

DEBRA K. SOWALD, PSY.D.
PSYCHOLOGIST
28 EAST RAHN RD., SUITE 105
KETTERING, OHIO 45429

Individual, Family, & Group Therapy
Imagery & Senoi Dreamwork
EMDR
(937) 434-6840

V I T A

Ohio Psychology License #3417
Ohio Licensed Professional Clinical Counselor #E-0001388

Date of Birth: 09/28/51

EDUCATION

B.S. -- Elementary Education – June, 1973 - Case Western Reserve University
M.A. -- Guidance & Counseling – August 29, 1975 - Ohio State University
Psy.D. -- Professional Psychology – August 19, 1982 - Wright State
University, School of Professional Psychology, Dayton, Ohio, 45435

PROFESSIONAL EXPERIENCE

TEACHER:

1973 - 1976 Teacher, 6th grade, Groveport-Madison Middle Schools,
Groveport, Ohio

SCHOOL COUNSELOR:

1976 - 1979 Counselor, 6th - 8th grade, Hithergreen Middle School,
Centerville, Ohio

PSYCHOLOGY PRACTICUM STUDENT:

1979 - 1980 Dayton Children's Psychiatric Hospital, Dayton, Ohio
1980 - 1981 Good Samaritan Mental Health Center, Youth Department,
Dayton, Ohio

PSYCHOLOGY INTERN:

1981 - 1982 Psychological Services Center, Wright State University, Dayton,
Ohio
1981 - 1982 Psychological Services-Marriage Counseling, Inc., Dayton, Ohio
1981 - 1982 Good Samaritan Mental Health Center, Alternatives Department,
Dayton, Ohio
1981 - 1982 Kettering Tennis Center, Dayton, Ohio

POST-DOCTORAL PSYCHOLOGY INTERN (RESIDENCY):

1982 - 1983 Psychological Services-Marriage Counseling, Inc., Dayton, Ohio
1982 - 1984 Behavioral Health Associates, Inc., Dayton, Ohio

PART-TIME INSTRUCTOR:

1982 - 1986 Sinclair Community College, Psychology Department, Dayton,
Ohio

PSYCHOLOGIST:

1984 – Present Private Practice, Dayton, Ohio
1985 – Present Clinical Adjunct Faculty, Wright State University School of
Professional Psychology, Dayton, Ohio
1987 – 1996 Psychologist, PSPO, Inc., Dayton, Ohio; 1988 Chairperson of
the Board. 1992: PSPO merged with Midwest Behavioral Care, Inc.
1992 – Present Psychologist, Co-owner; Midwest Behavioral Care, Ltd.,
1996 - 1999 Secretary of the Board;
1997 - 1999 Recruitment Director and Quality Control Director.
1999 - Present Clinical, Recruitment, and Marketing Director.

PROFESSIONAL ASSOCIATIONS

1974 - 1999	International Transactional Analysis Association, Associate/Regular Member (1974-1976), Clinical Member in Training (1976-1982), Regular Member (1982-1999)
1976 - 2001	Ohio Personnel & Guidance Association/Ohio Association for Counseling and Development, member
1980 - 2001	American Personnel and Guidance Association/American Association for Counseling and Development, member
1981-Present	American Psychological Association, student member, 1981; 1982 - Present, member
1982-Present	Ohio Psychological Association, member;
1982 - 2020	Ohio Women in Psychology, Vice-President. Nominations Chairperson; Member-at-Large; Correspondence Officer; President, 2004 – 2008. Past-President, 2008-2010; Treasurer, 2008-2016.
2020-Present	OWP Friends, Chairperson/Member
1982-Present	Miami Valley Psychological Association, /Dayton Area Psychological Association, member; 1988-1989 Treasurer.
1984-2000	Single Mothers By Choice, member
1985-1990	Milton Erickson Hypnosis Society, member
1986-1999	National Association for Female Executives, member
1987-2000	La Leche League International, member
1989-2000	Miami Valley Childhood Sexual Abuse Coalition, Inc.
1994-1998	American Association for the Study of Mental Imagery, member
1982-Present	Professional Issues in Supervision and Ethics, monthly meetings (previously Intergalactic Psychological Society); Chairperson.
2007-2021	Physician Hospital Alliance, Kettering Health Network (2009-2012 Board Member)
2021-Present	Kettering Physician Partners, Member

HONORS, AWARDS, SCHOLARSHIPS

Dean's List and Class Recognition, Wright State University, School of Professional Psychology
Academic Scholarships, 1979, 1980, Wright State University
Television appearance: The Today Show, Braun and Company
Television appearance: A.M. Chicago, 1983-1984.
Television appearance: Sally Jesse Raphael Show. 1986
Television appearance: WLWT, Cleveland, 1989.
Television appearance: "Evening", Columbus, Ohio 1989
Television appearance: Channel 4, Columbus, Ohio 1992
Television appearance: Channel 7 News, Dayton, Ohio 1994
Who's Who of Women Executives
2000 Notable American Women--3rd Edition
Who's Who Among Human Services Professionals
Who's Who In America
Who's Who of American Women
Who's Who of Emerging Leaders in America

CERTIFICATIONS

Ohio - Elementary Education, 1973 - 1989
Ohio - Guidance Counselor, 1976 - 1990
American Board of Certified Managed Care Providers:
Diplomat Status, February 1995

AREAS OF INTEREST

EMDR for treating trauma, child clinical psychology, teaching Imagery and Senoi Dreamwork, group psychology, adult clinical psychology, and women's empowerment.

