

W. Alex Edmonds, PhD, BCB
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Author Page (Amazon)

https://www.amazon.com/W.-Alex-Edmonds/e/B005G0M76E/ref=dp_byline_cont_book_1

Education

Florida State University-Tallahassee, FL
Degree: Doctor of Philosophy (Fall, 2005)

- *Major:* Educational Psychology
- *Minor:* Measurement and Statistics

Florida State University-Tallahassee, FL
Degree: Master of Science (Spring, 2002)

- *Major:* Educational Psychology

University of South Florida-Tampa, FL
Degree: Bachelor of Arts (Fall, 1999)

- *Major:* Psychology

Certification

- The Biofeedback Certification International Alliance (BCIA) - Certificate No: B5020
 - BCIA mentor for biofeedback trainees

Books

- Gavoni, P., Zitnik, D., Krahl, R., & Edmonds, W. A. (2020). *MMA science: A training, coaching, and belt ranking guide*. Miami, FL: 305 Publishing.
- Edmonds, W. A., & Kennedy, T. D. (2017). *An applied guide to research designs: Quantitative, qualitative, and mixed methods* (2nd ed). Thousand Oaks, CA: Sage.
- Edmonds, W. A., & Tenenbaum, G. (Eds.) (2012). *Case studies in applied psychophysiology: Neurofeedback and biofeedback treatments for advances in human performance*. Wiley-Blackwell: West Sussex, UK.
- Edmonds, W. A., & Kennedy, T.D. (2012). *An applied reference guide to research designs: Quantitative, qualitative, and mixed methods*. Thousand Oaks, CA: Sage.
- Edmonds, W. A. & Kennedy, T. D (2010). *A reference guide to basic research design: A visual system for research designs in education and the social & behavioral sciences*. New York, NY: Pearson.
- Kennedy, T. D., & Edmonds, W. A. (2010). *A cross-section of research articles classified by design*. New York, NY: Pearson.

Book Chapters

- Edmonds, W. A. (2012). The 400-meter sprinter who ran too fast! In W. A. Edmonds, & G. Tenenbaum (Eds.), *Case studies in applied psychophysiology: Neurofeedback and biofeedback treatments for advances in human performance*. West Sussex, UK: Wiley-Blackwell.
- Kennedy, T. D., & Edmonds, W. A. (2012). Performance anxiety, biofeedback and the pianist: Wind instrument players are not the only musicians affected by breathing. In W. A. Edmonds, & G. Tenenbaum (Eds.), *Case studies in applied psychophysiology: Neurofeedback and biofeedback treatments for advances in human performance*. West Sussex, UK: Wiley-Blackwell.
- Edmonds, W. A., Johnson, M. B., Tenenbaum, G., & Kamata, A. (2012). Idiosyncratic measures in sport. In G. Tenenbaum, R. C. Eklund, & A. Kamata (Eds.), *Measurement in Sport and Exercise Psychology* (pp. 81-90). Champaign, IL: Human Kinetics.

Peer-reviewed Journal Publications

- Castillo, N., Edmonds, W.A., Allen, J., & Castro, M. (submitted for publication). Measuring the Social and Emotional Skills of Hispanic American Students in an Afterschool Karate Program. *RAMA*
- Harrington, D., Lenahan, C., Ashkar, Z., Edmonds, W. A., et al. (in press). Changing of indwelling urinary catheters in female ICU patients to decrease catheter-associated urinary tract infections (CAUTIs). *Clinical Nursing Research*.
- Cook, W., Kennedy, T. D., Chenail, R., Detullio, D., & Edmonds, W. A. (2021). Exploring the shared experiences of Yazidis who survived genocide. *Journal of Trauma & Dissociation*, 1-6. <https://doi.org/10.1080/15299732.2021.1989116>
- Edmonds, W. A., Craig, L., Christopher, R., Kennedy, T. D., & Mann, D. T. Y. (2021). Adolescent athletes and suicide: A model for treatment and prevention. *Aggression and Violent Behavior*. DOI: <https://doi.org/10.1016/j.avb.2021.101580>
- Kennedy, T. D., Flach, Y. C., Detullio, D., Millen, D. H., Englebert, N., & Edmonds, W. A. (2019). Exploring emotional intelligence and IQ as predictors of success of foster care alumni. *Journal of Child and Family Studies*, 28(1). <https://doi.org/10.1007/s10826-019-01503-8>.
- Kennedy, T. D., Edmonds, W. A., Millen, D. H., & Detullio, D. (2018). Exploring risk factor models of recidivism. *Youth Violence and Juvenile Justice*, 17(2), 174-193. DOI: 10.1177/1541204018770517
- Slapak-Barski, J., & Edmonds, W. A. (2017). Faculty versus student perceptions of teaching presence in distance education courses: A mixed-methods study. *GSTF Digital Library*. DOI: 10.5176/2251-1814_EeL17.29.

