

DOUGLAS P. JOWDY, Ph.D.
Licensed Psychologist

Mailing Address

PO Box 590
Boulder, CO 80306
(720) 331.6049

Office Information

1910 7th Street Suite 4
Boulder, CO 80302
www.drdougjowdy.com
www.goldmedalmind.com

EDUCATION

Stanford University School of Medicine

Postdoctoral Training in Clinical Psychology, 1996
Specialization: Treatment of Alcohol, Drug Addiction and Related Family Issues

Virginia Commonwealth University

MS, PhD in Counseling Psychology, 1995
Specialization: Sport Psychology, Treatment of Substance Use Disorders and Dual Diagnoses, Identity and Career Development, Consultation
Dissertation: The Influence of Family Structure, Separation from Parents on Ego Identity Development and the Relationship with Vocational Identity and Career Exploration
Internship: Denver General Hospital, Denver, CO

United States Olympic Committee (Colorado Springs)

Research Assistantship, 1989
Worked under the supervision of Shane M. Murphy, Ph.D. in the sport psychology department. Responsibilities included providing individual/group psychological services to athletes and conducting research.

The Pennsylvania State University, University Park, PA

MS in Exercise Science, 1987
Specialization: Sport and Performance Psychology
Thesis: Muscular Responses During Mental Imagery as a Function of Motor Skill Level

State University of New York College at Cortland, Cortland, NY

Bachelor of Science in Psychology and Exercise Science, 1985
Independent Study: Correct Versus Incorrect Mental Practice in the Learning and Performance of a Motor Skill

PROFESSIONAL CLINICAL EXPERIENCE

2004 - UNIVERSITY of COLORADO SCHOOL MEDICINE FACULTY
APPOINTMENT: Assistant Clinical Professor – Providing consultation services to the health care providers working in the University Sports Medicine Center.

Psychological services are provided to athletes and non-athletes who present with some, but not limited to the following issues: chronic pain, the emotional consequences secondary to injury, depression, performance enhancement and the treatment of young athletes and addressing family dynamics as indicated.

- 2005 - PRIVATE PRACTICE - providing individual and group therapy for people experiencing some but not limited to the following conditions: mood disorders (major depression and bipolar disorder), drug/alcohol addiction, chronic pain, psychological conditions secondary to medical conditions (i.e., autoimmune disorders) and personal growth. Within the area of sport psychology – classical performance enhancement training and treatment of conventional counseling issues specific to athletes some of which include: parent-child relationships and the separation process, insomnia, athletes dealing with a parent with problematic use of alcohol and/or drugs, recovery from injury, balancing roles of being a student-athlete, personal/athletic identity development, spiritual development, retirement from sport and career counseling.
- 2001-02 DEPARTMENT HEAD - SPORT-EXERCISE PSYCHOLOGY PROGRAMS, Argosy University/Phoenix, Phoenix, AZ.
Primary responsibilities include management of the Masters of Arts Program in Sport-Exercise Psychology, faculty evaluation, advisement of doctoral students in clinical psychology who specialize in sport-exercise psychology and teaching in the clinical and sport-exercise psychology programs.
- 1999-01 PSYCHOLOGIST, U.S. Olympic Committee, Colorado Springs, CO.
Working for the U.S. Olympic Committee with the primary assignment to assist U.S. Speed Skating prepare for the 2002 Winter Games. Some of the responsibilities include: providing psychological services to enhance performance, assisting coaches with the implementation of psychological skills in the training programs, providing clinical services when indicated on an individual and family basis, coordinating services with the other sport sciences to enhance adherence to recommendations, traveling for national and international competition and providing services during training camps. Other responsibilities have included providing workshops to either coaches or athletes from a variety of sports and developing biofeedback services in the program.
- 1996-99 PSYCHOLOGIST, Denver Health Medical Center, Denver, CO.
Program Co-Director and Clinical Supervisor working on an outpatient basis in the Behavioral Health Services Division of the hospital. The division provides individual, group, and family therapy to children, adolescents and adults. As a clinical supervisor, responsibilities included overseeing and conducting intake evaluations, screenings and assessments in the walk-in clinic that served people with both medical and psychiatric conditions. As the Co-Director of an Intensive Outpatient Treatment Program primary responsibilities included developing the program, supervision of staff (candidates for licensure, psychology interns,

