

# 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

## ELECTIVE COURSEWORK AND DIDACTICS

- Acceptance and Commitment Therapy, Suicide Assessment, 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



## CLINICAL EXPERIENCE AND PRACTICE

### CLINICAL PSYCHOLOGIST AT LA PSYCHOLOGICAL ASSESSMENT AND ADVANTAGE PSYCHOLOGY

Jon Fledzinskas Psychology, APC - Private Practice Clinic in Westlake Willage CA (September 2021 - Present)

I utilize a client-centered approach, approaching diagnosis from a cognitive-behavioral lens and treating clients with interventions based on principles of CBT, IPT, ACT, and DBT. At my current practice, I conduct psychological assessment and feedback with local children, adolescents, and adults starting age 4 and up. I also provide weekly psychotherapy with mostly adolescents and adults, coordinate and plan community / outreach programming, provide comprehensive psychological reports with detailed recommendations and an extensive feedback session, develop and deliver applied performance psychology interventions and mental skills training with a variety of local performers, conduct weekly supervision with practicum students, offer presentations and psychoeducational training materials to local communities and clinicians, and engage in ongoing consultation and collaboration with colleagues and other providers within the mental health field.

### 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 esports 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 MEMBERSHIPS**

Association of Applied Sport Psychology  
Association for Contextual Behavioral Science  
Association for Psychological Science  
Los Angeles County Psychological Association  
American Psychological Association - Division 47 (Exercise  
and Sport Psychology)

## **PROFESSIONAL PRESENTATIONS**

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**

(323) 800-0057 (call or text)  
drjon@drjonfled.com

*Professional references available  
upon request.*