

Michael L. Dolezal, Ph.D.

Lyda Hill Institute for Human Resilience
University of Colorado Colorado Springs
E-Mail: mdolezal@uccs.edu

EDUCATION

- 06/22 **Doctor of Philosophy in Clinical Psychology**
Seattle Pacific University – Seattle, WA (APA Accredited)
Advisor: Jacob A. Bentley, Ph.D.
- Dissertation: Predicting first responder resilience: Investigating the indirect effect of posttraumatic cognitions through coping processes
- 06/18 **Master of Science in Psychological Science**
Seattle Pacific University – Seattle, WA
Advisor: Jacob A. Bentley, Ph.D.
- Thesis: Health-related quality of life trajectories as a function of PTSD treatment type and baseline PTSD symptoms
- 05/15 **Bachelor of Arts in Psychology**
Whitworth University – Spokane, WA
Magna Cum Laude

HONORS & AWARDS

Thoburn Outstanding Graduate Award, Seattle Pacific University
Dr. Micheal Dean Roe Scholarship, Seattle Pacific University
Psychology Department Outstanding Major Award, Whitworth University
Weyerhaeuser Young Scholars Research Grant, Whitworth University

PROFESSIONAL INTERESTS AND FOCI

- Models of adaptation and recovery following trauma.
- Psychological resilience.
- Risk and resilience factors for PTSD, especially within underrepresented communities (refugees, displaced persons, emergency responders, disaster aid workers).
- Participatory action research.
- Mobile health technologies.

PUBLICATIONS

Published Manuscripts

- Klein, A.B., Egeh, M.H., Bowling, A.R., Holloway, A., Abdillahi Ali, A., Adam Abdillahi, Z., Ahmed Abdi, M., Hassan Ibrahim, S., Hindi Bootan, K., Isse Ibrahim, H., Mohamed Ali, A., Muse Tubeec, A., **Dolezal, M.L.**, Angula, D.A., Bentley, J.A., Feeny, N.C., Zoellner, L.A. (*in press*). Feasibility and acceptability of WhatsApp clinical supervision for lay-led trauma-focused group intervention in Somaliland. *Journal of Traumatic Stress*.
- Alsubaie, M. K., **Dolezal, M. L.**, Sheikh, I., Rosencrans, P., Walker, R. S., Zoellner, L. A., & Bentley, J. A. (2021). Religious coping, perceived discrimination, and posttraumatic growth in an international sample of forcibly displaced Muslims. *Mental Health, Religion & Culture*. <https://doi.org/10.1080/13674676.2021.1973978>
- Sheikh, I., Alsubaie, M. K., **Dolezal, M. L.**, Walker, R. S., Rosencrans, P., Peconga, E., Holloway, A., Bentley, J. A., & Zoellner, L. A. (2021). The role of social connectedness in buffering the effects of discrimination on post-trauma cognitions in forcibly displaced Muslims. *Psychological Trauma: Theory, Research, Practice, & Policy*. <https://doi.org/10.1037/tra0001070>
- Rennebohm, S., **Dolezal, M. L.**, Holguin, J., Bentley, J. A., Thoburn, J. W., & Edwards-Stewart, A. (2021). The moderating effect of coping behaviors on post-traumatic stress and first responder romantic relationships. *Couple and Family Psychology: Research and Practice*. <https://doi.org/10.1037/cfp0000165>
- Bentley, J. A., Feeny, N. C., **Dolezal, M. L.**, Klein, A., Marks, L. H., Graham, B., & Zoellner, L. A. (2021). Islamic Trauma Healing: Integrating faith and empirically-supported principles in a community-based program. *Cognitive and Behavioral Practice, 28*(2), 167-192. <https://doi.org/10.1016/j.cbpra.2020.10.005>
- Zoellner, L. A., Bentley, J. A., Feeny, N. C., Klein, A., **Dolezal, M. L.**, Angula, D., & Egeh, M. H. (2021). Reaching the unreached: Bridging Islam and science to treat the mental wounds of war. *Frontiers in Psychiatry*. <https://doi.org/10.3389/fpsyt.2021.599293>
- Dolezal, M. L.**, Alsubaie, M. K., Sheikh, I., Rosencrans, P., Walker, R. S., Zoellner, L. A., & Bentley, J. A. (2020). Differences in posttraumatic and psychosocial outcomes among refugees, asylum seekers, and internally displaced persons. *Journal of Nervous and Mental Disease*. <https://doi.org/10.1097/NMD.0000000000001248>