- Gavoni, P., Edmonds, W. A., Kennedy, T. D., & Gollery, T. (2017). Data on the data: A Method for improving fidelity of office discipline referral completion. *Journal of Teacher Action Research*, 3(2), 30-44.
- Thomas, D. L., Edmonds, W. A., & Kennedy, T. D. (2016). Gender differences in medical students: A mixed method examination into the potential driver of referral patterns. *AMEE MedEdPublish*. DOI: <http://dx.doi.org/10.15694/mep.2016.000030>
- Thomas, D. L., Kelley, W., Thomas, J. A., Kennedy, T. D., & Edmonds, W. A. (2015). Who wins a lawsuit? *Corrections Today*.
- Kennedy, T. D., Burnett, K. F., & Edmonds, W. A. (2011). Intellectual, behavioral and personality correlates of violent vs. non-violent juvenile offenders. *Aggressive Behavior*, 37, 1-12.
- Johnson, M. B., Sacks, D. N., & Edmonds, W. A. (2010). Counseling athletes who use performance-enhancing drugs: A new conceptual framework linked to clinical practice. *Journal of Social, Behavioral, and Health Sciences*, 4(1), 1-29.
- Johnson, M. B., Edmonds, W. A., Jain, S., & Cavazos, J. (2010). Conceptualizing the systemic interplay of athlete development. *International Journal of Sport Psychology*, 41(1), 1-23.
- Kennedy, T. D., Edmonds, W. A., Dann, K. T. J., & Burnett, K. F. (2010). The clinical and adaptive features of young offenders with histories of child-parent violence. *Journal of Family Violence*, 25(5), 509-520.
- Edmonds, W. A., Kennedy, T. D., Hughes, P. A., & Calzada, P. J. (2009). A single-participants investigation of the effects of various biofeedback-assisted breathing patterns on heart rate variability: A practitioner's approach. *Biofeedback*, 37(4), 141-146.
- Johnson, M. B., Edmonds, W. A., Jain, S., & Cavazos, J. (2009). Analysis of elite swimming performances and their respective between-gender differences over time. *Journal of Quantitative Analysis in Sports*, 5(4). Article 2.
- Edmonds, W. A., Tenenbaum, G., Kamata, A., & Johnson, M. B. (2009). The role of collective efficacy in adventure racing teams. *Small Group Research*, 40(2), 163-180.
- Johnson, M. B., Edmonds, W. A., Tenenbaum, G., & Kamata, A. (2009). Determining individual affect-related performance zones (IAPZs): A tutorial. *Journal of Clinical Sports Psychology*, 3, 34-57.
- Edmonds, W. A., Tenenbaum, G., Mann, D. T. Y., Johnson, M. B., & Kamata, A. (2008). The effect of biofeedback training on affective regulation and simulated car-racing performance: A multiple case study analysis. *Journal of Sports Sciences*, 26(7), 761-773.

