

Dr. Cynthia Grow, PsyD, LMFT

Doctor of Applied Clinical Psychology, Trauma Specialist  
Marriage & Family Therapist Lic. #85046 (CA) #2636 (FL)



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EDUCATION

Doctor of Applied Clinical Psychology (PsyD) January 2012 - October 2015  
The Chicago School of Professional Psychology  
Los Angeles Campus

Master of Science in Marital, Couple, Family Counseling & Therapy August 2005 - December 2008  
Stetson University, DeLand, FL

Bachelor of Arts in Psychology August 1975 - May 1977  
University of California, Santa Barbara, CA

PROFESSIONAL LICENSES

Marriage & Family Therapy January 2015 - Present  
California, #85046

Marriage & Family Therapy January 2012 - Inactive  
Florida, #2636

TRAININGS

Dr. Frank Anderson's Internal Family System (IFS) 4-Month Intensive Trauma Treatment Program January 2025

MDMA-Assisted Therapy Education & Training in collaboration with MAPs Public Benefit Corporation (Lycos)/Fluence January 2024

Psychedelic Therapy & Integration January-February 2024  
MDMA-assisted Therapy Research  
Psilocybin-assisted Therapy Research

Psychedelic Integration: Premise & Promise/Fluence May 22, 2023

Ketamine-Assisted Psychotherapy Theory & Methodology/Fluence July 14, 2023

BrainSpotting – Comprehensive Trauma Resource Model March 13 - 16, 2014

Eye Movement Desensitization and Reprocessing (EMDR)  
Weekend I – Chicago, IL September 2008  
Weekend II – Orlando, FL March 2009

CERTIFICATIONS

Eye Movement Desensitization and Reprogramming (EMDR) May 2021

SENG Model Parent Group Facilitator July 2009  
Supporting the Emotional Needs of the Gifted (SENG) Orlando Conference

**National Certified Counselor**  
Stetson University, NCC # 254328

April 2009 - 2015

**PREPARE/ENRICH Program for Couples**  
University of Central Florida Training Academy

August 2006

### RESEARCH

**Doctoral Dissertation, *The Trauma of the Gifted Child*** – published on ProQuest.com

May 2020

### PROFESSIONAL EXPERIENCE

**Doctor of Applied Clinical Psychology & Licensed Marriage & Family Therapist**  
*Private Practice*

February 2018 - Present

- Specialized areas: single-incident trauma, chronic/complex trauma, and dissociation (DID)
- Special populations: Veterans; First Responders; the emotional needs and sensitivities of the gifted/talented/highly creative; LGBTQI+ community
- Psychotherapy for adults, teens, couples, and families
- Psychedelic Psychotherapy Preparation, Guidance, Processing & Integration  
Note: Psychedelic psychotherapy preparation, guidance, processing and integration services are offered in the interest of harm reduction and therapeutic guidance. No psychedelic substances are offered or procured for clients by this therapist.

**Licensed Marriage & Family Therapist/Trauma Specialist**  
*The New Beginnings Center, Counseling & Integrative Health, Camarillo, CA*

March 2015 – January 2018

- Specialized in single-incident, complex trauma, dissociation (DID), as well as the emotional needs of the gifted/talented/highly creative and LGBTQI+ communities.
- Provided individual and group therapy in a safe, confidential setting for individuals, couples, and families.

**Licensed Marriage & Family Therapist/Trauma Specialist**  
**Psychological Assistant #PSB94020487**  
**Pre-Doctoral Practicum/Internship**  
*The Bella Vita – A Beautiful Life Psychology Group, Inc., Los Angeles, CA*

September 2012 – August 2015

- A comprehensive, holistic eating disorder agency with multiple locations throughout the Los Angeles area offering a full continuum of care from outpatient services, intensive outpatient and partial hospitalization programs to transitional living to extended care in residential treatment programs.
  - Worked closely with staff members at all levels of care, 20 to 30 hours per week as part of a professional mental health team for treatment continuity and maximum benefit to patients.
  - Conducted individual sessions with selected patients utilizing EMDR Therapy to address trauma and early attachment issues underlying eating disordered thoughts and behaviors.
  - Facilitated group and family sessions, and co-supervised daily activities of patients, including food and behavior management.
  - Completed various administrative duties including electronic notes for daily sessions/groups.
  - Participated in weekly group and individual supervision, staffing and treatment teams.

**Marriage & Family Therapist Intern**  
*Central Florida Psychological Consultants, Inc., Leesburg, FL*

January 2008 - December 2011

- Provided outpatient assessment and psychotherapy to children, teens, adults, and elderly clients in a group private practice setting.
- Treated members of specialty populations including Gifted/Talented and the LGBTQI+ community specifically for trauma/depression resolution via EMDR, depression/anxiety reduction, increased resiliency and self-soothing skills, and exploration of life purposes and goals.

- Authored treatment summaries for medical insurance companies, attorneys, Department of Children and Family Services, and the 5<sup>th</sup> Judicial Circuit Court of Lake County, Florida.
- Conducted clinical, disability, and forensic interviews.
- Compiled background information and provided written psychological evaluations for practice owner (licensed psychologist) and attorneys including forensic, psychosexual, disability, neuropsychological, competency, SIPP Placements (juvenile), and Jimmy Ryce Evaluations (sexual offenders).
- Administered and scored psychological assessments, and provided academic literature research, diagnoses, and recommendations.