practicum students, chemical addiction counselors and nurses), delivering services, monitoring patient care, evaluation of the program and presenting results to the medical director and staff. The program was based upon the American Society for Addiction Medicine's Patient Placement Criteria for people who have substance use disorders and/or dual diagnoses.

- 1995-1996 POSTDOCTORAL FELLOW, Stanford University School of Medicine, Stanford, CA.
Working for the Department of Psychiatry and Behavioral Sciences in the Alcohol and Drug Treatment Center. The position involved working on an outpatient basis with adults and adolescents. Responsibilities included: conducting initial interviews to assess for the appropriate level of care, providing consultation services to the inpatient units at the hospital, conducting individual, group, and multi-family therapy. Other activities involved developing a relapse prevention program, and providing a leadership role in the development of the adolescent substance abuse program.
- 1994-95 CLINICAL PSYCHOLOGY INTERN, Denver General Hospital, Denver, CO.
First six month rotation involved working on an inpatient unit for adolescents. Responsibilities included conducting initial assessments, individual, group, and family therapy, placement and psychological evaluations. A primary focus was the treatment of patients with a dual diagnosis.

The second six month rotation (3/94-8/95) involved working in the outpatient consultation service and being involved in a variety of experiences that included: individual outpatient therapy with adults and adolescents; 1 day per week in the psychiatric emergency room; working in the area of behavioral medicine using biofeedback and hypnosis; working in the substance abuse clinic doing individual and group therapy with polysubstance abusers; and attending seminars to improve skills with neuropsychological evaluations.
- 1993-94 PSYCHOLOGIST ASSISTANT, Rubicon Inc., Richmond, VA.
Working in a residential substance abuse program for adults. Responsibilities included conducting intake evaluations, individual therapy, psychological assessment, crisis intervention, and providing consultation for the rehabilitation counselors.
- 1992-93 PSYCHOLOGIST ASSISTANT, Central State Hospital, Petersburg, VA.
Working on a multidisciplinary treatment team that provides inpatient treatment to adolescents and their families. Responsibilities included conducting intake evaluations, psychological assessment, individual, group, and family therapy.

- 1992 SUPERVISOR, Central State Hospital, Petersburg, VA.
Supervising a master's level student with the administration, scoring, and interpretation of intellectual and personality testing.
- 1991-93 CLINICIAN, Private Practice, Richmond, VA.
Completed a two and a half-year practicum in psychoanalytic psychotherapy under the supervision of Renate Forssman-Falck, M.D. This involved outpatient treatment of a patient with the diagnosis of borderline personality disorder.
- 1991-92 CLINICIAN, University Counseling Services, Richmond, VA.
Provided individual therapy on an outpatient basis; conducted intake evaluations; process observation of group therapy as part of a nine-month practicum.
- 1990-91 CLINICIAN, The Center for Psychological Services and Development, Richmond, VA.
Provided individual and family therapy on an outpatient basis; conducted intake evaluations as part of a twelve-month practicum.
- 1986-1989 MENTAL HEALTH TECHNICIAN, The Meadows Psychiatric Center, Centre Hall, PA.
Worked on the adolescent unit where the focus involved inpatient psychiatric treatment to adolescents and their families. Responsibilities involved developing a therapeutic alliance with patients, conduct/facilitate groups, monitor behavior, develop behavior plans, and assist with treatment planning and chart progress.