- Tenenbaum, G., Edmonds, W. A., & Eccles, D. (2008). Emotions, coping strategies, and performance: A conceptual framework for defining affect-related performance zones. *Military Psychology*, 20(S.1), S11-S37.
- Johnson, M. B., Tenenbaum, G., Edmonds, W. A., & Castillo, Y. (2008). A comparison of the developmental experiences of elite and sub-elite swimmers: similar developmental histories can lead to differences in performance level? *Sport, Education, and Society*, 13(4), 453-475.
- Johnson, M. B., Castillo, Y., Sacks, D., Cavazos, J., Edmonds, W. A., & Tenenbaum, G. (2008). “Hard work beats talent until talent decides to work hard”: Coaches’ perspectives regarding differentiating elite and non-elite swimmers. *International Journal of Sports Science & Coaching*, 3(3), 417-430.
- Johnson, M. B., Edmonds, W. A., Moraes, L. C., Filho, E. S. M., & Tenenbaum, G. (2007). Linking affect and performance of an international level archer: Incorporating an idiosyncratic probabilistic method. *Psychology of Sport and Exercise*, 8, 317-335.
- Johnson, M. B., Edmonds, W. A., Tenenbaum, G., & Kamata, A. (2007). The relationship between affect and performance in competitive intercollegiate tennis: A dynamic conceptualization and application. *Journal of Clinical Sport Psychology*, 1(2), 131-146.
- Edmonds, W. A., Mann, D. T. Y., Tenenbaum, G., & Janelle, C. (2006). Analysis of affect-related performance zones: An idiographic approach using physiological and introspective data. *The Sport Psychologist*, 20(1), 40-57.
- Johnson, M. B., Tenenbaum, G., & Edmonds, W. A. (2006). Adaptation to emotionally and physically demanding conditions: The role of deliberate practice. *High Ability Studies*, 17(1), 117-136.
- Edmonds, W. A., Mann, D. T. Y., Tenenbaum, G., & Janelle, C. (2005). Determining individual affect-related performance zones using introspective and physiological data. *Journal of Sport & Exercise Psychology* 27, S58-S58.

Website Articles (these articles and more can be found on Facebook at MMA Fight Science)

Edmonds, W. A., & Gavoni, P. (2017). Fight Science: Experts are made in the correct weight class. <https://www.bloodyelbow.com/2017/8/7/16104790/fight-science-experts-are-made-in-the-correct-weight-class-mma-analysis>

Edmonds, W. A., & Gavoni, P. (2017). Fight Science: Experts are made. <https://www.bloodyelbow.com/2017/6/12/15778472/fight-science-experts-are-made-mma-analysis-film-study>

Edmonds, W. A., & Gavoni, P. (2017). Fight Science: Building a fighter’s confidence. <https://www.bloodyelbow.com/2016/12/8/13850018/fight-science-building-a-fighters-confidence-mma-analysis>

Edmonds, W. A., & Gavoni, P. (2016). The Psychology of Weight Cutting and its Impact on Training Camp. <http://www.scifighting.com/2015/09/28/40348/the-psychology-of-weight-cutting-and-its-impact-on-training-camp/>

Gavoni, P., & Edmonds, W. A. (2014). Fight Psychology: I cud'a been a contenda. <http://www.scifighting.com/fight-psychology-cuda-contenda/>

Gavoni, P., & Edmonds, W. A. (2014). Fight Psychology: I cud'a been a contenda Part 2: Skills from training to the fight. <http://www.scifighting.com/2014/06/03/29922/cud-contenda-part-2-generalization-skills-training-fight/>

Podcasts

Edmonds, W. A. (2020). Episode #3: Dr. Alex Edmonds - Empathy, Police Training, and Challenging Standardized Testing. *Adapting to a Changing World Podcast*. <https://www.buzzsprout.com/1205897/4549601-episode-3-psychologist-dr-alex-edmonds-empathy-police-training-and-challenging-standardized-testing>

