

## 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.



**CINDY DERN**  
Psychotherapist  
LCSW

Traditional and  
Holistic  
Approaches to  
Counseling

Over 20 years experience

A SAFE PLACE TO ENHANCE WELL-BEING

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**“By working with Cindy,**

I have benefited in  
more ways than  
I ever imagined.”

~ female client, age 23

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## 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

**“Cindy worked with me** to find the right method for me, rather than prescribing a ‘one size fits all approach.’ I have always felt that I was a partner in the process.”

~ male client, age 56

## 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

It’s often possible to feel overwhelmed. 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.

**“Cindy taught me skills** to be more assertive and confident in myself. She helped me move through some of my darkest periods with a level of grace.”

~ female client, age 37

## 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, and grief from recent and past events
- Relaxation Skills – to relax, promote sleep, relieve stress
- Guided Imagery – using the power of the mind to gain clarity, access intuition, and affect change
- 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.