CONSULTING EXPERIENCE

- 2019- CONSULTANT, United States Paralympic Committee – Part of a working group of professionals who receive referrals from the sport psychology staff at the U.S. Olympic and Paralympic Committee to provide mental health, substance use, and performance enhancement services.
- 2013-2018 CONSULTANT, University of Denver – Working with the women's gymnastics team and conducting professional development training for the coaches.
- 2011-2018 CONSULTANT, Lydiard Foundation – Working with Lorraine Moller (1992 Bronze Medalist marathon - http://en.wikipedia.org/wiki/Lorraine_Moller) to develop and present curriculum for coaches to become certified in Lydiard Training.
(<http://www.championseverywhere.com/ce-coaches-at-lydiard-seminar>)
- 2011 CONSULTANT, University of Colorado – Provided performance enhancement services to various players on the football team.

- 2010 CONSULTANT, City of Westminster – Working through the wellness program providing classes to help employees cope with change. Assisting the management team improve morale and productivity with the training of division managers.
- 2009-11 CONSULTANT, Colorado Rapids – Men’s Professional Soccer Team
Providing team and individual consultations and meetings with the coaching staff.
- 2008-09 CONSULTANT, Fairview High School – Men’s Varsity Basketball Team
Providing group and individual psychological services to the team and consultant for the coaches.
- 2007 CONSULTANT, Center for Dependency, Addiction and Rehabilitation at University of Colorado Hospital.
Providing evaluation and assessment of the treatment program and making recommendations on how to improve various areas of staff development and patient care.
- 2005-2008 CONSULTANT, Pat Manson’s Elite Immersion Pole Vault Camp.
Providing group and individual performance enhancement services to high school students that have been identified as having exceptional skills.
- 1999-2002 CONSULTANT, U.S. Speed Skating.
Providing individual and group psychological and performance enhancement services to United States Speed Skating. The focus is to assist both the short track and long track teams prepare for Olympic Trials and the 2002 Winter Olympic Games in Salt Lake City, UT.
- 1997-2001 CONSULTANT, Various High Schools, Colorado Springs, CO.
Provided presentations to several senior high school students about depression, suicide and the use of medication and counseling as forms of treatment.
- 1997-1999 CONSULTANT, Americorps, Denver, CO.
Provided in-service programs on drug and alcohol use and team building to 18 – 24 yr. olds who have volunteered 1 –2 years with the goal of conducting community service on a national basis.
- 1992-1993 CONSULTANT, Lincoln Phillips Soccer School, St. Mary’s College.
Conducted a presentation to children and their parents regarding competition and using sports as a means to enhance positive growth and development.
- 1990-93 CONSULTANT, Department of Intercollegiate Athletics, Richmond, VA.
Serving as a consultant to provide psychological and educational services to teams, coaches, and individual athletes.

1989-1990 CONSULTANT, Human Resources Inc., Division of Addiction Services, Richmond, VA.
 Provided psycho-educational groups on stress management. The patients were court referred for traffic violations and participated in a comprehensive outpatient drug rehabilitation program.

TEACHING EXPERIENCE

2009 ADUNCT FACULTY, Sport and Performance Psychology Program, University of Denver Graduate School of Professional Psychology.
 Ethics of Sport and Performance Psychology.
 Taught the first year graduate students the APA's ethical principles and standards and how they applied to the practice of applied sport and performance psychology.

1996-99 STAFF PSYCHOLOGIST, Pre-doctoral Clinical Psychology Internship Program, Denver Health Medical Center.
 Teaching pre-doctoral interns and practicum students a wide range of material to further develop their knowledge base outside of clinical supervision through a seminar program.

1994 INSTRUCTOR, Phillip Morris Corporation through Virginia Commonwealth University.
 Introduction to Helping Relationships. Through a cooperative education program with Phillip Morris this course was taught to front line supervisors and middle level managers. Application to business and industry was made throughout the course.