Grant Writing and Program Evaluation

- U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA). *St. Luke's Addiction and Recovery Center, Miami, FL*.
 - Development of Comprehensive Drug/Alcohol and Mental Health Treatment Systems for Persons Who are Targeted at-risk and HIV-infected – procured \$445,510 annually for 5 years
- U.S. Department of Health and Human Services. Administration for Children & Families. *Catholic Charities of the Archdiocese of Miami, Inc, Miami, FL*.
 - Head Start Program – procured \$5.6 million total for 5 Years
 - Early Head Start Program – procured \$529,855 annually for 5 years
- Department of Children and Families. Brief Intervention and Treatment for Elders (BRITE). *Catholic Charities of the Archdiocese of Miami, Inc, Miami, FL*.
 - Brief Intervention and Treatment for Elders – procured \$253,000 annually for 5 years
- Edmonds, W. A., & Kennedy, T. D. (2010 - 2015). Program evaluators for the Healthy and Free Project: Development of Comprehensive Drug/Alcohol and Mental Health Treatment Systems for Persons Who are Targeted at-risk and HIV-infected. *SAMHSA*.
- Kennedy, T. D., & Edmonds, W. A. (2009). Exploring Factors Related to Emotional Intelligence and Foster Care Recipients in Relation to Real-World "Success." *Nova Southeastern University*. Quality of Life Grant. Award: \$10,000.
- Edmonds, W. A. (2008). A single-subject investigation of the effects of various biofeedback-assisted breathing patterns on heart rate variability: A practitioner's approach. *Nova Southeastern University*. Award: \$10,000.

- *Edmonds, W. A. (2008). The effects of resonance frequency biofeedback training on blood glucose, HbA_{1C}, and psychosocial indicators in patients with Type 2 diabetes. Nova Southeastern University. Award: \$10,000.*

Articles and Books in Preparation for Publication

- *Edmonds, W. A., & Kennedy, T. D. (in preparation). Mixed Methods in Clinical Research: Experimental and Observational Approaches. Sage*
- *Spivey, R. L., & Edmonds, W. A. (in preparation). An Examination of the Relationship Between Operational and Organizational Stressors and Performance in Police Officers. Journal of Police and Criminal Psychology.*
- *Edmonds, W. A. & Gavoni, P. (in preparation). When Sh!t Goes Wrong: The Mental and Physical Strategies Elite MMA Fighters Use to Deal with In-fight Adversity.*
- *Lenehan, C. M., Gauthier, D. M., & Edmonds, W. A. (in preparation). Exploratory study of the gender wage gap in the nursing profession. Journal of Nurse Practitioners.*
- *Edmonds, W. A. & Mann, D. T. Y. (in preparation). Analysis of the relationship between autonomic functioning and golf-putting performance in expert golfers.*
- *Edmonds, W. A., & Sheehan, C. (in preparation). The Effects of Resonance Frequency Biofeedback Training on Blood Glucose, HbA_{1C}, and Psychosocial Indicators in Patients with Type 2 Diabetes.*
- *Dao, T., Tan, G., Edmonds, W. A., & DeBakery, M. E. The Effects of Resonance Frequency Biofeedback Training on the Self-Regulatory Strategies of Patients Diagnosed with Borderline Personality Disorder. Veterans Affairs Medical Center. Article in Preparation.*

Presentations

- *Johnson, M. B., Edmonds, W. A., Jain, S., & Cavazos, J. (2010). Analysis of elite swimming performances and their respective between-gender differences over time. Presented at the annual conference of the American Psychological Association (Division 47), San Diego, CA.*
- *Johnson, M. B., Edmonds, W. A., Jain, S., & Cavazos, J. (2008). Conceptualizing the systemic interplay of athlete development. Presented at the meeting of the Association for Applied Sport Psychology, St. Louis, MO.*
- *Johnson, M. B., Edmonds, W. A., Jain, S., & Cavazos, J. (2008). Genetics as a factor in elite athletic development and performance. Presented at the meeting of the Association for Applied Sport Psychology, St. Louis, MO.*
- *Johnson, M., & Edmonds, W. A. (2007). Determining Individual Affect-related Performance Zones: A Tutorial. Presented at the annual conference of the American Psychological Association (Division 47), San Francisco, CA.*

