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# Cynthia Hope Kindgren

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## CURRICULUM VITAE

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### CAREER SUMMARY

Demonstrating accomplishments in individual, family, group counseling, assessment, consultation, psychotherapy, neuropsychological testing, Neurofeedback, hypnosis, EMDR, advocacy, crisis management, community development, and the independent living philosophy. Has worked in multiple settings including community clinic, Rehab Hospital, and Private Practice.

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### EDUCATION

- 1998-2000      M.S., Edu. Northern Illinois University Dekalb, Illinois  
Major: Counseling, Concentration: Community agency counseling  
Certification: G.P.A. 3.8/4.0
- 1995-1997      B.S., University of Illinois, Champaign/Urbana Illinois  
Major: Psychology Concentration : Child welfare and family crisis  
Certification: G.P.A 3.6/4.0 major
- 1993-1995      Rock Valley Community College, Rockford Illinois  
Major: Human services Concentration: Family Conflict  
Certification: G.P.A 3.8/4.0

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### PROFESSIONAL EXPERIENCE/TRAINING

- 2015 - Present      **Owner/Clinical Director**  
**Neurofeedback provider**  
*Behavioral Medicine P.C., Loves Park Illinois*  
Training and Consultation through Braintrainer.com. Learned to utilize the TLC7.ap assessment protocol for use with the bioexplorer software. 100 hours of consultation with Neurofeedback trainer. Also learned to utilize 20+ Neurofeedback training protocols for assessment and training. Training is commonly used for improvements with ADHD, sleep, cognitive deficits, sensory deficits, emotional control of mood and anxiety, regulation of anger, and reduction of pain.
- 2013 - Present      **Owner/Clinical Director**  
**Licensed Clinical Professional Counselor**  
*Behavioral Medicine P.C., Loves Park Illinois*  
Formed a Private Practice providing a variety of assessment and treatment services to individuals, couples, and families with physical emotional and cognitive difficulties. Services include: Neurofeedback, cognitive behavioral therapy, EMDR, adjustment counseling, cognitive retraining, hypnosis, psychotherapy, Health and Behavioral Intervention, imagery, relaxation techniques, insight oriented counseling, and mindfulness skills. Typical diagnoses include PTSD, ADHD, neurological injuries or illnesses including concussion, traumatic brain injury, spinal cord injury, seizure, migraine, brain tumor, multiple sclerosis, and chronic pain.

