

CURRICULUM VITAE

**MIODUSZEWSKI, Ola**, Assistant Professor, Tenure-track

Employee: 12076

DEGREES

Ph.D. Experimental Psychology, University of Ottawa, 2022

Thesis: Mindfulness-Based Stress Reduction (MBSR) and Chronic Neuropathic Pain (CNP): A pilot fMRI neuro-imaging analysis in breast cancer survivors

B.A. Psychology (Magna Cum Laude), University of Ottawa, 2014

Thesis: Working memory and executive functioning changes in elementary school children after implementation of a mindfulness curriculum

B.A. Commerce (Honours), University of Ottawa, 2006

EMPLOYMENT HISTORY

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| 2024-2025 | Assistant Professor, School of Counselling, Psychotherapy and Spirituality, Saint Paul University <ul style="list-style-type: none"><li>- IPA2121 <i>Perspectives on Psycho-Social Human Behaviours</i></li><li>- IPA2123 <i>Research Methods &amp; Ethics (Quantitative Approach)</i></li><li>- IPA2126 <i>Developmental Psychology, Spirituality and Religiosity from Childhood to Adolescence</i></li></ul> |
| 2023-2024 | Assistant Teaching Professor, Department of Psychology, University of New Brunswick <ul style="list-style-type: none"><li>- PSYC3743 <i>Drugs and Behaviour</i></li><li>- PSYC4773 <i>Topical Seminar on Neuroscience and Mindfulness</i></li><li>- PSYC2113 <i>Introduction to Statistics</i></li><li>- PSYC3643 <i>Adult Development and Aging</i></li><li>- PSYC3745 <i>Survey of the Senses</i></li></ul>  |
| 2017-2018 | Teaching Assistant, University of Ottawa <ul style="list-style-type: none"><li>- PSY3103 <i>Learning &amp; Conditioning</i></li><li>- PSY2174 <i>Research Methods &amp; Ethics</i></li></ul>   |
| 2016-2017 | Teaching Assistant, University of Ottawa <ul style="list-style-type: none"><li>- PSY3103 <i>Learning &amp; Conditioning</i></li><li>- PSY3108 <i>Perception</i></li></ul>  |
| 2016      | Guest Lecture, University of Ottawa <ul style="list-style-type: none"><li>- PSY 3306 <i>Psychosocial Aspects of Health</i></li></ul> Lecture topic: <i>Pediatric Psychology &amp; Mindfulness</i>  |
| 2015-2016 | Teaching Assistant, University of Ottawa <ul style="list-style-type: none"><li>- PSY2174 <i>Research Methods &amp; Ethics</i></li></ul>  |
| 2014-2015 | Teaching Assistant, University of Ottawa   |

	- PSY3103 <i>Learning &amp; Conditioning</i>
2014-2017	Research Assistant, Dr. Lisa Walker, The MS Clinic, The Ottawa Hospital
2013-2016	Research Assistant, Dr. Patricia Poulin, Pain Clinic, The Ottawa Hospital
2010-2011	English Teacher in Japan (JET Programme)
2005-2006	President, Commerce & Administration Student's Charity Organization (CASCO), School of Management, University of Ottawa

