

# CINDY DERN

## Psychotherapist

Licensed Clinical Social Worker



Traditional and Holistic Approaches to Counseling

## BIOGRAPHY:

Cindy Dern, LCSW, is a Licensed Clinical Social Worker with a Master's Degree in Social Work. She has over 20 years experience providing psychotherapy and leading workshops for people of all ages. Her private practice in New York's Hudson Valley is affiliated with the Woodstock Therapy Center.

As a member of the Mental Health Services team at Benedictine Hospital in Kingston, Cindy has served as the unit's dance therapist, and has run clinical groups focusing on addiction and women's issues. She also has diverse experience working with cancer patients and their caregivers. Previously, she worked for ten years in the Ulster County public school system counseling middle and high school students.

For over a decade, Cindy has been the lead teacher for a holistic wellness program at the world-renowned Omega Institute. Her CD, *Seeds of Peace*, has helped many learn the benefits of relaxation and guided imagery.

With compassion and integrity at the core of her practice, Cindy honors the unique path of everyone she works with, creating a safe place to enhance well-being.

## AFFILIATIONS:

Omega Institute for Holistic Studies offers workshops, retreats, training and conferences promoting health and wellness. Omega is world-renowned for its top teaching staff and beautiful Rhinebeck, New York campus. Cindy has been teaching at Omega since 1987.

Woodstock Therapy Center has a range of dedicated practitioners who provide psychotherapy and holistic health services for adults and children at reasonable fees. The website offers an extensive listing of resources. Cindy sees clients at this location.

Benedictine Hospital, located in Kingston, New York, is a community of health professionals and service providers widely recognized for excellent care, compassion, and the ability to provide restorative healing experiences. Cindy leads clinical groups in the Mental Health Unit.

Hudson Valley Guild of Mental Health Professionals is an association of practitioners dedicated to providing referrals for psychotherapy and other mental health services, increasing public knowledge about mental health issues, and supporting professionals to enhance their skills. Cindy has been a member of this organization since 1998.

National Association of Social Workers (NASW) is the largest membership organization of professional social workers in the world. It works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies. Cindy has been a member of this organization since 1995.

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