

Christy Walter, DO, MA, an Emergency Physician with DogGone Depression

Get to know Emergency Physician Dr. Christy Walter, who serves patients in Florida.



New York City, New York Jun 29, 2023 ([Issuewire.com](https://www.Issuewire.com)) - A board-certified emergency physician, Dr. Walter has had the privilege to serve people over the last 20+ years in settings ranging from crisis counseling centers, hospice, trauma centers, community hospitals, and rural facilities.

Currently, she practices emergency medicine as a traveling physician in underserved and understaffed

hospitals across the country. On her off days, she dedicates as much time as possible to serving her community at DogGone Depression, of which she is the Founder & CEO.

Through her company, Dr. Walter offers online life coaching for individuals struggling with anxiety and depression. She has created a 12 week program that addresses Mind, Body, and Spirit through video lectures, high-yield action steps, group forums, group coaching, and art. One participant touted her program as, “The best investment I have ever made,” and another reported, “For the first time ever, I can truly say I love my life.”

Academically, Dr. Walter graduated with her Master of Arts degree in Counseling Psychology from National University in 1995. She then went on to earn her Doctor of Osteopathic Medicine degree from Des Moines University College of Osteopathic Medicine in 2001.

With an unwavering commitment to her specialty, the doctor is board-certified in emergency medicine by the American Osteopathic Board of Emergency Medicine (AOBEM). The AOBEM is an organization that provides board certification to qualified Doctors of Osteopathic Medicine who specialize in the medical and surgical treatment of acutely ill patients with advanced cardiac life support, trauma, and the management of other life-threatening medical issues (emergency physicians).

For decades, Dr. Walter struggled with anxiety, depression and cPTSD. Though successful, her career and life choices heightened her struggles. She knows what it is like to live in “survival mode.” She has spent countless hours and thousands of dollars in therapy. In 2019, at the height of her career, she fell and broke her foot and shoulder. She tried to work but couldn’t safely maneuver through the ER, so she went out on a leave of absence.

Forced to slow down, the depression and PTSD that Dr. Walter had kept at bay through work and busyness completely overtook her life. Depression dictated her every move, every thought, every word, and every moment. She knew she was going down but couldn’t stop the slide into despair, hopelessness, and suicidality. She tried everything she knew to do to free herself – hospitals, residential treatment, extensive therapy, support groups, and studied books.

Her psychiatrist cleared her to return to work in January of 2021. Dr. Walter was excited to jump back into the fray. However, her employer unexpectedly fired her. As the only breadwinner, she panicked. Her family sold everything: home, horses, furniture, and a car. She was left scrambling to find another job. Although she landed on her feet, the experience and life circumstances changed her. Dr. Walter knew she was not able to work at the same level of intensity as she had before.

“My goal and mantra became: “NO DEBT, NO GUILT, MORE TIME.” With a clear vision, new direction, and new focus, I took steps to freedom. I was determined to reinvent myself. One day during prayer and meditation, I started to sketch the face of my dog. As the portrait unfolded, I felt the love of God through the heart and eyes of my dog. I shared the finished portrait with friends who then asked me to do portraits of their dogs. Before I knew it, a business was born. But I didn’t stop there.”

Offering quality healthcare coupled with compassion, connection, and integrative ideas, Dr. Walter is combining her years of education and her own experiences into a course to help others who struggle with mental health issues. She is taking the best of what she has learned, combining it with art, and creating tangible action steps that will lead to lasting change.

Continuously advancing her professional efforts, Dr. Walter is an active member of the American Osteopathic Association and the Florida Medical Association.

Emergency medicine, also known as accident and emergency medicine, is the medical specialty concerned with the care of illnesses or injuries requiring immediate medical attention. An emergency physician works in an emergency department to care for acutely ill or injured patients on an unscheduled basis.

Attributing her success to hard work, determination, and her faith, Dr. Walter is the author of 'An Unlikely Champion: The Story of a Horse and The Girl Who Loved Him.' She is also the podcast host of "The Pawcast", and has been a podcast guest for World of Women, Renowned Leadership LLC, Women of Principle, Single Mom MDs, UR Happy Podcast, and The Mindset School.

Outside of practicing medicine, Dr. Walter enjoys writing, art, kayaking, and is an equestrian. Her favorite place to vacation is Oklahoma City for the yearly Grand National & World Championship Morgan Horse Show.

Learn More about Dr. Christy Walter:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/3173155-Christy-Walter-Emergency-Physician> or through DogGone Depression, <https://doggonedepression.com/surviving-anxiety-and-more/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Christy Walter, DO, MA

[See on IssueWire](#)