

DALISSA ALZNER

RP MACP BHSC BSC

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STATEMENT OF TEACHING PHILOSOPHY

With a strong background in psychology, physiology, and mental health, I am a passionate educator. My objective is to generate inquiry, motivate students, and guarantee their achievement. Prioritizing engagement, transparent communication, and equity are my top priorities. I emphasize the applicability of content to students' daily lives and accommodate their academic requirements. I give diligent assistance and endeavour to contribute positively to their aspirations.

PERSONAL ATTRIBUTES

With over 20 years of experience in psychology, physiology, and mental health, I'm an empathetic clinical leader. I specialize in personalized treatment plans using ACT, DBT, and CBT, with expertise in Cardiopulmonary medications. I prioritize evidence-based practices, trusted relationships, and efficient customer service. I'm dedicated to supporting learner success and fostering diversity, equity, and inclusion, particularly for the BIPOC community.

FORMAL EDUCATION

MACP, Counselling Psychology 2023

Yorkville University, New Brunswick, Canada

BHSc, Kinesiology 2020

University of Ontario Institute of Technology, Ontario, Canada

BSc, Psychology and English 2014

University of Toronto, Scarborough, Ontario, Canada

SCHOLARLY AND PROFESSIONAL PRESENTATIONS

Panel Member: What does it mean to be a BIPOC practitioner? October 2023

Canadian Counseling and Psychotherapy Association 2023 Toronto Conference, Toronto, Canada

LICENSES AND CERTIFICATES

Certified Clinical Exercise Physiologist

Canadian Society of Exercise Physiology-Expected 2024

BCLS/First Aid CPR B&C

Canadian Red cross -Renews Annually

Art & Science of Personal Training Certification

Canadian Personal Trainers Network-Renews Annually

Spinning Instructor Certification

Madd Dog Athletics -Renews Annually

Level 1 Nutrition Coach

Precision Nutrition -Renews Annually

TRX R4 Team Coach and Instructor Certification-2011

TRX

EDUCATIONAL EXPERIENCE

Adjunct Professor Department of Psychology

University Canada West, Vancouver, BC

June 2023-Present

- Direct and facilitate required university courses by researching and developing course materials, including course syllabi, lectures, lesson plans, and assessments.
- Provide theoretical content and practical applications of that content, transferring real-world clinical knowledge to students and guiding them on what they will encounter in their careers.
- Utilize Brightspace and Moodle for correspondence as well as hold weekly office hours to assist students with concerns and challenges.
- Ensure learning objectives set out by subject lead and department are clearly met and exceeded.
- Engage with students virtually while ensuring the audience is captivated and content is well received.

Adjunct Professor Department of Health Psychology

Adler University, Vancouver, BC

April 2024-Present

- Direct and facilitate required university courses by researching and developing course materials, including course syllabi, lectures, lesson plans, and assessments.
- Provide theoretical content and practical applications of that content, transferring real-world clinical knowledge to students and guiding them on what they will encounter in their careers.
- Utilize CANVAS for correspondence as well as hold weekly office hours to assist students with concerns and challenges.
- Ensure learning and course objectives set out by department are clearly met and exceeded.
- Engage with students while ensuring the audience is captivated and content is well received.

Thesis Chair- Department of Health Psychology

Adler University- Present

- Provide academic mentorship and research supervision through all phases of the thesis process, including proposal development, ethics applications, data collection, analysis, and final defense.
- Ensure methodological rigor and adherence to ethical research standards in alignment with institutional and professional guidelines.
- Offer critical feedback on literature reviews, research design, and manuscript drafts to support scholarly growth and academic excellence.
- Collaborate with committee members to evaluate student progress and approve thesis milestones.
- Facilitate students' professional development by encouraging conference presentations and publication opportunities.

Subject Matter Expert -Graduate Level Curriculum Design

Adler University-Present

- Developed a comprehensive curriculum for a graduate-level course(s), including course outlines, modules, and detailed content structures.
- Established clear and measurable course learning objectives aligned with program goals and academic standards.
- Chose and recommended textbooks, scholarly articles, and educational resources to support course objectives.
- Designed and structured assignments, projects, and assessments to effectively evaluate student understanding and skills, including developing rubrics and grading criteria.
- Ensured the course adhered to program and department requirements, including accreditation standards and institutional policies.
- Worked with instructional designers, faculty, and administrative staff to implement the curriculum and address challenges.
- Evaluated course effectiveness through student feedback and performance data, making data-driven recommendations for improvements.
- Kept abreast of developments in the field and educational methodologies to enhance the curriculum continually.

ARTICLES AND RESEARCH

- Alzner, D. (2025). Chapter 8 Applied Sport and Exercise Psychology Maximizing Athletic Performance, Rehabilitation, Motivation, and Well-Being. Applied Psychology in the Modern Era: Integrating Theory, Research, and Practice for Real-World Application. Springer Nature, Behavioral Sciences Division, New York.
- Walker, J., Circo, D., & Alzner, D. (2024, October 21). How to spot a toxic boss: top signs of an administrative narcissist Forbes, Leadership (Leadership strategy).
- Walker, J., Circo, D., Alzner, D. (2023). Chapter 10 administrative psychopathy: Profiling the workplace bully . In A. Haque. (Ed.). Handbook of research on dissecting and dismantling occupational stress in modern organizations. Global: IGI.
- Walker, J., Circo, D., Alzner, D., Le, N., Lasoye, N, (2023). The implications of workplace bullying and harassment amongst migrant workers. In Chand, B. (Ed.). *International human resources*. Toronto: Top Hat.
- Walker, J., Circo, D. K., Alzner, D., Bearss, E., & Stephenson, L. G. (2022). Abusive managers/Supervisors' impact on the psychological capital of employees: The implications of workplace bullying and incivility within the context of violence at work. In A. Haque (Ed.). *Handbook of research on the complexities and strategies of occupational stress* (434-468). Global: IGI

