



## Sound Psychotherapy & Assessment

**Sierra Swing, PsyD**

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[www.soundpsychotherapyandassessment.com](http://www.soundpsychotherapyandassessment.com)

### **EDUCATION**

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**2008**

**Psy.D. Clinical Psychology**

Argosy University – Seattle

Doctoral Dissertation: *Effectiveness in Risk Assessments: A Study of Actuarial Assessment Tools.*

Committee Members: Dana Waters, PsyD, ABPP; Norman J. Mar, PhD; David Walker, PhD

GPA: 4.0 - Graduated Summa Cum Laude

**2005**

**M.A. Clinical Psychology**

Argosy University – Seattle

GPA: 4.0

**2003**

**B.A. Psychology and Communication Studies**

Seattle University

Honors Thesis: *The Influence of Scholarship Awards to Student Athletes on Academic and Athletic Performance*

Supervisor/Chair: Leehu Zysberg, PhD

GPA: 3.7 - Graduated Cum Laude

### **HONORS, AWARDS, & SCHOLARSHIPS**

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2022

Honoree/Outstanding Leadership Award – Health2.0

2009 to 2017

National Health Service Corps Scholarship Recipient

2017

Community Choice Winner - Top Therapist in Seattle

2016

Patient's Choice Winner – OpenCare

2001-2003

President's List – College of Arts & Sciences

2000-2003

Member, National Honors Society

1999-2001

Dean's List, College of Arts & Sciences

## **PROFESSIONAL ACTIVITIES & CERTIFICATIONS**

2022	Assessing and Managing Risk, 8 hours
2022	Frontiers in the Treatment of Trauma, 10 hours
2022	Why the Body Holds the Key to the Treatment of Trauma, 2 hours
2022	How to Target the Limbic System to Reverse Traumatic Physiological Imprint, 3.25 hours
2022	National Institute for the Clinical Application of Behavioral Medicine – Trauma Certification
2022	Certification in Forensic Psychological Evaluations in Child Custody Litigation
2022	Certification in Ethical and Effective Expert Testimony
2021 to present	Vistage Worldwide – Member, Trusted Advisor
2021	Child Abuse Assessment, 4 hours
2020	Attachment Focused EMDR Certification, 12 hours
2019	Certification in Attachment Focused EMDR
2017	Certified in Screening, Brief Interventions, and Referral to Treatment (SBIRT) for substance use problems
2016	MotherWoman Group Facilitator Certification
2013 to 2014	Consultant and Planning Member to Northwest Regional Primary Care Association – working on intervention plans for the integration of Trauma Informed Care in Primary Care Settings
2012 to 2013	Board President – Fremont Community Therapy Project
2011 to 2013	Consultant to the Moyer Foundation
2008	Certification in Trauma Treatment – UW Extension
2007	Invited Speaker, “ <i>The Diverse Voices of Feminism</i> ” at the National Multicultural Conference and Summit
2006	Eye Movement Desensitization and Reprocessing (EMDR) Part I & Part II certified
2006	Dialectical Behavioral Therapy (DBT) Certification

## **PROFESSIONAL EXPERIENCE**

**Owner and Psychologist in Private Practice, Sound Psychotherapy & Assessment, LLC**  
(Seattle, WA)

January 2008 – present [www.soundpsychotherapyandassessment.com](http://www.soundpsychotherapyandassessment.com)

Description: I am the owner of a thriving group practice where I provide psychotherapy, as well as forensic, neuropsychological, parenting, and comprehensive psychological and diagnostic evaluations. I see individual, couples, and families in therapy for difficulties ranging from complex trauma and PTSD to bereavement, anger management, depression, anxiety, and general life adjustment. I offer an integrated and collaborative therapeutic approach pulling

from multiple therapeutic modalities and empirically supported treatments. I utilize trauma specific treatments such as Eye Movement Desensitization and Reprocessing (EMDR) and Cognitive Processing Therapy (CPT), as well as evidenced based treatments such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT). I also utilize my Therapy Dog, Boomer, as a co-therapist and he has been a great asset to my practice.

In addition to therapy, I provide psychological evaluations for a wide variety of referrals, such as diagnostic clarification referrals from psychiatrists, ADHD evaluations, court ordered mental health evaluations, learning disorder evaluations, psychological evaluations with a parenting component, parenting evaluations, neuropsychological evaluations, general forensic assessments, risk assessments for violence and abuse potential and revictimization, and disability assessments. I am currently contracted to complete psychological, neuropsychological, and disability evaluations for the Division of Disability Determination Services (DDS) and Social Security. I am also contracted to completed psychological and neuropsychological evaluations with a parenting component for the Department of Children Youth, and Families (DCYF). I have completed hundreds of evaluations in my career thus far, not only for the organizations and agencies listed above, but also private forensic evaluations for parenting and custody related issues, as well as psychological, risk and neuropsychological evaluations for civil, criminal, and personal injury cases.