### AWARDS

- The Chicago School of Professional Psychology, Los Angeles Campus Spring 2012 – Fall 2013
- \$30,000 Merit Scholarship Recipient
- FL Association of Marriage & Family Therapy Conference, Lake Mary, FL May 18 - 20, 2007
- 1<sup>st</sup> Place Poster Presentation/Conference Scholar Award, “The Holy War on the LGBT Human Rights Movement”
  - Scholarship Recipient of one-year AAMFT/FAMFT membership and 2008 conference registration

### PROFESSIONAL AFFILIATIONS

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|--|----------------|
| California Association of Marriage and Family Therapy  | 2012 - Present |
| American Academy of Experts in Traumatic Stress  | 2020 - Present |
| Eye Movement Desensitization and Reprocessing International Association (EMDRIA)   | 2012 - Present |
| National Association for the Gifted  | 2007 - 2024    |
| SENG (Supporting the Emotional Needs of the Gifted)  | 2007 - 2024    |
| Florida Association for Gifted Children  | 2007 - 2011    |
| American Counseling Association  | 2005 - 2009    |
| <ul style="list-style-type: none"> <li>▪ Association for Counselor Education and Supervision</li> <li>▪ Association for Gay, Lesbian, Bisexual Issues in Counseling</li> <li>▪ Association for Multicultural Counseling and Development</li> <li>▪ Association for Spiritual, Ethical and Religious Values in Counseling</li> <li>▪ Counselors for Social Justice</li> </ul> |                |
| Florida Counseling Association   | 2005 - 2008    |
| <ul style="list-style-type: none"> <li>▪ Florida Association of Counselor Education &amp; Supervision</li> <li>▪ Florida Association of Marriage and Family Counselors</li> <li>▪ Florida Association for Spiritual, Ethical &amp; Religious Values in Counseling</li> </ul>   |                |

### VOLUNTEER LEADERSHIP POSITIONS

- Hunger Rock!* Ravenswood Food Pantry Fundraising Benefit, Chicago, IL May 2010  
Chairman, Design Committee
- Coordinated all aspects of design and implementation of event marketing, room layout, and presentation.
    - Created and desktop published major event posters.
    - Planned and created table centerpieces and silent auction table decorations.
    - Collected and displayed silent auction items.
- Chi Sigma Iota International Counseling Honor Society February 2006 - August 2008  
Vice President, Alpha Omicron Chapter, Stetson University, DeLand, FL
- Attended monthly Chi Sigma Iota Board meetings.
  - Offered recruitment presentation on Chi Sigma Iota to incoming graduate students.
  - Planned and organized fall and spring fundraisers.
  - Created, marketed, and attended student activity committees and events.
- Stetson University LGBTQI+ Multicultural Community Film Screening Event March 2008

**Producer/Project Manager**

- Conferred with university and departmental administrators after a campus hate crime.
- Produced campus- and community-wide event encompassing nine months of planning.
- Secured attendance of New York Film Producer, Daniel Karlake, creator and producer of “For The Bible Tells Me So,” a controversial, internationally award-winning documentary exploring religious views of tolerance and compassion toward LGBTQ+ Community.
- Served as liaison for community activists garnering support for event.
- Recruited seven panel experts for audience Q&A after film screening.
- Engaged and organized undergraduate and graduate event volunteers.
- Raised funds for film event rights, advertising, in-kind transportation and lodging costs for film’s producer, and in-kind lodging and thank you gifts for post-screening panel participants.
- Designed and desktop published all marketing materials, event programs and inserts, panel thank you awards, and lodging gift certificates.

**“Into the Streets” Disaster Response Team**

2007 - 2008

Member, Stetson University

- Attended trainings in preparation for disaster response.
- Distributed food and water to individuals and families in crisis.
- Participated in community debris removal after hurricanes.

**FL Counseling Association 58<sup>th</sup> Annual Convention, Daytona Beach, FL**

November 28 - 30, 2007

Student Volunteer Coordinator

- Recruited statewide and trained student volunteers.
- Interfaced with conference organizers to ensure needs of organizing committee and presenters were met.
- Created event master-grid of volunteers’ availability covering all conference presentations and breaks.
- Communicated with all volunteers for several months prior to conference.
- Provided user-friendly individual and master volunteer/presenter schedules and uniform volunteer nametags for ready identification of volunteers to aid conference attendees and presenters.
- Connected all volunteers with their respective presenters, provided presentation and conference feedback surveys during conference.
- Collected and forwarded session surveys to organizing committee.

**INTERESTS**

Cynthia Grow is a portrait artist who has contributed to juried art shows. She is an accomplished vocalist and former member of the Los Robles Master Chorale (LRMC) under the artistic direction of Dr. Lesley Leighton, the first Associate Conductor in the history of Los Angeles Master Chorale and guest conductor of the Los Angeles Philharmonic. In 2021, Cynthia completed her tenth season with LRMC, including several performances at Disney Hall with the LA Philharmonic and multiple venues throughout the Los Angeles area. She subsequently moved to Northern California to be closer to family. While living in Atlanta, GA, Cynthia completed seven seasons with the Michael O’Neal Singers who recorded eight CDs and performed at Carnegie Hall. As a member of the Atlanta Super Choir and Robin Brown’s Triumphant Delegation, Cynthia performed with well-known artists including Gladys Knight, Celine Dion, Kenny Loggins, Kathy Mattea, Aaron Neville, among others, and performed in jazz festivals and concerts across the US, Canada, and Europe, including the 1992 Barcelona Olympic pre-game celebrations, and the world-renowned Montreux Jazz Festival in 1992 and 1994, produced by Quincy Jones. However, Cynthia’s greatest honor and privilege is being the proud parent of a gifted and highly creative daughter.