1992-93 INSTRUCTOR, Virginia Commonwealth University.
 Introduction to Helping Relationships. Designed the course syllabus, delivered lectures, and evaluation of student performance.

1991 INSTRUCTOR, Virginia Commonwealth University.
 Stress and Its Management. Designed the course outline, delivered lectures, and evaluation of student performance.

1990-1992 INSTRUCTOR, Virginia Commonwealth University.
 Success 101. Graduate assistantship involved teaching a one-credit course in the Fall semester to all freshman and transfer student-athletes. The purpose of the course was to facilitate the transition from high school to college.

PUBLICATIONS

Jowdy, D. (March, 2021). *The Gold Medal Mind: Becoming a Psychologically Skilled Athlete*. Boulder: Podium Press.

- Jowdy, D. (March, 2021). *The Gold Medal Mind Workbook: Training As Hard Psychologically As You Do Physically*. Boulder: Podium Press.
- Jowdy, D. (March, 2021). *The Horse and The Man: A Short Story*. Boulder: Podium Press.
- McCann, S., Jowdy, D., & Van Raalte, J. (2002). Assessment in Sport and Exercise Psychology. In J. L. Van Raalte and B. W. Brewer (Eds.) *Exploring Sport and Exercise Psychology*, 2nd ed. Washington, DC: APA Books.
- Cohen, C. R., Chartrand, J. M., & Jowdy, D. P. (1995). Relationships between career indecision subtypes and ego identity development. *Journal of Counseling Psychology*, 42, 440-447.
- Chartrand, J. M., Jowdy, D. P., & Danish, S. J. (1992). The psychological skills inventory for sports: Psychometric characteristics and applied implications. *Journal of Sport & Exercise Psychology*, 14, 405-413.
- Murphy, S. M. & Jowdy, D. P. (1992). Imagery and mental rehearsal. In T. Horn (Ed.) *Advances in sport psychology* (pp. 221-250), Champaign: Human Kinetics.
- Jowdy, D. P. & Harris, D. V. (1990). Muscular responses during imagery as a function of motor skill level. *Journal of Sport & Exercise Psychology*, 12, 191-201.

PROFESSIONAL PRESENTATIONS

- Jowdy, D.P. (October, 2021). *Preliminary Considerations When Working with a Person Whose Parents Use Alcohol in a Problematic Manner*. Seminar for the University of Oklahoma Clinical Psychology Internship Program.
- Jowdy, D.P. (March, 2021). *The Art of Relaxing to Win: Questioning Conventional Wisdom to Enhance Mental Health (and Performance)*. Paper presented to USA Swimming Central Zone Leadership Workshop, via Zoom.
- Jowdy, D.P. (October, 2019). *Treatment of Athletes With an Alcohol Use Disorder: Initial Considerations*. Paper presented at the 5th Annual Symposium of the Alliance of Social Workers in Sports, Denver, CO.
- Jowdy, D.P. (September, 2019). *Clinical Case Study: Moving Beyond Symptom Management*. Paper presented at the 27th Annual International Society for Neurofeedback and Research Conference, Denver, CO.
- Jowdy, D.P. (September, 2019). *Winning Isn't Normal* (But Maybe It Is)*. Paper presented at USA Climbing Coaching Development Series, Louisville, CO.

Jowdy, D. P. (April, 2019). *The Use of Bibliotherapy as an Adjunct When Providing Sport Psychology Services to Athletes at all Levels*. Paper presented at the Association of Applied Sport Psychology Southwest Regional Conference, University of Denver, Denver, CO.

Jowdy, D.P. (January, 2019). *Treatment of a Student-Athlete With an Alcohol Use Disorder in the Contemplation Phase: A Case Study*. Paper presented at the 2019 Big Sky Sport Psychology Retreat, Big Sky, Montana.

Jowdy, D.P. (August, 2013). *The Twelve Steps, Spirituality and the Treatment of Dual Diagnosis*. Presented to the Windhorse Community Services staff – Boulder, CO.