Bentley, J. A. & **Dolezal, M. L.** (2019). Does time in migration exacerbate posttraumatic stress among internationally displaced East African refugees? *Journal of Immigrant and Refugee Studies*, 17, 371-388.
<https://doi.org/10.1080/15562948.2018.1480824>

Bentley, J. A., **Dolezal, M. L.**, & Alsubaie, M. K. (2019). Does duration of residency influence psychological symptoms and post- migration stressors among refugees in the United States? Implications of populism for refugee mental health. *International Perspectives in Psychology: Research, Practice, Consultation*.
<https://doi.org/10.1037/ipp0000109>

Manuscripts Under Review

Bowling, A.R., Klein, A.B., Feeny, N. C., Walker, R. S., Sheikh, I. S., Rosencrans, P. L., **Dolezal, M. L.**, Alsubaie, M. K., Bentley, J. A., & Zoellner, L. A. Perceived Need for Trauma Healing in a Sample of Forcibly Displaced Muslims.

Published Abstracts

Hardiman, T., **Dolezal, M. L.**, Franklin, R., & Bentley, J. A. (2019). Maladaptive emotion-focused coping as a moderator of sleep quality among first responders. *Psychosomatic Medicine*, 81, A109-A109. <https://doi.org/10.1097/PSY.0000000000000699>

PRESENTATIONS

Conference Presentations

Zoellner, L. A., Bentley, J. A., Feeny, N. C., Klein, A. B., **Dolezal, M. L.**, Angula, D., & Egeh, M.H. (2019). *Main Outcome from Somaliland Feasibility Study of Islamic Trauma Healing*. Paper presented at the 35th annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.

Feeny, N. C., Klein, A., Zoellner, L. A., & **Dolezal, M. L.** (2019, November) *Islamic Trauma Healing: A low-cost, easily up-scalable model for war and refugee trauma*. Symposium presented at the 35th annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.

Dolezal, M. L., Holguin, J., Rennebohm, S., & Bentley, J. A. (2019, November). *Examining trajectories of resilience among first responders*. Poster presented at the 35th annual meeting of the International Society for Traumatic Stress Studies, Boston, MA.

- Dolezal, M. L.,** Rennebohm, S. B., Holguin, J., Tidwell, B., & Bentley, J. A. (2018, November). *Exploring predictors of resilience among first responders*. Poster presented at the 52nd annual meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C.
- Rennebohm, S. B., **Dolezal, M. L.,** Charleson, J., Holguin, J., & Bentley, J. A. (2018, November). *Posttraumatic cognitions, coping, and romantic relationship quality in a sample of first responders*. Poster presented at the 52nd annual meeting of the Association of Behavioral and Cognitive Therapies, Washington, D.C.
- Dolezal, M. L.,** Alsubaie, M. K., Sheikh, I., Rosencrans, P., Walker, R. S., & Bentley, J. A. (2018, November). *Exploring the relationship among posttraumatic cognitions, Muslim religious coping, and posttraumatic growth among refugees*. Poster presented at the 34th annual meeting of the International Society for Traumatic Stress Studies, Washington, D.C.
- Alsubaie, M. K., **Dolezal, M. L.,** Sheikh, I., Rosencrans, P., Rosemary, S. W., & Bentley, J. A. (2018, November). *The moderating effect of perceived discrimination on the association between religious coping and posttraumatic growth in Muslim refugees*. Poster presented at the 34th annual meeting of the International Society for Traumatic Stress Studies, Washington, D.C.
- Sheikh, I. S., **Dolezal, M. L.,** Alsubaie, M. K., Rosencrans, P., Walker, R. S., & Zoellner, L. (2018, November). *Can social connectedness serve as a buffer for Muslim refugees? Examining moderating effects of social connectedness on the relationship between discrimination and negative trauma-related cognitions*. Poster presented at the 34th annual meeting of the International Society for Traumatic Stress Studies, Washington, D.C.
- Dolezal, M. L.,** Lum, J. J., Bentley, J. A., & Zoellner, L. A. (2018, May). *Health-related quality of life trajectories as a function of PTSD treatment type and baseline PTSD symptoms*. Paper presented at the annual meeting of the School of Psychology, Family, and Community, Seattle Pacific University, Seattle, WA.
- Alsubaie, M. K., **Dolezal, M. L.,** Rosencrans, P., Webb-Walker, R., Zoellner, L. A., & Bentley, J. A. (2018, April). *Conceptualizing and treating trauma within a Somali refugee community*. Symposium presented at the 98th annual meeting of the Western Psychological Association, Portland, OR.
- Dolezal, M. L.** & Bentley, J. A. (2017, November). *Does time in migration exacerbate posttraumatic stress among internationally displaced East African refugees?* Poster presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Dolezal, M. L. & Bentley, J. A. (2017, August). *Time in the U.S. as a moderator of distress and post-migration adjustment amongst Somali refugees*. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.

