

CINDY DERN

Psychotherapist

Licensed Clinical Social Worker



Traditional and Holistic Approaches to Counseling

ABOUT PSYCHOTHERAPY

HOW PSYCHOTHERAPY CAN BENEFIT YOU:

Psychotherapy provides a safe and confidential way for people to get through difficult periods, resolve personal issues, and expand skills to:

- reduce depression, anxiety, and stress
- develop self-confidence
- express thoughts and feelings effectively
- heal from painful experiences
- clarify priorities and attain goals
- enhance quality of life
- experience more joy

Simply put, therapy helps people develop a greater sense of ease, peace, and satisfaction in their lives.

WHO CAN BENEFIT FROM PSYCHOTHERAPY?

Anyone who wants to experience life with greater harmony and less struggle can benefit from therapy. Circumstances and challenges that might spark a desire for guidance include:

- relationships
- family issues
- grief, depression
- fear, anxiety
- trauma
- addiction
- transitions
- health concerns, body image
- work or school difficulties
- questioning the purpose or meaning of one's life

These situations can be overwhelming. Whether an issue is current or past, big or small, therapy is beneficial. It can help turn these challenges into opportunities for growth, inspiring people to achieve and maximize their mental, emotional, physical and spiritual well-being.

WHAT TO EXPECT: CINDY'S APPROACH TO PSYCHOTHERAPY

Cindy creates a compassionate and trusting environment, working collaboratively with her clients to elicit strengths, build skills, and support healing. She empowers people with new tools to break old

cycles, helping them “get out of their own way.”

Initially, Cindy helps her clients clarify their needs and goals, and then works together with them to find the optimal therapeutic approach. She uses talk therapy as the foundation of her practice, and complements it with a range of well-researched psychological and mind/body methods, including:

- EMDR (Eye Movement Desensitization and Reprocessing) - to efficiently relieve anxiety, trauma/PTSD (post traumatic stress disorder), and grief from recent and past events
- Relaxation Skills - to relax, promote sleep, relieve stress
- Guided Imagery and Meditation - using the power of the mind to gain clarity, increase awareness, and enhance peace
- Movement Therapy - to energize, release tension, express feelings
- Hypnotherapy - to change habits and gain better control of one’s life

This integrated approach leads to short term relief and long term shifts. Over time, clients learn to trust their innate wisdom, evolving, thriving, and leading the lives they aspire to.

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A SAFE PLACE TO ENHANCE WELL-BEING

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