



6268 E. Riverside Blvd
Loves Park, Illinois 61107

Phone: (815) 397-2224
E-mail: bmna-cyndi@comcast.net

Cynthia Hope Kindgren

Completed Continuing Education Credits

- 3/6/2017 **Neurofeedback Certification – Module III: Instrumentation**
4 hours *New Mind Academy - Home Study*
This course is a detailed explanation of the EEG biofeedback definition and its main goal. It is designed to assist you acquire your didactic hours and obtain your neurofeedback certification.
- 2/27/2017 **Navigating Ethical Challenges**
6.25 hours *PESI – Seminar*
Regarding best practices in responding to suicide, violence, and abuse issues, important risk, management strategies for clinical practice, boundary dilemmas and how they can affect you, and how to avoid common hazards in clinical practice related to professional ethics
- 2/22/2017 **Defiant and Disruptive Children**
6.25 hour *PESI– Seminar*
Gain immediate strategies for out of control behaviors and techniques for emotional regulation along with long term treatment strategies to help kids at home and school.
- 2/18/2017 **Neurofeedback Certification – Module II: Neuroanatomy and Neurophysiology**
4 hours *New Mind Academy- Home Study*
This course is a detailed explanation of the EEG biofeedback definition and its main goal. It is designed to assist you acquire your didactic hours and obtain your neurofeedback certification.
- 1/23/2017 **Neurofeedback Certification – Module I: Introduction to EEG Biofeedback**
4 hours *New Mind Academy- Home Study*
This course is a detailed explanation of the EEG biofeedback definition and its main goal. It is designed to assist you acquire your didactic hours and obtain your neurofeedback certification.
- 12/17/2016 **Supervision of Christina Morris MS, LCSW**
1 hour *BMPC – Supervision*
Discussed marriage counseling case, and seeing the wife one on one. Previous counseling was pursued elsewhere, but was discontinued as individual therapy wasn't implemented soon enough.
- 12/13/2016 **Supervision of Christina Morris MS, LCSW**
1 hour *BMPC– Supervision*
Assisted Christy in understanding and complying with request from attorney. Patient died of natural causes, and private attorney was requesting to speak with Christy. Directed her to obtain release and consult her professional liability insurance to receive consult from her attorney.
- 4/7/2016 **Supervision of Christina Morris MS, LCSW**
1 hour *BMPC– Supervision*
Discussed patient treatment regarding anxiety and family issues. Christy has been able to teach this client self-regulation techniques , has utilized deep breathing, progressive muscle relaxation.
- 10/4/2015 **Supervision of Christina Morris MS, LCSW**
1 hour *BMPC– Supervision*
Christy learned how to instruct and score the Conner's Self Report. Assisted in understanding scoring.

- 8/5/2015
1 hour
Supervision of Christina Morris MS, LCSW
BMPC- Supervision
Discussed current patient including treatment techniques utilized, problems remaining, effectiveness of treatment, and what else can be done.
- 3/27/2015
1.5 hours
Attachment-Focused EMDR: Healing Relational Trauma
PESI- Home Study
This course highlights a new method of integrating EMDR into clinical practice with an attachment focus to address the challenges of relational wounds.
- 3/18/2015
6 hours
Yoga and Mindfulness Tools
PESI- Seminar
The tools of yoga and mindfulness offer both a way to handle these challenges in the moment, and a way to increase children's resilience and ability to self-regulate in the future. Using the framework of - Connect, Breathe, Move, Focus and Relax - we can help children move from a state of reactivity and anxiety to a state of balance and engagement.
- 2/23/2015
6.25 hours
Over 75 Quick Techniques: On the Spot Techniques for Children
CMI- Home Study
This resource will guide you through focused, clear and successful methods for treating children. Every clinician who seeks to fill their toolbox with tested methods will end this seminar recording with a wealth of fresh ideas and rejuvenated spirits.
- 6/25/2013
6.25 hours
Using the DSM-5 for Revolutionizing Diagnosis and Treatment
PESI- Seminar
Controversy, change, and one of the most anticipated events in mental health history is here. The DSM-5 is going to change the way you view, diagnose and treat mental illness. During this seminar you will discuss the impact these changes will have on certain diagnoses and, most important, on the way you diagnose.
- 2/6/2013
1 hour
Evidence-Based Effective Practices with Older Adults
ACA - Home Study
Older persons constitute an increasingly large population with significant mental health challenges. The authors review outcome research for both diagnosable conditions and late-life transitions as a basis for evidence-based practice with this population.
- 2/3/2013
1 hour
Supervision of Ashley Heatherman MSW, LCSW
BMNA
Reviewed Ashley's caseload. Answered questions regarding specific patient issues. Provided information on TBI, EMDR, and CBT.
- 1/28/2013
6.25 hours
Smart but Scattered: Executive Dysfunction at Home and School
PESI- Seminar
This seminar provides you with a set of tools to use with children who have deficient executive skills that includes strategies for task/environmental modifications, skill development through cognitive/behavioral techniques and creation of incentive systems.
- 10/25/2012
6 hours
Tranquil Brain
INR-Home Study
This home study goes into detail regarding mood swings, stress, and hormones effects on the brain.
- 9/11/2012
1 hour
Taking in the Good
CMI- Home Study
This course goes into detail regarding the mindful internalization of resource experiences for love and intimacy.

