

CINDY DERN  
Psychotherapist  
Licensed Clinical Social Worker



Traditional and Holistic Approaches to Counseling

## WORKSHOPS AND TRAINING

Cindy facilitates workshops for personal and professional development. She has over twenty years experience providing innovative programs uniquely designed to meet the specific needs of various organizations including health and mental health facilities, schools, hospitals, businesses and community groups. Topics include:

- Wellness and stress reduction
- Staff retreats
- Movement and creative arts
- Training for professionals

Cindy specializes in training mental health practitioners in how to integrate holistic and traditional methods into their therapy practice. She also consults with business groups and organizations, working with them to improve communication and foster positive relationships to support their mission.

## TESTIMONIALS:

*"I've seen Cindy inspire people to take risks and try things they never thought they could do, especially as it relates to movement, relaxation and creative expression. She is a dynamic, flexible and energetic group facilitator."*

Barbara Sarah, LCSW  
Founder, Oncology Support Program, Benedictine Hospital  
Director, Third Opinion

*"For six years, you provided a range of services for us, including workshops on stress management, drug prevention, creative movement, and others. Your success with both teens and adults is borne out by hundreds of positive evaluations from students, professionals, parents, and community members. Your skills, attitude and abilities are of the highest quality."*

Isabel Burk, M.S., CHES  
Coordinator, Regional Drug Education Center  
Putnam/Northern Westchester BOCES

*"Your keynote address and workshops on wellness were the highlight of the Partnership for Wellness; Peer Leadership Youth Conference. I was impressed by the high degree of sincerity and professionalism with which you gave your presentations."*

Public school teacher  
Institute for Prevention Conference

*"Your presentation called Adding Zest: A Creative, Skill Building Workshop for Clinicians was truly excellent and inspiring! Everyone was engaged and came away with many tools for their tool box. You were a great role model in demonstrating how you genuinely love your work."*

Social Worker  
BOCES Southern Westchester County

*"Cindy is an excellent instructor. Her creativity is outstanding and she makes everyone feel very comfortable, free, and expressive in her classes. Other guests have commented to me about how outstanding an instructor she is. She's terrific!!"*

Movement Class student  
Omega Institute

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A SAFE PLACE TO ENHANCE WELL-BEING

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