Invited Lectures & Presentations

Dolezal, M. L. (2022, July). CBT-I Coach in the Wild: Investigating the Reach, Use, and Impact of an mHealth Application for Insomnia. *Presented to the National Center for PTSD's Dissemination & Training Division Ci2i Forum, Menlo Park, CA.*

Dolezal, M. L. (2021, May). Military and First Responder Trauma. *Presented to students enrolled in the Marriage and Family Therapy graduate program at Eastern Washington University, Cheney, WA.*

Dolezal, M. L. (2020, November) Islamic Trauma Healing: An example of a culturally-informed adaptation of evidence-based treatments. *Presented to the Cognitive Behavioral Therapy Class within the Clinical Psychology PhD program, Seattle Pacific University, Seattle, WA.*

Zoellner, L. A., **Dolezal, M. L.**, Bentley, J. A., Feeny, N., & Holloway, A (2020, June). Fostering resilience: Coping and protecting the most vulnerable. *Presented to the Somali Family Safety Task Force, Seattle, WA.*

Dolezal, M. L. (2020, February). Motivational Interviewing for health care professionals. *Presented to Seattle Pacific University nursing students, Seattle, WA.*

Dolezal, M. L. (2019, November) Islamic Trauma Healing: An example of a culturally-informed adaptation of evidence-based treatments. *Presented to the Cognitive Behavioral Therapy Class within the Clinical Psychology PhD program, Seattle Pacific University, Seattle, WA.*

Dolezal, M. L., Charleson, J., Franklin, R., & Peterman Cabano, E. (2019, July). First responders and sleep: Discussing the recent sleep study. *Presented to the membership of Lacey Fire District #3, Lacey, WA.*

Dolezal, M. L. & Charleson, J. (2019, June). Smooth transitions: Parenting as a first responder couple ROUND 2. *Presented to the membership of Lacey Fire District #3, Lacey, WA.*

Dolezal, M. L. (2019, April). Mental health and wellness among first responders. *Presented to Thurston County Fire Academy students, Lacey, WA.*

Charleson, J. & **Dolezal, M. L.** (2019, March). Smooth transitions: Parenting as a first responder couple. *Presented to the membership of Lacey Fire District #3, Lacey, WA.*

Thoburn, J., Carlyle, J., Charleson, J., & **Dolezal, M. L.** (2019, January). Together for good: Relationship enhancement for first responders. *Presented to the membership of Lacey Fire District #3, Lacey, WA.*

Dolezal, M. L. & Charleson, J. (2018, November). Managing holiday stress. *Presented to the membership of Lacey Fire District #3, Lacey, WA.*

Zoellner, L. A., Feeny, N., Bentley, J. A., **Dolezal, M. L.**, & Klein, A. B. (2018, September). Islamic Trauma Healing group leader training. *Presented to Somali community leaders, Djibouti, Djibouti.*