- 9/5/2012
1.5 hours
IMAGO Dialogue: The Listening Cure
CMI- Home Study
This recording posits that therapy consists not so much in the action of talking but in the experience of how one is listened to while they talk, and that the more accurate name for successful therapy is the “listening cure.”
- 4/28/2012
2.75 hours
The Science of Trust and Betrayal
CMI – Home Study
INSERT DESCRIPTION HERE
- 1/27/2012
1 hour
Supervision of Ashley Heatherman MSW, LCSW
BMNA – Supervision
Discussed high conflict patient and options for treatment. Processed other cases and Ashley's comfort level as an independent contractor.
- 1/20/2012
1 hour
Supervision of Ashley Heatherman MSW, LCSW
BMNA – Supervision
Ashley presented her caseload, patient issues, and current diagnosis treatment plan. Patients are showing benefit and progressing under Ashley's care.
- 1/13/2012
1 hour
Supervision of Ashley Heatherman MSW, LCSW
BMNA – Supervision
Reviewed compensation techniques. Discussed how brain train and techniques can be applied with specific patients on her case load. Ashley had read the material and showed good understanding.
- 1/6/2012
1 hour
Supervision of Ashley Heatherman MSW, LCSW
BMNA – Supervision
Further discussed cognitive deficits. Ashley was given reading material on TBI and compensation methods for improving cognition after illness or injury. Ashley shows progress in her understanding of these topics.
- 12/16/2011
1 hour
Supervision of Ashley Heatherman MSW, LCSW
BMNA – Supervision
Presented Brain Train cognitive retraining program. Discussed different exercises and hoe to read a neuropsychological report to identify what specific areas need to be addressed. Ashley showed good effort and understanding.
- 10/21/2011
1 hour
Supervision of Ashley Heatherman MSW, LCSW
BMNA – Supervision
Discussed case load. Identified specific patient issues and diagnosis. Ashley showed good compassion, ethics, and therapy skills.
- 10/7/2011
1 hour
Supervision of Ashley Heatherman MSW, LCSW
BMNA – Supervision
Discussed specific office procedures. Completed forms, liability insurance, and discussed upcoming scheduled patients. Clinician showed good understanding of treatment options for depression, anxiety, and PTSD.
- 3/23/2011
6 hours
Conquering Pain
INR- Home Study
Learn to explain the major physical and psychological factors that contribute to pain perception and outline the potential role of physical therapy, cognitive interventions, acupuncture, and complementary medical therapies in pain relief.
- 5/24/2010
1 hour
Supervision under Dr. Daniel Sternberg, Ph.D.
EMDR Institute – Supervision
EMDR Institute Basic Training Case Consultation

- 5/17/2010
1 hour
Supervision under Dr. Daniel Sternberg, Ph.D.
EMDR Institute – Supervision
EMDR Institute Basic Training Case Consultation
- 5/10/2010
1 hour
Supervision under Dr. Daniel Sternberg, Ph.D.
EMDR Institute – Supervision
EMDR Institute Basic Training Case Consultation
- 4/19/2010
1 hour
Supervision under Dr. Daniel Sternberg, Ph.D.
EMDR Institute – Supervision
EMDR Institute Basic Training Case Consultation
- 4/12/2010
1 hour
Supervision under Dr. Daniel Sternberg, Ph.D.
EMDR Institute – Supervision
EMDR Institute Basic Training Case Consultation
- 12/8/2009
1 hour
Supervision under Thomas Dudgeon, Ph.D.
BMNA– Supervision
Discussed patient treatment for brain injury diagnosis including treatment of remaining impulse control problems, memory issues, and relationship distress.
- 9/21/2009
1 hour
Supervision under Linda Bedsole, Psy.D.
EMDR Institute – Supervision
EMDR Institute Basic Training Case Consultation
- 6/12-14/2009
20 hours
EMDR Basic Training Weekend 2
EMDR Institute Inc. – Seminar
The EMDR Therapy Basic Training is designed for licensed mental health practitioners who treat adults and children in a clinical setting. EMDR is a comprehensive psychotherapy that accelerates the treatment of a wide range of pathologies and self-esteem issues related to disturbing events and present life conditions.
- 5/11/2009
1 hour
Supervision under Dr. Daniel Sternberg, Ph.D.
EMDR Institute – Supervision
EMDR Institute Basic Training Case Consultation
- 4/20/2009
1 hour
Supervision under Dr. Daniel Sternberg, Ph.D.
EMDR Institute – Supervision
EMDR Institute Basic Training Case Consultation
- 3/16/2009
1 hour
Supervision under Dr. Daniel Sternberg, Ph.D.
EMDR Institute
EMDR Institute Basic Training Case Consultation
- 3/10/2009
1 hour
Supervision under Sheila Bender, Ph.D.
EMDR Institute – Supervision
EMDR Institute Basic Training Case Consultation
- 3/2/2009
1 hour
Supervision under Dr. Daniel Sternberg, Ph.D.
EMDR Institute – Supervision
EMDR Institute Basic Training Case Consultation
- 3/2/2009
1 hour
Supervision under Thomas Dudgeon, Ph.D.
BMNA– Supervision
Discussed patient treatment for transgender and depression diagnosis.
- 3/2/2009
1 hour
Supervision under Thomas Dudgeon, Ph.D.
BMNA– Supervision
Discussed Brain Injury Case, treatment options, and setting therapeutic boundaries.