Jowdy, D.P. (October, 2011). *The Female Endurance Athlete: Strategies and Interventions*. Paper Presented to the Physical Therapy Marquette Challenge – University of Colorado at Denver.

Jowdy, D.P. (September – November, 2011). *Sport Psychology Interventions and Music Psychology*. Paper presentations to the CU Music Department – University of Colorado at Boulder.

Jowdy, D. P. (September, 2011). *Performance Enhancement for Athletes: Running Psychology*. Paper presented to the coaches attending the Lydiard Coaches Certification Invitational. Boulder, CO. (<http://www.lydiardfoundation.org/forum/ForumTopic.aspx?TopicID=256>)

Jowdy, D.P. (July, 2010). *Allowing the Mind and Body to Work in Harmony After Injury*. Paper presented to the Department of Orthopedics – University of Colorado Hospital. Denver, CO.

Jowdy, D. P. (November, 2008). *Treating people with a dual diagnosis: The Science, Art and Using Spirituality as a Form of Medicine*. Paper presented to treatment providers and the general community that was sponsored by Sierra Tucson Treatment Center. Denver, Colorado.

Jowdy, D.P. (October, 2008). *Physical injury: Mind-body Medicine*. Paper presented to orthopedic surgeons as a part of the Core Curriculum Conference - Department of Orthopedics – University of Colorado Hospital. Denver, CO.

Jowdy, D.P. (October, 2008). *Chronic Medical Conditions: Using Psychology as a Form of Medicine*. Paper presented to people suffering from specific medical conditions that was sponsored by the Denver Arthritis and Lupus Foundation. Denver, Colorado.

Jowdy, D.P. (June, 2008). *Major Depression and Bipolar Disorder: Diagnosis and Treatment*. Paper presented to the general public and staff that was sponsored by People House, Denver, Colorado.

Jowdy, D.P. (June, 2008). *Relapse Prevention: The Subtle Impact of Physical Injury and Anxiety*. Paper presented to the treatment staff and patients that was sponsored by The Next Step, Longmont, Colorado.

Jowdy, D.P. (May, 2008). *Recommendations on developing a staff training program to decrease the risk of suicide of inmates*. Paper presented to the committee that was sponsored by the Denver Sheriff's Department, Denver, Colorado.

Jowdy, D.P. (May, 2007). *Treating the psychological aspects of medical conditions*. Paper presented at a symposium for Primary Care Physicians sponsored by the University of Colorado Hospital, Denver, Colorado.

Jowdy, D.P. (May, 2007). *The myths and truths about the assessment and treatment of bipolar disorder*. Paper presented to the general population that was sponsored by Boulder County Mental Health, Longmont, Colorado.

Jowdy, D.P. (April, 2007). *How to use psychological skills to enhance your training and performance*. Paper presented to the Runner's Edge of the Rockies, Denver, CO.

Jowdy, D.P. (March, 2007). *The psychological impact of athletic injury*. Paper presented at Grand Rounds for the Department of Orthopedics - University of Colorado Hospital, Denver, CO.

Jowdy, D.P. (May, 2006). *The role sport psychology can play in the recovery of athletic injury*. Paper presented at the conference for the Colorado Athletic Trainers Association, Denver, Colorado.

Jowdy, D.P. (April, 2006). *The final common pathway: Controlling the autonomic nervous system*. Paper presented at the annual conference for licensed practical nurses, Denver, Colorado.

Jowdy, D.P. (October, 2005). *Hopelessness, helplessness and social support*. Paper presented at the conference for the Thyroid Cancer Survivor's Association, Denver, Colorado.

Jowdy, D.P. (August, 2005). *Living with chronic illness*. Paper presented at the conference for the Colorado Society of Patient Representatives, Breckenridge, Colorado.

