

SONYA K. FRIEDMAN, PHD.
111 S. Old Woodward Avenue, Suite 212B
Birmingham, MI 48009
(248) 644-4794

EDUCATION: B.A. Brooklyn College
 M. Ed. Psych. Wayne State University
 PHD. Wayne State University
 Post PHD. California Family Study Center

EDUCATIONAL POSITIONS:

Adjunct Asst. Professor of Health Science, Oakland Univ. (1986-1987)
Master Teacher, Pritikin Longevity Center (1985)
Master Teacher, Canyon Ranch (1996-97)
Master Teacher, The Golden Door (1998)
Guest Lecturer, Crystal Symphony Cruise Line (1997-2000)

FORMER ADVISORY POSITIONS:

Board of Trustees – California Family Study Center
Consultant – Pontiac Osteopathic Hospital
President of the Board – Children’s Free Clinic, Pontiac Osteopathic
Board of Directors – Weizmann Institute
Honorary Chairperson – Make-a-Wish Foundation

CURRENT ADVISORY POSITIONS:

Consulting Psychologist, Sweet16.com
Consulting Psychologist, Party411.com (“Ask The Doctor”)

PROFESSIONAL ROLES:

Certified Marriage Counselor
Certified Consulting Psychologist
Private Practice Psychologist
Psychologist, Rochester Community Schools (1973-1976)

PUBLICATIONS:

“*Secret Loves*,” Crown Publishers, 1994
“*On A Clear Day You Can See Yourself*,” Little, Brown, 1991
“*A Hero Is More Than Just A Sandwich*,” Putnam Books, 1986
“*Smart Cookies Don’t Crumble*,” Putnam Books, 1985
“*Men Are Just Desserts*,” Warner Books, 1983

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MEDIA:

Host, "Sonya Live," CNN, daily talk show (1987-1994)
Psychologist, ABC Talkradio, daily two-hour show (1986-1988)
Host, "Sonya," USA Cable Nationwide (1981-1985)
Host, WXYZ-ABC, then WXYT, daily radio talk shows (1978-1985)
Special Correspondent, ABC Evening News (1976-1978)

COLUMNIST:

Weekly Columnist, *Detroit Free Press* (1983-1993)
Monthly Columnist, *Ladies Home Journal* (1983-1988)
Monthly Columnist and question and answer forum, for
magazine and internet site, *Sweet16.com* (2000 to present)
<http://www.sweet16.com/drsonya/default.asp>

AWARDS/HONORS:

- Michigan Speakers Hall of Fame (1997)
- American Psychological Association (1993)
Presidential Award for Outstanding Contribution through the media
to the public understanding of psychology
- American Women of Distinction Award (1993)
By the Crohn's & Colitis Foundation of America
- American Women in Radio and Television (1991)
First Annual Star Award honoring Dr. Friedman's continued
commitment to issues and concerns of women
- Distinguished Achievement in the Media Award (1990)
By the Anti-Defamation League of B'nai B'rith
- Honorary Fellow (1990)
By Media Psychology Division of the American Psychological Assoc.
- American Women in Television Award (1989)
"Sonya Live," the "Best talk show portraying women's issues"