PROFESSIONAL EXPERIENCE

- 09/22 - Present **Postdoctoral Research Associate in Trauma Psychology Research**
 Lyda Hill Institute for Human Resilience
 University of Colorado Colorado Springs
- Led and assisted with numerous research projects investigating adaptation and recovery following trauma. Assisted with grant development, preparation, and submission. Aided current graduate students in research project development, as well as manuscript preparation and submission.
- 08/21 – 08/22 **Predoctoral Internship**
 VA Palo Alto Health Care System (APA Accredited) – Palo Alto, CA
Clinical Rotations: Trauma Recovery Services, Addiction Treatment Services, Inpatient Spinal Cord Injury
Research Rotation: National Center for PTSD Dissemination & Training Division
- Provided clinical treatment and assessment across the continuum of care. Provided multiple evidence-based treatments, including Cognitive Processing Therapy, Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Motivational Interviewing, and Acceptance and Commitment Therapy. Responsible for data preparation and analysis. Responsible for manuscript preparation and submission.
- 02/18 – 07/21 **Clinical Practica**
 Seattle Pacific University – Seattle, WA
Sound Mental Health
Swedish Family Medicine Residency Clinic
Madigan Army Medical Center IOP PTSD Program
Lacey & Olympia Fire Departments
Univ. of Washington Multiple Sclerosis Center
- Provided multiple trauma-informed interventions, including Prolonged Exposure Therapy, Cognitive Processing Therapy, Narrative Exposure Therapy, STAIR, and Dialectical Behavioral Therapy. Conducted intake and diagnostic interviews. Provided both individual and group therapy addressing diverse presenting concerns. Conducted assessments for clients referred for autism, ADHD, and learning disorder evaluations.
- 08/15 – 05/16 **Adult Services Case Manager**
 West Central Behavioral Health – Lebanon, NH
- Provided individual and group interventions, supportive counseling, and case management services for individuals with severe mental illness.

05/14 – 08/15 **Undergraduate Intern**
Spokane Veteran's Center – Spokane, WA

Conducted clinical intake interviews with veterans presenting with symptoms of PTSD and post-war readjustment. Assisted with triage and referral to appropriate level of care. Observed individual and group therapy sessions.

TRAININGS & CERTIFICATIONS

Kaysen, D., Giorgio, J., Delgado, E., Wiltsey-Stirman, S., & Jordan, S (2021, September). *Cognitive processing therapy workshop*. Training presented at VISN 21, Palo Alto, CA

Zoellner, L., Bedard-Gilligan, M., & Marks, L. (2017, April). *An introduction to prolonged exposure for chronic PTSD*. Training presented at University of Washington, Seattle, WA.

PROFESSIONAL SERVICE

Ad Hoc Reviewer

Psychological Trauma: Theory, Research, Practice, Policy
Behaviour Research and Therapy
Journal of Immigrant and Refugee Studies
Journal of Spinal Cord Medicine

Committee Memberships

08/21 – 08/22 Internship Seminar Committee
VA Palo Alto Health Care System

Other Professional Service

04/18 Volunteer, 98th annual meeting of the Western Psychological Association

PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA)

Division 19: Military Psychology

Division 22: Rehabilitation Psychology

Division 56: Trauma Psychology

International Society for Traumatic Stress Studies (ISTSS)

Association for Behavioral and Cognitive Therapies (ABCT)

TEACHING EXPERIENCE

Seattle Pacific University

09/20 – 06/21 **Instructor (Undergraduate Level)**

Introduction to Statistics in Social and Behavioral Sciences

06/18 – 09/20 **Teaching Assistant (Graduate Level)**

Statistical Methods
 Research Methods & Statistics I: ANOVA
 Research Methods & Statistics II: Regression
 Research Methods & Statistics III: Multilevel Modeling
 Research Methods & Statistics IV: Psychometrics

Whitworth University

06/15 – 08/15 ***Teaching Assistant (Graduate Level)***
 Counseling Processes

08/13 – 05/15 ***Teaching Assistant (Undergraduate Level)***
 Research Methods Statistics
 Social Psychology

SUPERVISION EXPERIENCE

09/20 – 07/21 **Swedish Family Medicine Residency**
 Participated in peer-to-peer supervision of doctoral and master's-level students.

09/18 – 07/21 **Seattle Pacific University**
 Participated in peer-to-peer supervision of fellow doctoral students.

08/18 – 09/20 **Islamic Trauma Healing**
 Supervised lay leaders administering the Islamic Trauma Healing program.
 Checked treatment fidelity and addressed fidelity issues as they arose.