

*Curriculum Vitae*  
**Stacey Sinwald, M.Ed., LPC, CPDT-KA**

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**Education**

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**Ph.D. ABD. Adult, Continuing, and Higher Education**, Cleveland State University,  
Currently Enrolled, 2023

**M.Ed. Clinical Mental Health Counseling**, Cleveland State University, 2020

**Professional Dog Trainer Certificate**, Association of Professional Dog Trainers,  
Certified Professional Dog Trainer, Knowledge Assessed (CPDT-KA), 2019

**B.A. Psychology**, Cleveland State University, Minor: Sociology, 2017

**Research Experience**

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*Graduate Assistant*

*August 2017- May 2023*

**Cleveland State University**

**Advisor: Rachel Wlodarsky, Ph.D.**

Assisted in literature search on reflective practice and mentorship. Assisted in literature review writing. Gathered research study participant information.

*Graduate Assistant*

**August 2018- May 2019**

**Cleveland State University**

**Advisor: Dakota King-White, Ph.D.**

Assisted in literature search of young girls, African American adolescent males' mental health, transformational leadership, and trauma informed practice. Assisted in literature review writing. Analyzed quantitative data through excel. Interpreted study results.

*Undergraduate Honors Thesis*

*August 2016- May 2017*

**Cleveland State University**

**Department of Psychology**

*Influence of Physical Activity and Reappraisal Competency on Emotional Well-being*

Designed and conducted research study regarding the potential intervening role of reappraisal competency on physical activity and emotional well-being. Used self-report and laboratory methods through excel and SPSS (including eye tracking and psychophysiological recording) to assess how physical activity influences emotion regulation efficacy in response to evocative visual stimuli.

**Research Assistant****March 2016-April 2017****Cleveland State University****Department of Psychology**

Helped pilot and prepare ongoing research studies (participant recruitment, experiment creation, data collection, and data processing). Expanded knowledge of quantitative research including eye movement technologies.

**Presentations and Proceedings**

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**Research Day Poster Presentation****April 2023****Cleveland State University****Poster Presentation***Sit and Stay: Healthcare Workers' Engagement with a Therapy Dog*

Presented research on dissertation topic and research plans.

**AAACE Conference****October 2021****International Conference****Oral Presentation**

Sinwald, S. and Wlodarsky, R. (2021, October). *Therapy dogs to assist with developing equity: Utilizing animal assisted education and animal assisted therapy*. **Paper presented** at the American Association of Adult and Continuing Education (AAACE) 2021 Conference, Moving the Needle: Digital Divide, Social Justice, and Adult Education. Miramar Beach, FL.

**AAACE Conference****October 2019****International Conference****Roundtable presentation**

Sinwald, S. and Wlodarsky, R. (2019, October). *Ways therapy dogs enhance mental, physical and emotional capacity: Working toward individual and wellness sustainability*. Presentation at the American Association of Adult and Continuing Education (AAACE) 2019 Conference, Adult Education for Human Rights, Economic Empowerment and Environmental Sustainability. St. Louis, MO.

**Science and Research Day Poster Presentation****April 2016 and April 2017****Cleveland State University****Poster Presentation***Influence of Physical Fitness and Reappraisal Competency on Emotional Well-Being*

Presented poster on proposal for the study in spring, 2016. Presented findings of study in spring, 2017.

**Ohio Undergraduate Research Conference****April 2017****John Carol University****Oral Presentation***Influence of Physical Fitness and Reappraisal Competency on Emotional Well-Being*

Presented findings of research. Explained analyses and data collected. Interpreted results and offered implications for future research.

## Awards/ Nominations

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### *Aiding Children in Excellence (ACE) Awards* *May 2023*

#### **Erie County Children Services**

#### **Riley's Angels**

Nominated for Aiding Children in Excellence in Erie county. Community outreach including school reading programs, hospital visitations, community education, and mental health support.

### *Graduate Student Research Award Grant* *April 2023*

#### **Levin College of Public affairs and Education**

Awarded \$4,000 grant to collect data on dissertation topic of therapy dogs in healthcare settings.

## Administrative and Instructional Experience

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### *CEO and Clinical Director* *2024- Present*

#### **Stay Wellness, Therapy, and Consulting, LLC**

Therapy, wellness consulting, and program design for individuals and organizations. Interpersonal wellness, workplace wellness, and the use of therapy dogs.

### *Visiting Psychology Instructor* *2024- 2025*

#### **Oberlin College**

Abnormal psychology, clinical psychology, lifespan development, advanced seminar- Dogs in psychology.

### *Part Time Instructor* *2024- Present*

#### **Oberlin College**

Teach 200 level psychology course. Abnormal psychology.

