

CINDY DERN
Psychotherapist
Licensed Clinical Social Worker



Traditional and Holistic Approaches to Counseling

TESTIMONIALS

COLLEAGUES SAY:

"Cindy has a wonderful ability to connect with people. She establishes meaningful therapeutic relationships, integrating different approaches to meet the unique needs of her clients. Cindy skillfully creates an environment that's flexible and authentic."

Dr. Ernest Shaw, MD - psychiatrist
Director, Center for Mind/Body Medicine

"I've known Cindy's work for ten years, and have been impressed by her ability to integrate classical psychotherapy with various alternative methods. Her commitment to EMDR and dance therapy is inspiring. She offers creativity, passion, and wisdom in working with both adults and adolescents."

Dr. Carlos Valle, MD - psychiatrist
Medical Director, Mental Health Services,
Benedictine Hospital

"Cindy approaches therapy with quality, integrity, professionalism, and especially with lots of compassion. She is a real asset to our center."

Bob Hausman, MA - adult and family psychotherapist
Director, Woodstock Therapy Center

"Cindy is extremely conscientious and respectful in her work with both individuals and groups. She demonstrates clinically astute behavior, and is attentive to continually improving her skills."

Jeanne Weiss, LMSW, OTR - social worker and occupational therapist, OT Supervisor, Mental Health Services,
Benedictine Hospital

ADULT CLIENTS SAY:

"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."

"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."

"By working with Cindy, I have benefited in more ways than I ever

imagined."

"Cindy creates a warm and relaxed atmosphere that makes the process fun and enjoyable."

"I am able to articulate some of my deepest fears in a safe environment."

"She lets me move at a comfortable pace; she pushes me enough to make progress, but not with so much pressure that I want to run."

"Lighthearted; genuine; safe; realistic; encouraging."

"I am starting to have more faith in myself."

"Cindy enables people to find answers inside themselves; she doesn't preach or provide trite advice but rather uses a variety of listening, quieting, and awareness techniques to help people find and hear what's going on inside their own mind. These insights are so valuable because they are self-found."

"Cindy takes a holistic approach to therapy, treating not just the mind but the body and spirit as well."

"She is the right therapist for me because I need a gentle approach at this time in my life."

"Sometimes I want to work through heavy feelings, and sometime I just need to vent or get some feedback - she is flexible with what I need."

"Within a few sessions, I began to see improvement."

TEEN CLIENTS SAY:

"Cindy's awesome, easy to talk to, 'a responsive diary'."

"She's done what I thought was impossible; Cindy helped me to reconnect and build trust with my dad and step mother."

Testimonials specific to EMDR - see [EMDR](#)

Testimonials regarding workshops - see [Workshops](#)

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A SAFE PLACE TO ENHANCE WELL-BEING

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