- Edmonds, W. A. (2006). *The Effect of Mental Training with Biofeedback on Entering Optimal Affect-related Performance Zones*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Miami, FL.
- Edmonds, W. A. (2006). *The Effect of Mental Training with Biofeedback on Entering Optimal Affect-related Performance Zones*. Presented at the annual conference of the American Psychological Association (Division 47), New Orleans, LA.
- Edmonds, W. A. (2005). *New Approaches in the Study and Application of Attaining and Sustaining Expertise*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Vancouver, CA.
- Edmonds, W. A., Mann, D. T. Y., Tenenbaum, & G., Janelle, C. (June, 2005). *Analysis of Affect-related Performance Zones: An Idiographic Approach using Physiological and Introspective Data*. Presented at the annual conference of the North American Society of Psychology for Sport and Physical Activity, St. Petersburg, FL.
- Derek T.Y. Mann, W. Alex Edmonds, Rob T. Barnes, Melanie B. Mousseau, & Christopher M. Janelle (Fall, 2004). *Arousal, Self-Efficacy, and Performance: A Prospective Analysis of Competitive Marksmen*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Minnesota, MI.
- Melanie B. Mousseau, Derek T. Y. Mann, W. Alex Edmonds, & Christopher M. Janelle. (Summer, 2004). *The perception, recognition, and manifestation of cognitive fatigue in a simulated racing task*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Minnesota, MN.
- Edmonds, W. A. (2003). *Cognitions and Emotions during Intercollegiate Tennis Matches*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Pennsylvania, PA.
- Edmonds, W. A., & Ormsby, P. (2001). *A Good Theory is the Most Practical Tool in Sport Psychology: A Series of Applied Simulations*. Presented at the annual conference of the Association for the Advancement of Applied Sport Psychology, Orlando, FL.
- Guest lecturer (2001-present). Discuss and demonstrate operations using biofeedback technology in Stress and Motor Performance class and Sport Psychology Seminars to graduate students at the Florida State University.

Peer Reviewer (selected books)

- Stufflebeam, D. L., & Shinkfield, A. J. (2007). *Evaluation theory, models, and applications*. Jossey-Bass: Boston, MA.
 - Stufflebeam, D. L. (2012). CIPP Checklist.
- Yin, R. K. (2013). *Applications of case study research*. Thousand Oaks, CA: Sage.
- Huck, S. W. (2011). *Reading statistics and research*. Boston, MA: Addison-Wesley.

- Goldfinger, K., & Pomerantz, A. M. (2009). *Psychological assessment and report writing*. Thousand Oaks, CA: Sage.

Teaching Experience

Research Design, Program Evaluation, The Nature of Knowing

Curriculum and Assessment (Winter 2015 – present) College of Education. Nova Southeastern University

Test and Measures (Fall 2013 – Present). Health Professions Division. Nova Southeastern University

Biostatistics (Fall 2012 – Present). Health Professions Division. Nova Southeastern University

Mixed Methods (Winter 2010 - Present). College of Education. Nova Southeastern University

Methods of Inquiry (Summer, 2006 - Present). Nova Southeastern University

Statistical Methods (Winter, 2006 - Present). Nova Southeastern University

Classroom Assessment (Spring, 2003 - Spring 2005) Florida State University-Tallahassee, FL (Spring, Fall, and Summer terms). Supervisor: Albert Oosterhof, PhD.

- Delivered lessons to prepare prospective elementary and secondary education students in activities such as grading, test construction, the evaluation of test scores and issues related to validity and reliability. *Blackboard* was used as a supplement to class.

Sport Psychology (Spring, 2004 - Spring 2005) Florida State University – Tallahassee, FL

- Delivered lesson plans to university students and student-athletes covering topics in the field of sport psychology (e.g., goal-setting, leadership, self-regulation etc).

Introduction to Career Development (Summer, 2002). Florida State University-Tallahassee, FL

- Delivered a teaching curriculum including lectures on Skills Identification, Metacognitions, Goal Setting, and Decision-Making.

Applied Psychology Experience

Psychological and Educational Consultant (January 2007 - Present)

Experience with selected assessment tools but not limited to the following table:

Psychophysiological	Biofeedback Systems
Electrocardiogram	Nexus-4 and 10
Electrodermal	ProComp Infiniti
Electromyography	BioPac
Temperature	BioHarness 3 - Zephyr
Respiration	
Electroencephalography	

Florida State University-Applied Sport Psychology (FSU-ASP) Coordinator (Fall, 2001 - Spring, 2005).

