



## **Mrs. Cynthia Hope Kindgren MS/LCPC**

**Licensed Clinical Professional Counselor**

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I create a safe but challenging environment for people in which they can identify and explore their issues. I provide them with educational information regarding their issues and assist them in understanding and processing this information. I believe in the incredible power of the mind and the magnificence of the human spirit. I believe with guidance we all have the ability to identify issues. I believe we all have the power to change our thoughts and behaviors. I also believe we each have the potential to heal and the capacity to rebuild. I use psychotherapy, EMDR, cognitive retraining and hypnosis to assist people in achieving a happy healthy balanced life.

As each individual is unique it is often necessary to utilize techniques from a variety of styles. I feel comfortable utilizing an eclectic approach based upon each person's needs. I draw techniques and materials from cognitive behavioral approaches as well as hypnosis, EMDR, dream work, insight orientated and educational models of therapy.

I attended the University of Illinois at Champaign Urbana for my undergraduate work in psychology, graduating with honors. I began treating children and families at Janet Wattles Mental Health center in 1997. I now specialize in treating emotional and cognitive issues experienced by people with neurological and physical impairments. I assist individuals, couples and their families in dealing with depression, anxiety, cognitive deficits and adjustment issues related to brain injury, stroke, chronic pain, spinal cord injury, multiple sclerosis and other neurological conditions. I also provide hypnosis, EMDR, cognitive retraining and counseling for self esteem, depression, OCD, anxiety, couples issues, parenting issues, and chronic pain.

I completed my graduate work at Northern Illinois University graduating with honors in counseling. I completed an internship in neuropsychology at Rockford Memorial Hospital. I continued to work in the neuropsychology department at VanMatre Health South Rehabilitation Center until 2002, when I began my private practice. I am the founder and owner of Behavioral Medicine, P.C. I am a Licensed Clinical Professional Counselor in the state of IL. I am a member of the American Counseling Association, Illinois Counseling Association, and the Illinois Mental Health Association. In 2007 I received Hypnosis certification. In 2010 I became certified in EMDR. I have worked in a variety of settings providing assessments and treatment to children, adults, couples and families.

I have personal knowledge of how to effectively cope with tragedy and manage pain. I sustained a spinal cord injury in 1991 which resulted in quadriplegia. I was paralyzed from the neck down, confined to a wheel chair that I operated by blowing in a straw. Over the years, I have relearned how to dress myself, feed myself, sit, stand and I now walk with a cane. I have learned how to access and utilize the incredible power of the mind to reduce suffering and pain. I have strategies and techniques that can help individuals and their family members cope with the many changes that follow a serious illness or injury.

Please feel free to contact my office with questions or to schedule an appointment to improve the quality of your life.