

CINDY DERN
Psychotherapist
Licensed Clinical Social Worker



Traditional and Holistic Approaches to Counseling

Resources

EMDR EYE MOVEMENT DESENSITIZATION AND REPROCESSING:

EMDR Institute, Inc. is an organization that provides information for clients and clinicians including: the role of EMDR in psychotherapy, research, how to find a clinician, training, and answers to Frequently Asked Questions. The institute provides training for therapists.

EMDR International Association is a professional organization which promotes training, research, and the sharing of the latest clinical information for clinicians, researchers, and the public. Click on link and go to "About EMDR."

EMDR Network is a website dedicated to helping both the lay person and clinicians find out more about EMDR. It includes a brief description of EMDR, information about EMDR effectiveness, and organizations that recognize it.

LOCAL RESOURCES HUDSON VALLEY, NEW YORK:

Family of Woodstock is a community-oriented organization serving Ulster County, New York and surrounding communities with a 24 hour hot line (845-338-2370), shelters, emergency food pantries, child care support and counseling/case management services. Their services are, with few exceptions, free-of-charge and confidential. 845-331-7080

Mental Health Association, Kingston, New York is a not-for-profit organization aimed at promoting mental health wellness for adults, children and families through education, advocacy and service programs. Services for adults: 845-339-9090; services for children/families: 845-336-4747

MENTAL HEALTH RESOURCES:

National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. Founded in 1979, NAMI has become the nation's voice on mental illness, and provides advocacy, research, support and education. Call the HelpLine 800-950-6264.

National Institute of Mental Health is the largest scientific organization in the world dedicated to research focused on the prevention, treatment and understanding of mental health issues. It supports innovative science, and has comprehensive information

regarding many aspects of mental health.

HOLISTIC HEALTH RESOURCES:

Dr. Andrew Weil, MD is a Harvard Medical School graduate, and the founder/director of the program in Integrative Medicine at the University of Arizona. He provides updated information on health and healing through his website, books, newsletter, and more.

Health Journeys - Resources for Mind, Body, & Spirit

This website offers books, CDs, research and resources including guided imagery for stress reduction, addictions recovery, healing trauma, reducing anxiety and panic attacks, weight loss, relieving pain, coping with cancer, easing grief, enhancing relationships, improving memory and promoting sleep.

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A SAFE PLACE TO ENHANCE WELL-BEING

phone
845-679-8184