## PUBLICATIONS

- Hatchard, T., Penta, S., **Mioduszewski, O.**, Correia, S., Tissera, T., Brown, O., Haefner, S. A., Smith, A. M., Poulin, P. (2022). Increased gray matter following mindfulness-based stress reduction in breast cancer survivors with chronic neuropathic pain: preliminary evidence using voxel-based morphometry. *Acta Neurologica Belgica*.
- Hatchard, T., **Mioduszewski, O.**, Khoo, EL., Romanow, H., Shergill, Y., Tennant, E., Leeming, A., Fang, Z., Poulin, P., Smith, A.M. (2021). Reduced emotional reactivity in breast cancer survivors with chronic neuropathic pain following Mindfulness-Based Stress Reduction (MBSR): and fMRI pilot investigation. *Mindfulness*.
- Smith, A.M., Lemming, A., Zang, Z., Hatchard, T., **Mioduszewski, O.**, Schneider, M.A., Ferdossifard, A., Shergill, Y., Khoo, E-L., Poulin, P. (2020). Mindfulness-Based stress reduction alters brain activity for breast cancer survivors with chronic neuropathic pain: preliminary evidence from resting-state fMRI. *Journal of Cancer Survivorship*.
- Hatchard, T., Byron-Alhassan, A., **Mioduszewski, O.**, Holshausen, K., Smith, A. (2020) Working overtime: altered functional connectivity in working memory following regular cannabis use in young adults. *International Journal of Mental health and Addiction*.
- Mioduszewski, O.**, Hatchard, T., Fang, Z., Poulin, P., Khoo, EL., Romanow, H., Shergill, Y., Yennant, E., Schneider, M.A., Browne, N., Smith, A.M. (2020). Breast cancer survivors living with chronic neuropathic pain show improved brain health following mindfulness-based stress reduction: a preliminary diffusion tensor imaging study. *Journal of Cancer Survivorship*.
- Mioduszewski, O.**, MacLean, H., Poulin, P.A., Smith, A.M., & Walker, L.A.S. (2018). Trait mindfulness and wellness in multiple sclerosis. *The Canadian Journal of Neurological Sciences*.
- Hatchard, T., **Mioduszewski, O.**, Fall, C., Byron-Alhassan, A., Fried, P., & Smith, A.M. (2017). Neural impact of low-level alcohol use on response inhibition: an fMRI investigation in young adults. *Behavioural Brain Research*.
- Hatchard, T., **Mioduszewski, O.**, Zambrana, A., O'Farrell, E., Caluyong, M., Poulin, P.A. & Smith, A.M. (2016). Neural changes associated with mindfulness-based stress reduction

(MBSR): Current knowledge, limitations, and future directions. *Psychology and Neuroscience*.

Smith, A.M., **Mioduszewski, O.**, Hatchard, T., Byron-Alhassan, A., Fall, C., & Fried, P. (2016). Prenatal marijuana exposure impacts executive functioning into young adulthood: an fMRI study. *Neurotoxicology and Teratology*, doi:10.1016/j.ntt.2016.05.010.

#### CONFERENCE PRESENTATIONS

**Mioduszewski, O;** Stinchcombe, A. (2025). Age Matters: Meditation Practices and Mental Health During COVID-19. *Presented at the Canadian Association on Gerontology, Montréal, Canada.*

**Mioduszewski, O;** Hatchard, T., Poulin, P., Smith, A.M. (2017). The impact of MBSR on emotional reactivity in breast cancer survivors experiencing neuropathic pain. *Presented at European Conference on Clinical Neuroimaging, Rome, Italy.*

Hatchard, T., **Mioduszewski, O.**, Fall, C., Byron-Alhassan, A., Fried, P., Smith, A.M. (2017). *Presented at European Conference on Clinical Neuroimaging, Rome, Italy.*

**Mioduszewski, O;** Hatchard, T., Fall C., Cameron, I., Smith A.M. (2015). Marijuana's impact on working memory: fmri result in young adults. *Presented at Organization for Human Brain Mapping; Honolulu, U.S.A.*

**Mioduszewski, O;** Byron-Alhassan, A. Smith, A. M. (2015). The impact of a mindfulness-based curriculum on behaviour in elementary school students. *Presented at Canadian Psychology Association, Ottawa, Canada.*

Hatchard, T., **Mioduszewski, O.**, Fall, C., Fried, P., & Smith, A.M. (2015). An fMRI investigation of response inhibition in low-level alcohol consuming young adults. *Presented at Organization for Human Brain Mapping; Honolulu, U.S.A.*

Byron-Alhassan, A., Hatchard, T., **Mioduszewski, O.**, & Smith, A.M. (2016). Comparing effects of alcohol and marijuana: A go/no-go fMRI study in young adults. *Poster presented at the Canadian Association for Neuroscience: Toronto, Canada.*



October 30<sup>th</sup>, 2025