**Behavioral Health Consultant, HealthPoint – Midway (Des Moines, WA)**

September 2008 – January 2020 [www.healthpointchc.org](http://www.healthpointchc.org)

Description: I worked as Behavioral Health Consultant at HealthPoint, a community health clinic in South King County, for 11 years. Working in collaboration with primary care physicians and other providers to identify, triage, and co-manage patients with medical, neurological, and behavioral health problems within a primary care setting, I worked with patients to provide support, skills training, and behavior management through psychoeducation and brief interventions. I also ran multiple groups that are aimed at providing additional treatment to the more complex patient populations, including a chronic pain support group, diabetes support groups, a successful depression and trauma related support group, and in 2016 developed a perinatal support group that that provided a safe place for women to discuss the

challenges that come along with motherhood, as well as perinatal emotional complications that can impact health and wellness.

In addition to helping to treat mental health conditions in primary care, I also served as a clinical supervisor to doctoral students in psychology, taught didactic seminars on treating trauma in primary care, providing neuropsychological and psychological assessments in primary care, and I ran both group and individual supervision. In my years at HealthPoint, I helped to collaborate with providers on chronic pain treatment and controlled substance management, as well as help develop patient education materials and screening protocols for diabetes, hypertension, depression management, and other chronic diseases. I worked diligently to implement trauma informed care and the screening of adverse childhood experiences (ACE's) into my practice and hope to work in collaboration with the Northwest Primary Care Association to implement screening and treatment protocols for complex trauma in primary care and school settings.

### **PROFESSIONAL TRAINING EXPERIENCE**

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**Pre-Doctoral Psychology Intern**, Fremont Community Therapy Project (FCTP), Seattle, WA July 2007 – June 2008

In collaboration with a previous professor and mentor Laura Brown, Ph.D., ABPP, I worked to create a local training program for doctoral interns that could focus on providing quality therapy to low-income populations. As the first ever intern at FCTP, I was responsible for helping to create this training program and not only develop programs for therapy and treatment that were cost-effective, sustainable, and accessible to all, but also ensure that people within the community could continue care with other high quality and well-trained practitioners. As the senior intern, I worked full time providing trauma and feminist informed therapy and psychological evaluations to children, adolescents, adults, couples, and families without means. I supervised students in their learning and development, and also learned to build a private practice from the ground up.

Supervisors: Laura S. Brown, Ph.D., ABPP (Clinical and Forensic Psychologist); Carla Bradshaw, Ph.D. (Clinical Psychologist)

**Psychology Intern**, Monroe Correctional Complex (MCC) Monroe, WA

September 2006 – June 2007

Duties: Working with male offenders in the minimum and maximum security units at MCC where I was responsible for providing individual therapy and group therapy to offenders, as well as performing forensic evaluations and risk assessments for parole and changes in custody.

While working for the Department of Corrections, I completed over 300 risk evaluations assessing likelihood that an individual would commit future acts of violence or other crimes. I also complete my doctoral dissertation on risk assessments with the offenders at the Monroe Correctional Complex, evaluating over 200 offenders using two new self-report measures, the Psychopathic Personality Inventory – Revised (PPI-R) and the Inventory of Offender Risk, Needs, and Strengths (IORNS). I compared these measures to the current measure used (Level of Service Inventory – Revised, LSI-R) and was able to provide empirical evidence that the two newer measures are better predictors of future risk for violence and re-offense.

Supervisor: Faulder Colby, Ph.D. (Forensic Neuropsychologist)

**Psychology Intern**, Washington Corrections Center for Women (WCCW) Gig Harbor, WA  
September 2005 – June 2006

Duties: Working with female offenders providing individual and group therapy and assessment, as well as treatment planning and recommendations for a wide-range of psychological difficulties. Assessments completed included trauma assessments, risk assessments, parenting evaluations, neuropsychological assessments, and custody evaluations.

Supervisors: John Haroian, PhD (Clinical and Forensic Psychologist) and Rachael McDougall, PsyD (Clinical and Forensic Psychologist)

## **PRIOR WORK EXPERIENCE**

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**Foster Care Aide**, Maxim Healthcare Services (Bellevue, WA). Part-time.