- 1/23-25/2009
20 hours
EMDR Basic Training Weekend 1
EMDR Institute Inc. – Seminar
The EMDR Therapy Basic Training is designed for licensed mental health practitioners who treat adults and children in a clinical setting. EMDR is a comprehensive psychotherapy that accelerates the treatment of a wide range of pathologies and self-esteem issues related to disturbing events and present life conditions.
- 10/27/2008
6 hours
The Immune System: The Mind Body Connection
IBP- Home Study
This course outlines the immune system and its interactions with the mind in regards to conditions such as fatigue and depression.
- 3/15/2008
6 hours
Understanding Bipolar Disorder
ACA- Home Study
Bipolar spectrum disorders are frequently misunderstood, misdiagnosed, improperly treated and carry a high lifetime risk of coexisting disorders, morbidity, and early mortality, including suicide. This course gives detailed information on diagnoses, biology and neurology, pharmacology, and current treatment options.
- 7/5/2006
6 hours
Evaluation and Assessment in Counseling Supervision
IMHCA– Seminar
This seminar discusses how to interact with difficult supervisees, evaluation of post-graduates versus professionals, boundaries and dual relationships, and competence issues including growing as a supervisor.
- 5/11/2006
6 hours
Effective Strategies in Counseling Supervision Study at Home Audio Training Program
IMHCA- Home Study
This course details the following: Models in supervision: new avenues and ideas, stages in supervisee development, evaluation and assessment techniques, supervisor competence and need for professional, and development, advanced ethical and legal issues of supervision
- 5/16/2006
6 hours
Assessing Boundaries and Building the Supervisory Relationship
IMHCA– Seminar
This seminar discusses the process of developing the relationship between supervisor and supervisee while addressing boundaries.
- 4/21/2004
6 hours
Anxiety Disorders: Research, Diagnosis, and Treatment
Cross Country University – Seminar
This seminar details various anxiety disorders and the research behind them including diagnoses and treatment.
- 11/20/2003
1 hour
Recreating Partnership: Solution-Oriented Collaborative Approach to Couples Therapy
Health CE – Home Study
Recreating partnership couples therapy is based on assumptions that couples, no matter how chronic or long-standing their problems, always have strengths and resources and a capacity for working together, which are often unrecognized and underutilized. This course provides a pragmatic approach to couples therapy that is solution-oriented, collaborative, and strength-based with the couple at the center of the process.
- 8/20/2003
1 hour
Expert Consensus Guideline Series: Treatment of Obsessive-Compulsive Disorder
Health CE
These guidelines are for treating OCD and are based on a wide survey of the best expert opinion and are meant to be of immediate help in everyday clinical work.

6/2/2002
7 hours

Clinical Psychopharmacology Made Ridiculously Simple

CE-Credit.com – Home Study

This excellent concise book not only has appeal for physicians, but mental health practitioners and patients on psychotropics will also find it most useful. Highly condensed, authoritative, well-written, and comprehensive, it provides up-to-date important information on diagnostics, differential diagnosis and medication strategies.

9/11/2002
4 hours

Introduction to Using Neuro-Linguistic Programming (NLP): 4 CEHS

CES, Inc. – Home Study

NLP is effective with brief therapy methods. NLP's focus is to help individuals understand how unconscious limiting thoughts effect behavior patterns, and to show them how they can change these automatic patterns and create new ways of thinking and feeling.

1/2002
4 hours

Coaching Others on Enhancing Communications: 2 CEHS

CES, Inc. – Home Study

This home study is designed to help health care professionals assist clients in learning and implementing basic communication techniques which can ultimately lead clients towards meeting and/or exceeding desired outcomes in every aspect of life, personal and/or professional.