AND PRE-DOCTORAL INTERN AT PSYCHOLOGICAL RESOURCES FOR OU STUDENT ATHLETES (PROS)

Community Counseling, Assessment, and Integrated Care Center & University Athletic Counseling Center in Norman, OK (July 2019 - August 2021)

During both my post-doc and internship in Norman, OK, I conducted intake appointments and feedback sessions for psychological assessments (educational, cognitive, adaptive, and mood) with children and adolescents, provided and ongoing short- and long-term psychotherapy, provided sport and performance psychology education and interventions with various NCAA DI athletes, local athletes, and performers, created and refined procedural manuals and maintained amicable and collaborative staff relationships to improve overall work productivity and positivity of work-culture, reviewed and interpreted psychological assessment results within weekly client feedback meetings, developed sport and performance psychology interventions and resources for esport populations, conducted and co-facilitated ongoing staff meetings and strategic planning to ensure work-related growth and security amongst staff, engaged in ongoing supervision and consultation with formal supervisors and other providers within the mental health field, and provided ongoing supervision for a practicum student

CLINICAL PSYCHOLOGY PRACTICUM STUDENT AT CLU OXNARD COMMUNITY COUNSELING CENTER, CSU CHANNEL ISLANDS, AND VENTURA COUNTY MEDICAL CENTER

Community Counseling Center, University
Counseling Center, and Academic Family Medicine
Center (Sept 2016 - May 2019)

PROFESSIONAL AFFILIATIONS

Association of Applied Sport Psychology (AASP)
AASP Esports SIG
Los Angeles County Psychological Association
Geek Therapy / Annual TAGGS Summit
Various Neurodivergent-Affirming Spaces and Groups
Neurodivergent Collective in Newport Beach, CA

PROFESSIONAL PRESENTATIONS (MANY MORE UNLISTED)

Affirming, Supporting, and Empowering Neurodivergent Clients -
Unlearning Stigma and Bias (2023, AMFM - Online; 2024, Beit
T'Shuvah and Visions Adolescent Treatment Center - In Person)

Let's Play! - Video Game Culture, Intersectionality, and the
Purpose of Play (2023, Soutenders - Online)

Career Pathway as a Clinical Sport Psychologist
(2022, University of Oklahoma - Online)

What is Sport Psychology? Understanding the Field and Career
Pathways as a Psychology Student (2022, California Lutheran
University)

Gaming and Esports - Cultural, Clinical, and Performance
Considerations (2021, Commander Counseling and Wellness)

Esport Psychology, Gaming Culture, and Working with
Professional Gamers as a Sport Psychologist
(2021, Virtually at AASP Conference)

Psychological Conceptualization and Treatment Planning with
Injured Athletes
(2019, University of Oklahoma)

Overview of Clinical Psychology within an Athletics Department
(2019, University of Oklahoma)

How Staff and Faculty Can Talk to a Student-Athlete in Distress
(2019, University of Oklahoma)

Interdisciplinary Practice of Clinical Psychology within an
Integrated Care Setting
(2018, Ventura County Medical Center)

DBT Mindfulness Skills Training
(2016, California Lutheran University)

CONTACT

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*Professional references available
upon request.*