Jowdy, D.P. (April, 2005). *Coping with depression and chronic pain*. Paper presented to the Denver Association of Peripheral Neuropathy, Denver, Colorado.

Davis, P., Jowdy, D.P., Metskas, N., Smith, S., Wilber, R. (2002, May). *The performance enhancement team (PET) approach to elite athletic performance in short track speed skating*. Paper presented at the 2002 American College of Sports Medicine, St. Louis, Missouri.

Jowdy, D. (2001, October). *The sport psychology consultant: Self-care and maintaining high performance*. Paper presented at the 2001 Association for the Advancement of Applied Sport Psychology, Orlando, Florida.

Jowdy, D. P., Chartrand, J. M., Stegall, M., & Cohen, C. R. (1994, August). *The influence of family structure, separation from parents, and ego identity formation on career identity development and career exploration*. Paper presented at the 1994 American Psychological Association, Los Angeles, California.

Cohen, C. R., Chartrand, J. M., & Jowdy, D. P. (1994, August). *Relationships between career indecision subtypes and ego identity development*. Paper presented at the 1994 American Psychological Association, Los Angeles, California.

Murphy, S. M. & Jowdy, D. P. (1990, August). *A survey of the use and effects of internal and external imagery among athletes, coaches, and sport psychology consultants*. Paper presented at the 1990 American Psychological Association, Boston, Massachusetts.

Jowdy, D. P., Chartrand, J. M., Baillie, P., Hsu, K., & Danish, S. J. (1990, September). *An evaluation of a life development intervention model on the adjustment of freshman and transfer student-athletes*. Paper presented at the 1990 Association for the Advancement of Applied Sport Psychology Conference, San Antonio, Texas.

Chartrand, J. M., & Jowdy, D. P. (1990, September). *An examination of the Psychological Skills Inventory for Sport: What does it say psychometrically speaking?* Paper presented at the 1990 Association for the Advancement of Applied Sport Psychology Conference, San Antonio, Texas.

Tammen, V. V., Murphy, S. M., & Jowdy, D. P. (1990, June). *Establishing validity for the Sport Anxiety Scale*. Paper presented at the 1990 North American Society of Psychology of Sport and Physical Activity, Asilomar, California.

Tammen, V. V., Murphy, S. M., & Jowdy, D. P. (1990, June). *Reevaluating the Psychological Skills Inventory for Sports: Factor analysis and implications*. Paper presented at the 1990 North American Society of Psychology of Sport and Physical Activity, Asilomar, CA.

Jowdy, D. P. (1988, October). *Muscular responses during imagery as a function of motor skill level*. Paper presented at the 1988 Advancement for the Association of Applied Sport Psychology Conference, Nashua, New Hampshire.

Jowdy, D. P. (1988, October). *Imagery and sport performance: Thinking with your muscles*. Paper presented at the 1988 Advancement for the Association of Applied Sport Psychology Conference, Nashua, New Hampshire.

Jowdy, D. P. (1988, January). *Winning above all costs*. Discussion group conducted at the 1988 National Tennis Seminar, Melbourne, Australia.

PROFESSIONAL ACTIVITIES

- 2019 Guest Reviewer for Division 47 Society for Sport, Exercise and Performance Psychology of the American Psychological Association 2020 annual convention.
- 2009–2014 Member of a committee (Caring Clergy Project – www.caringclergyproject.org) through the Interfaith Network for Mental Illness where the goal is to educate clergy about mental illness and how to assist their congregants.
- 2007–2014 Clinical supervisor for students enrolled in the Graduate School of Professional Psychology (clinical psychology doctoral students) at the University of Denver
- 2002–2009 Volunteer to Mental Health America of Colorado
- 1997-1998 Member of an Editorial Review Board for Division 47 (Exercise and Sport Psychology) of the American Psychological Association

PROFESSIONAL AFFILIATIONS

National Alliance on Mental Illness
Interfaith Network on Mental Illness
International Neurofeedback Society and Research