WORKSHOPS PRESENTED

1. Career Development in the Middle School, Ohio Middle School Association, Columbus, Ohio, 1984
2. Small Group Counseling in the Middle School, O.M.S.A., Columbus, Ohio, 1977
3. Pre-Adolescent Growth & Development, seven presentations, 1977-1979
4. Competition, three presentations, 1978-1979
5. Emotions, Behavior, & Love, 1979, Chaminade Julianne High School, Dayton, Ohio
6. Life Issues, Private Practice Counseling, 1979
7. Life Goal Setting & Script, Dayton T.A. Seminar, 1978
8. When You No Longer Wish To Be Dead, Ohio Personnel and Guidance Association, 1980
9. Imagery and Senoi Dreamwork, Part I, for Relaxation and Problem Resolution; Part II, for training; Part III, for Increasing the Will to Live, 70 presentations, 1980-Present
10. Imagery for Improving Tennis, Kettering Tennis Center, 1981, Kettering, Ohio
11. Non-Legal Counseling for Counselors-at-Law, 1979, University of Dayton, Law School, Dayton, Ohio. Women Lawyers of Columbus, Columbus, Ohio, 1980
12. Interpersonal Communications, Separated and Divorced Catholics, 1984; Women, Infants, and Children Program, 1984, Dayton, Ohio
13. Stating Your Needs, Separated and Divorced Catholics, 1984, Dayton, Ohio
14. Stress Management, Women Lawyers of Dayton, Ohio, 1986
Stress Management Using Imagery, Wright State University, 1986
15. Ritual Abuse of Children; Miami Valley Childhood Sexual Abuse Coalition, 1990, Dayton, Ohio
16. Empowered Women, Business and Professional Women, 1991, Dayton, Ohio
17. A Client Experiencing Grief and Loss, Wright State University, Dayton, Ohio, March, 1992
18. Dealing with Personal and Professional Life Crises, Columbus Bar Association, Columbus, Ohio, June, 1992
19. Mental Health Professions—Centerville High School Career Fair, May, 2004
20. Professional Psychology as a Career, Centerville High School, Nov., 2004; Feb., 2007.
21. Women's Issues of Loss: Resilience Through Connection, Oct. 25, 2006
22. Life Stages of Psychologists, OPA, Oct. 24, 2007
23. OWP Workshop: Elements of Being A First Woman: Nov. 2009

COURT APPEARANCES:

1. Common Pleas Court of Montgomery County, Ohio
Juvenile Division
2. Common Pleas Court of Montgomery County, Ohio
Division of Domestic Relations
3. United States District Court for The Southern
District of Ohio, Western Division
4. Common Pleas Court of Clinton County, Ohio
Division of Domestic Relations
5. Common Pleas Court of Delaware County, Ohio
Juvenile Division
6. Common Pleas Court of Preble County, Ohio
Division of Domestic Relations
7. Common Pleas Court of Greene County, Ohio
Juvenile Division

CURRENT ADDRESSES:

Home: 900 Silvercreek Circle, Centerville, OH 45458
Office: 28 E. Rahn Rd., Suite 105, Kettering, OH 45429

E-MAIL ADDRESSES:

Home: debrasowald@gmail.com
Office: drsowald@drsowald.com

WEBSITE:

www.drsowald.com

REFERENCES:

Jane Diehl, Ph.D., Psychologist. Dayton VA Medical Center ;
937/643-1414.

Kathleen Bonie, Ph.D., Psychologist. 1136 Wilmington Ave., Dayton, Oh 45420.
937/254-6700

Irma Johnston, Psy.D., Psychologist. 937/293-5704

Kathleen M. McNamara, Ph.D., Psychologist. P.O. Box 4348, Honolulu, Hawaii
96812; Psychology Service, VA Regional Office, Honolulu, Hawaii.

William Arnold, Ph.D., Psychologist. 118 N. Second, Fairborn, Ohio.
937/878-1208.

Phyllis Kuehnl-Walters, Ph.D., Psychologist. The Villages, Florida
937/219-1143.

Gordon Harris, Ph.D., Psychologist. 5400 N. Main St., Dayton, Ohio 45415.
937/274-2226

Katherine Platoni, Psy.D., Psychologist, 50 S. Main St., Dayton, Ohio 45458
937/321-4020