- Designed and organized FSU-ASP with assistance from Dr. Gershon Tenenbaum and the assistant athletic director, Pam Overton.
- Created *FSU-ASP Student Guidelines and Requirements Manual* and the *FSU-ASP Coach's Manual*.

Track and Field Team Internship (Fall, 2001 - Spring, 2002). Florida State University. Tallahassee, FL. Supervisor: Gershon Tenenbaum, PhD.

- Provided sport psychology services for individual athletes on the Florida State track and field team. Services included mental skills training for performance enhancement.

Biofeedback and Asperger's (2004 - 2005). Administered biofeedback to a child diagnosed with Asperger's in a clinical setting for approximately one year. Goals were to improve self-regulatory strategies and monitor behavioral progress in the classroom. Supervisor: D. Francis Kelly, PhD.

Honors Thesis (Spring 1998 - Fall, 1999). Determining the effects of exercise on state and trait anxiety. Supervisors: Paul E. Spector, PhD and Charles D. Spielberger, PhD. Undergraduate field research report. *University of South Florida*.

Biofeedback Training, Workshops and Professional Development

2020-10 Clinical Update Webinar - Sleep: What We Know and How We Can Help. Facilitator: Fred Shaffer, PhD, BCB, BCB-HRV

2019-04 Clinical Update Webinar - Combining HRV Biofeedback with ACT Exposure Therapy in the Treatment of Trauma Symptoms. Facilitator: Richard Gevirtz, PhD, BCB

Biofeedback Federation of Europe (BFE: 2018). Surface Electromyography (SEMG): What is it and how can it help your clients?"

Infra-slow Fluctuation Training for Autism Spectrum Disorder (2017). Facilitators: Mark L. Smith, LCSW, BCN, QEEGT

Concussion hits hard: Interventions for post-concussion syndrome based on multi-modal assessment (2015). Facilitators: Lynda Thompson, PhD and Michael Thompson, MD.

Slow Cortical Potential Neurofeedback and EEG/ERP Activity in Adult ADHD (2014). Webinar offered by BCIA.

Heart Rate Variability Recordings (2015). Webinar offered by BCIA.

Video Games and Learning. *University of Wisconsin*. Course offered by COURSERA.

Data Analysis. *Johns Hopkins University*. Course offered by COURSERA.

Statistical Analysis of fMRI Data. *Johns Hopkins University*. Course offered by COURSERA.

Lessons from the Neuroscience of Addiction (2012). Webinar offered by AAPB for continuing education credits. Facilitator: Fred Shaffer, PhD, BCB

Biofeedback Certification Institute of America (BCIA) (2009). Clinical Training and Mentoring for BCIA Certification. Mentor: Philip A. Hughs, PhD, BCB.

Heart Rate Variability and Biofeedback Workshop (May, 2008). Practical and Clinical Applications. Facilitators: Paul M. Lehrer, PhD, and Richard Gevirtz, PhD.

5-day Professional Biofeedback Workshop Program (November, 2005, 2007).

Certification for Utilizing Biofeedback with Clinical Populations. Facilitator: Philip A. Hughes, PhD, BCB.

Thought Technology Workshop (April, 2005 and May 2009). Training with Biograph Infiniti Biofeedback Applications. Tampa, FL.

Awards and Recognitions

- Professor of the Year Nominee – Nova Southeastern University (Fall, 2016).
- The Bobby E. Leach Graduate Student Leadership Award (Spring, 2003).

Organization Affiliate

- Faculty affiliate of the American Psychological Association, Division 47 (APA) (2000-Present).
- Faculty affiliate of the Association of Applied Psychophysiology and Biofeedback (AAPB) (2006-Present).
- Graduate student representative on the Graduate Policy Committee (GPC) that conducted an internal review of the department of Educational Psychology and Learning Systems, Florida State University (Spring, 2003).

Volunteer Activities and Hobbies

- Coach for youth football and basketball. Creative writing. Violin.