INDUSTRY AND PROFESSIONAL EXPERIENCE

Registered Psychotherapist (Qualifying) 2022 – 2023

Pieces to Peace, Toronto, Ontario

- Conducted intake assessments for prospective clients, assessing for presentation of mental health challenges.
- Curated individualized case conceptualizations and implemented treatment plans based on various modalities including ACT, DBT and CBT, resulting in symptom resolution and client retention.
- Used evidence-based practices to promote and encourage the implementation of physical activity to combat symptoms of anxiety and depression.
- Run talk-therapy sessions.
- Manage industry networking and marketing for the practice.

Fitness Manager, Health Specialist, Training and Development 2010 – 2018

Goodlife Fitness, Whitby, Ontario

- Recruited, hired, and onboarded new personal trainers and sales staff, continuing training and development
- each month.
- Ran weekly team and departmental meetings to establish goals and ensure growth and individually met with trainers biweekly to access goals.
- Forecasted and attended to budgeting objectives, exceeding budget expectations for 12 consecutive months two years in a row.
- Administered in-depth physiological assessments to assess clients' ability to perform exercises safely, including ECG and other Cardiopulmonary Diagnostic Testing, V02 Max Indirect and Direct testing, Medication Assessment, Primal Movement Assessment, Gait analysis, Blood Pressure, PH, Real Age, Lung Capacity, etc.
- Performed client reassessments and follow-ups every 2-3 months. Held personal client retention for 5+ years and above average regional employee retention.
- Created forecasting formulas based on business trends to ensure the department was in stride to achieve goals projected for the fiscal year, achieving top sales in the region multiple times.
- Curated and implemented a youth fitness program for kids ages 13-17 across Canada.
- Worked on the team that created and facilitated the first GoodLife Fitness Teen Fitness Program and the team that initially implemented TRX R4 in Canada.
- Extensive experience in payroll administration, attendance management, and cash office administration.

Personal Trainer 2008 – 2010

Extreme Fitness, Pickering, Ontario

- Established goals and targets for the personal training department while implementing avenues and opportunities to achieve designated goals.
- Worked one-on-one with clients to establish SMART goals that promoted physiological change and anatomical adaptation.
- Created individualized periodized programs to help clients reach their personal goals in fitness, health, mental wellness, and emotional well-being while maintaining form, function, and safety.
- Met with clients, reviewing medications and physiological challenges, conducting physical assessments, and assisting with physiological goals.
- Processed, handled, and interpreted confidential medical records about the client's previous and current health history.
- Provided physicians and insurance companies with in-depth reports of clients' progress as requested.

Fraud Response Officer 2006 – 2008

CIBC, Toronto, Ontario

- Reviewed transactions for suspicious activity.
- Contacted clients to review transactions and advised clients of legal rights when fraud was detected.
- Processed legal and confidential transactions and paperwork.
- Received calls and made outbound calls to confirm transactions.
- Stopped fraud transactions in the amount of \$100k+.

ENTREPRENEURIAL EXPERIENCE

Clinical Director and Founder-Registered Psychotherapist 2023

Mind Soul and Strength Psychotherapy and Physical Wellness, Kawartha Lakes, Ontario

- Conducted intake assessments for prospective clients, assessing for presentation of mental health challenges.
- Curated individualized case conceptualizations and implemented treatment plans based on various modalities including ACT, DBT and CBT, resulting in symptom resolution and client retention.
- Used evidence-based practices to promote and encourage the implementation of physical activity to combat symptoms of anxiety and depression.
- Run talk-therapy sessions.
- Manage industry networking and marketing for the practice.

MEMBERSHIPS AND AFFILIATIONS

Member, College of Registered Psychotherapist of Ontario 2022 – Present

Member, Canadian Counselling and Psychotherapy Association 2022 – Present

COMMUNITY SERVICE AND SOCIAL CONTRIBUTIONS

Volunteer Fundraiser (\$7,000) 2014
Free the Children Foundation, Ajax, Ontario, Canada

Co-founder and President 2006
Cultural Students Association, Durham Region, Ontario, Canada

Writer, Director, Producer, BIPOC Youth Presentations (Academia, Social Stigma, Health) 2006 – 2010
Durham Region, Ontario, Canada

CONFERENCES ATTENDED

Canadian Counselling and Psychotherapy Association Annual Conference, Ontario, Canada. 2023

AWARDS AND HONORS

Graduated with Distinction from Yorkville University Masters of Arts Counselling Psychology- 2023
St. John’s, New Brunswick

Exceeded Company Revenue Goals for 12 Consecutive Months 2011, 2012
Goodlife Fitness, Whitby, Ontario

Top Regional Sales 2011, 2012
Goodlife Fitness, Whitby, Ontario

HIGHLY COMPETENT AREAS

Software-Microsoft Office, Suite and Jane
Learning Management Systems: Moodle, Brightspace, CANVAS

- Subject Matter Proficiency :**
- Mental Health
 - Counselling Methodologies
 - Behaviour Interventions
 - Cognitive Behavior Therapy
 - Acceptance and Commitment Therapy
 - Cultural Diversity
 - Cultural Trauma
 - Developmental Psychology
 - Personality Psychology
 - Sports/Exercise Psychology
 - Physiology
 - ECG
 - Biomechanical Assessments