**Transcripts And References Available Upon Request**

- 2002 - Present  
**Expert Witness**  
Provided expert testimony for injury cases. My testimony has been provided via deposition and court trial. I have testified in injury cases for Workmen's Compensation, Auto Accident, and Personal Injury. The types of injuries I have testified for have been cognitive and emotional deficits due to traumatic brain injury, spinal cord injury, and concussion.
- 5/2002-2013  
**Psychometrician/Licensed Clinical Professional Counselor**  
*Behavioral Medicine & Neuropsychological Associates LLC, Rockford Illinois*  
Formed a Partnership in an independent practice providing a variety of services to persons with physical, emotional and cognitive impairments. Services include, neuropsychological testing, behavior management, evaluate emotional assessment in relation to pain, adjustment counseling, psychotherapy and inpatient consultation.
- 6/2000-5/2002  
**Psychometrician/Rehabilitation Counselor**  
*Rockford Memorial Hospital, Van Matre Health South Rehabilitation Center, Rockford, Illinois*  
Proficient in providing administration and scoring of neuropsychological tests from the Halstead-Reitan battery including; WMS-III, WAIS-III, WISC, WRAT-R, PIAT-R, WCST, Trails, CVLT, CVLT-C, Rey-O, Beck Scales, MMPI-II, and MAE. This testing is utilized to aid in diagnosis of cognitive impairments including ADD, depression, anxiety, dementia and multiple sclerosis. In addition the testing is utilized to assist people with brain injury, stroke and other impairments in returning to work and driving. Also worked as part of a multi disciplinary team for inpatients and outpatients providing cognitive assessment, family counseling, consultation, adjustment counseling, and behavior management.
- 12/2000 - 5/2000  
**Internship/ Neuropsychology**  
*Rockford Memorial Hospital, Van Matre Rehabilitation Center, Rockford, Illinois*  
Completed a 600-hour internship with rehabilitation inpatients. Common diagnoses included stroke, brain injury, spinal cord injury, and debility. Provided initial cognitive assessments, individual and group counseling, administered Halstead-Reitan neuropsychological test batteries, and provided consultation. This internship was supervised by a Clinical Psychologist.
- 08/1999 - 12/1999  
**Practicum/Group Facilitator**  
*Grief Counseling Center, Rockford, Illinois*  
Worked through the grieving process with adults and children. Facilitated group cohesion, provided a safe environment and educational information surrounding grief issues. This practicum was supervised by an L.C.S.W.
- 08/1999 - 12/1999  
**Practicum/Counselor**  
*Northern Illinois University Counseling Lab*  
Provided individual counseling, client centered consultation, advocacy, and referral to clients with a variety of issues. All sessions were taped and/or observed by a Ph.D. supervisor.
- 08/1997 - 06/1998  
**Family Counselor/Case manager**  
*Janet Wattles Mental Health Center, Rockford Illinois*  
*Mildred Berry Center 412 Program*  
Provided DSM-IV diagnosis and mental health services to families including; assessments, individual, family, and group counseling, case management, client-centered consultation, advocacy, and referral.
- 08/1996 - 07/1997  
**Advocate/ Administrative Assistant / Newsletter Producer**  
*Best Interest of Children (BIOC), Champaign Illinois*  
Worked with families involved in the child welfare system. Provided case management, assessment, information referral, crisis management, counseling, advocacy, and mediation.
- 12/1996- 05/1997  
**Intern-Program Coordinator Assistant**  
*Persons Assuming Control of Their Environment (PACE), Champaign Illinois*  
Answered information/referral calls for individuals with various disabilities. Provided case management, intake assessments for walk in clients, and facilitated management of independent living.

**Transcripts And References Available Upon Request**

12/1994-07/1995 **Crisis Line Worker**

*Contact; Rockford, Illinois*

Worked on a 24 hr. crisis line. Provided crisis management utilizing active listening, problem solving, and suicidality assessment skills.

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### **PROFESSIONAL SPECIALTIES**

I specialize in providing cognitive and emotional assessments as well as treatment for trauma, ADHD, chronic pain, neurological injuries or illness including Traumatic Brain Injury, Stroke, Multiple Sclerosis, concussion, brain tumor, and seizures. I have certification and/or special training for trauma, cognitive deficits, and emotional deficits related to injury or illness.

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### **MEMBERSHIPS & HONORS**

- 2002- Present ❖ Member of the American Counseling Association
- 2002- Present ❖ Member of the Illinois Counseling Association
- 2002- Present ❖ Member of the Illinois Mental Health Association
- 2013 - Present ❖ Member of National Association of Professional Women
- 2015 - Present ❖ Member of Eye Movement Desensitization Reprocessing International Association
- 1998 - 2000 ❖ Dean's list Northern Illinois University
- 1995 - 1997 ❖ Dean's list University of Illinois
- 1993 - 1995 ❖ Dean's list Rock Valley College

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### **CERTIFICATIONS/LICENSURE**

- 2002- Present ❖ Licensed Clinical Professional Counselor (LCPC)
- 2007- Present ❖ Certified Hypnotherapist-American School of Hypnosis
- 2009- Present ❖ Eye movement desensitization and reprocessing (EMDR) certification
- 2015 - Present ❖ Amen Certified Provider

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### **ACTIVITIES / INTERESTS**

God, music, writing poetry & short fiction, scrap booking, dachshund lover, traveling, and spending time with my family.