

Sonda Powell DC

Practice:

Powell Chiropractic PC DBA Optimal Health and Wellness
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Education:

Doctor of Chiropractic (DC) Cleveland Chiropractic College KC, MO 2005
Bachelors of Science (BS) Cleveland Chiropractic College KC, MO 2005

Employment:

Powell Chiropractic PC 2005-Present

Certifications and Courses

Certified Lactation Professional (CLP) 2022

Dynamic Body Balance 100hr Certification (DBB) 2022

First Adjustment (Dr Anrig Chicago, St Louis and Oklahoma City in 2021)

Adjustors Seminar-(2021) Logan Basic (James Thompson), Upper cervical (Bhogahl & O'Neill), Pelvic Floor- (Anrig), Pregnancy and Infant care (Phillips)

Ties That Bind (Buerger 2019)

Masters Elite Mentorship Program (MEMP) Certificate of Completion 2017(Buerger)

G-Force Summit - Mastering Chiropractic Cranial (Boyd 2018)

Oral Functional Assessment Course- 2014 (Tow, Valone, Emmanuel)

Intersect 4 Life- ongoing mentorship and classes on neurodevelopment and sensory processing (Buerger 2011-present)

Webster Certification (Ohm 2003 & 2012)

Generations Mentoring- By educating young parents why pre-conception, the first five years to teens is important for future health of generations to come. As well as creating healthcare alliances and educating the role of chiropractic in pregnancy and pediatrics.

ICPA Courses:

Building the Chiropractic Family Practice(Kevorkian 2010)

Neurosensory Integration (Buerger 2008, 2011, 2012)

Pediatric Health (Palevsky 2008)

Challenged Child (Mullins 2008)

Neurology and Its Practical Application (Horseman 2008)

SOT Cranial 1 & 2 (Rossen2008)

Bridging the Gap between Crisis Care and Optimal Function (Carrino 2008)

Thompson and Logan with Infant Exam (Thompson 2008)

Research (Alcantara 2003)

Essentials of Chiropractic care for Children (Rossi 2003)

Neuroimmunology: Patterns of Interference (Marini 2003)

Full Spine Care (Anrig 2003)

AMP (Spano 2003)

Memberships:

Oklahoma Chiropractors Association Member (OCA)

ICPA Membership 2003-present

Accomplishments:

Dr Sonda Powell has spoken to many organizations such as dental study groups, speech therapy students, midwives, and other chiropractors about how chiropractic can be influential in the breastfeeding dyad. Dr Sonda Powell developed her Leaps and Bounds program to help young parents reach neurodevelopmental milestones through a small group setting encouraging a more holistic approach to caring for their child. Due to Covid this became difficult to offer and more mothers were needing help with breastfeeding. Dr Sonda currently offers multiple small group infant chiropractic and myofascial clinics each week where moms and babies are seen for neuromuscular and neurosensory complications around breastfeeding. Based on history, assessment and dyad goals collaborative care is established to aid families through these first few months. Dr Sonda is currently studying for certification as an IBCLC with plans to be certified in 2023.