### *Program Director* *2023 - Present*

#### **STAY (self-regulation and therapy through animals for youth)**

#### **Bedford Local Schools**

Designed mental health program for students. Implemented weekly lessons along with group process.

### *Co-Executive Director* *2018- October 2023*

#### **Riley's Angels 501(c)3 Nonprofit**

Curriculum design for puppy, focus, Canine Good Citizen, and Therapy Dog classes. Trainer and instructor for weekly classes. Program planning and design for community partnerships and outreach.

***Teaching Assistant***

***May 2023-August 2023***

**Cleveland State University**

**Co-Teacher: Claire Campbell**

Co-teach practicum master's class for Clinical Mental Health Counseling and School Counseling students. Provide weekly triadic supervision for field work.

***Graduate Assistant***

***August 2017- May 2023***

**Cleveland State University**

**Advisor: Rachel Wlodarsky, Ph.D.**

Created weekly instructional materials for lifespan development, internship, and adult learning. Assisted in managing online discussion forums for human development, internship, and capstone master's classes. Organized assignment submissions including rubric outline and grading. Assisted in organization and clerical tasks. Guest lectured.

***Graduate Assistant***

***August 2018- May 2019***

**Cleveland State University**

**Advisor: Dakota King-White, Ph.D.**

Managed discussion boards. Organized class assignment submissions and grading for school counseling master's classes. Guest lectured on trauma and the use of therapy dogs. Assisted with All Ohio Counseling newsletter template.

***Instructor***

***September 2018- May 2019***

**College and Career Readiness**

**Campus International High School**

Instructed on college and career information. Presented information about counseling profession. Presented information about therapy dogs. Collected and organized assignment submissions.

***Student Supervisor***

***September 2016- December 2017***

**Cleveland State University Call Center**

Supervised Cleveland State phone center. Handled client concerns with donations and unclear objectives. Planned nightly team meetings to go over what calling tasks were for the designated day. Completed nightly statistics and reported to director of call center.

**Clinical and Volunteer Experience**

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***Grow Well Cleveland, LLC***

***February 2021 - Present***

**Cleveland Ohio**

**Licensed Professional Counselor (LPC)**

Individual psychotherapy via telehealth and face to face engagements. Design and facilitate counseling groups. Diagnosing and treatment planning. Utilize eclectic approaches including Animal Assisted Therapy (AAT) to assist in client engagement and treatment planning.

***Counseling and Academic Success Clinic (CASC)*** *August 2019- May 2023*  
**Cleveland State University**

**Clinical Counseling Intern and Graduate Assistant**

Assist college students with mental health concerns ranging from mild to moderate severity. Provide psychoeducation, resources, and psychotherapy. Assist director in running counseling clinic.

***Firelands Counseling and Recovery*** *January 2019- April 2020*  
**Sandusky Ohio**

**Clinical Counseling Intern**

Co-facilitate and lesson plan for mental health groups including mild to intensive care levels. Provide psychoeducation. Individual psychotherapy for concerns ranging from mild to severe.

***Therapy Dog Visits*** *September 2010- Present*  
**North Central Ohio**

**Rehabilitation, Hospital, School, Community Events**

Provide comfort to people of all ages in variety of settings and circumstances. Provide education regarding benefits of therapy dogs in settings such as hospitals, schools, and courtrooms via presentations.

***Firelands Counseling and Recovery*** *May 2019- August 2019*  
**Sandusky Ohio**

**Summer Job Coach**

Assisted high school clients with hard and soft skills for future job placement. Attended job site daily to oversee work, progress, and handle any issues. Documented progress and challenges, as well as coordinated with job site to determine future tasks.

***Sandusky Artisans Recovery Community Center*** *May 2018- August 2018*  
**Sandusky, Ohio**

**Summer Intern**

Designed weekly program curriculum for recovering community members. Designed and implemented “Mindful Mondays,” meetings and activities for overall mental well-being, including therapy dog component. Co-facilitated dual diagnosis group. Attended community outreach and assisted with education and advocacy efforts.

**Professional and Educational Associations**

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Vice President, Chi Sigma Iota Counseling Honor Society, Cleveland State University Chapter (2019- 2020)

Member, Association for Adult and Continuing Education (2018-2022)

Member, Association for Professional Dog Trainers (2019-2022)

Member, Ohio Counseling Association (2017- 2022)

Member, American Psychological Association (2016- 2022)

Member, Golden Key International Honor Society (2016- 2017)

Member, National Society of Leadership and Success (2016- 2017)

Member, Psi Chi International Honor Society (2016- 2019)