

Cindy Dern, LCSW-R
Licensed Clinical Social Worker



I blend traditional and holistic approaches, and every day I see people's lives get better. For over 25 years I've helped women, men and teens deal with issues including anxiety, depression, stress, panic, PTSD/trauma, addiction, grief, health concerns, body image, eating disorders, self-care, relationships, transitions, career path and creative blocks.

In addition to traditional talk therapy, I offer approaches such as relaxation skills, EMDR for trauma/anxiety (Eye Movement Desensitization and Reprocessing), guided imagery, movement therapy and cognitive-behavioral skills.

Also, I have facilitated workshops and trainings since 1987.

Currently I teach the Listening To Your Body; Building Confidence, Trust and Wisdom Through Self-Care workshop at Omega Institute in Rhinebeck, NY, and was the lead teacher for Omega's Introduction To Omega Living Program for twelve years.

I run therapy groups in the community which focus on body/mind methods and healing, including a women's group. Please inquire.

With compassion and integrity at the core of my practice, I honor the unique path of everyone I work with, creating a safe place to enhance well-being. I respect the importance of going at the right pace and finding the best approach for each person.

In my own life I find joy and balance through nature, dance, meditation, family and friends, healthy and tasty food, and being sensitive to the planet in which we live.

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