October 2004 – November 2005

Duties: Work with 6-17-year-old children with mild to severe emotional and behavioral difficulties, provide a variety of recreational activities and behavior management

interventions, increase clinical and therapeutic knowledge and skills, provide transportation to and from clinical visits, supervise visitations with parents and caregivers.

Supervisor: Greg Abolofia

**Human Resource Manager**, Maxim Healthcare Services (Bellevue, WA). Part-time, November 2003 – November 2005

Duties: provide customer service and support to employees, maintain and update employee information, complete billing and payroll on a weekly basis, utilize basic office management skills.

Supervisor: Peter Brennan

**Mental Health Technician III**, Compass Health (Everett, WA). Part-time, September 2003 – facility closed due to budget cuts January 2005.

Duties: Maintain a safe and therapeutic milieu, administer medications and treatments under the supervision of the nursing staff, provide written documentation of daily progress, provide supervision of residents, provide independent living skills training, participate in child and family team meetings, assist with management of assaultive residents, apply behavior management techniques.

Supervisor: Sarah Sheppard, MSW

## **PROFESSIONAL ASSOCIATIONS**

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2019 – Present	Member, National Academy for Neuropsychology (NAN)
2011 – Present	Member, Association for Contextual and Behavioral Science (ACBS)
2009 – Present	Member, Association for Health and Behavioral Psychology
2006 – Present	Member, American Association for Correctional and Forensic Psychology
2003 – Present	American Psychological Association (APA)

## **RESEARCH EXPERIENCE**

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2013-2014	Research Project, Using Acceptance and Commitment Therapy Protocols to Help Treat and Manage Hypertension in Primary Care
2013 to Present	Research Project, The Prevalence and Effects of Adverse Childhood Experiences (ACEs) in Primary Care.
2006-2008	Dissertation, <i>Effectiveness in Risk Assessment: A Study of Actuarial Assessment Tools</i> . Dana Waters, PsyD, Chair; Norman Mar, PhD, Committee Member, David Walker, PhD, Committee Member

- 2005 Graduate Student Researcher, “Effects of graduate school on intimate relationships.” Anne Savage, PsyD, Supervisor.
- 2004 Graduate Student Research Proposal, “Does our environment play a role on our attention to detail in a consent form?” Michael Sakuma, PhD, Supervisor
- 2002 Undergraduate Student Researcher, “The Influence of Scholarship Awards to Student Athletes on Academic and Athletic Performance.” Leehu Zysberg, PhD, Supervisor.

### **PROFESSIONAL PRESENTATIONS**

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Beachy, B., Bauman, D., Baker, M., & Swing, S. (2013). *A brief, ACT, behavioral health protocol for treating hypertension in primary care*. Poster presented at the 15<sup>th</sup> Collaborative Family Healthcare Association annual conference. Denver, CO.

Swing, S.L. (May 2002). The Influence of Scholarship Awards to Student Athletes on Academic and Athletic Performance. Poster and paper presented at the Annual Psychology Honors Society at Seattle University.

### **PAPERS SUBMITTED FOR PUBLICATION**

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Beachy, B., Bauman, D., Baker, M., & Swing, S. (2013). *A brief, ACT, behavioral health protocol for treating hypertension in primary care*. Poster presented at the 15<sup>th</sup> Collaborative Family Healthcare Association annual conference. Denver, CO.

Swing, S.L., Coyle, C.M., & Parham, R. (April 2005). The effects of graduate school on intimate relationships *Monitor on Psychology*.

### **PROFESSIONAL REFERENCES**

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Laura Brown, PhD, ABPP  
Private Practitioner, Professor, and Director of the Fremont Community Therapy Project  
206-633-2405; [laurabrownphd@gmail.com](mailto:laurabrownphd@gmail.com)

Stuart F. Brown, JD (Attorney and Referral Source for Forensic Assessments)  
206-361-6000; [slowmcmstueie@aol.com](mailto:slowmcmstueie@aol.com)

David Bauman, PsyD  
Behavioral Health Education Director, Community Health of Central Washington (CHCW)  
[David.Bauman@chcw.org](mailto:David.Bauman@chcw.org)

Magda Herrera de Leon  
Business Development Manager at HealthPoint  
[mherrera@healthpointchc.org](mailto:mherrera@healthpointchc.org)

Dana P. Waters, PsyD, ABPP  
Private Practitioner, Previous Professor, and Dissertation Chair  
206-851-9348; [www.drnanawaters.com](http://www.drnanawaters.com)

Kevin McKeown, Leadership Consultant, Vistage Chair  
206-890-6858; [kevin@vistageteam.com](mailto:kevin@vistageteam.com)