

Dr. Cynthia Grow, PsyD, LMFT

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



drcynthiagrow.com » 352.242.8767 (c)
cynthia@drcynthiagrow.com » Santa Rosa, CA

EDUCATION

Doctorate, Applied Clinical Psychology January 2012 - October 2015
Summa cum Laude
The Chicago School of Professional Psychology
Los Angeles Campus

Master of Science in Marital, Couple, Family Counseling/Therapy August 2005 - December 2008
Summa cum Laude
Stetson University, DeLand, FL, CACREP Accredited

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 - Present
Florida, #2636

TRAININGS

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

EMDR Certification May 2021

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

National Certified Counselor April 2009 - 2015
Stetson University, NCC # 254328

PREPARE/ENRICH Program for Couples August 2006
University of Central Florida Training Academy

RESEARCH INTERESTS

Doctoral Dissertation published online May 2020 at ProQuest.com – *The Trauma of the Gifted Child*

PROFESSIONAL EXPERIENCE

Doctor of Applied Clinical Psychology & Licensed Marriage & Family Therapist February 2018 - Present
Private Practice

- Specialist in single-incident, chronic/complex trauma, and dissociation (DID), as well as the emotional needs and sensitivities of the gifted/talented/highly creative and GLBTQ communities.
- Provides psychotherapy for adults, teens, couples, and families with or without young children dealing with depression, anxiety, panic, grief/loss, addictive behaviors, confusion, life transitions, and more.
- Provides electronic insurance billing for clients.

Licensed Marriage & Family Therapist/Trauma Specialist March 2015 – January 2018
The New Beginnings Center, Counseling & Integrative Health, Camarillo, CA

- Specialized in single-incident, complex trauma, dissociation (DID), as well as the emotional needs of the gifted/talented/highly creative and GLBTQ communities.
- Provided individual and group therapy in a safe, confidential setting for individuals, couples, and families experiencing psychological and emotional pain, including eating disorders, due to past/present life experiences.

Licensed Marriage & Family Therapist/Trauma Specialist September 2012 – August 2015
Psychological Assistant #PSB94020487
Pre-Doctoral Practicum/Internship
The Bella Vita – A Beautiful Life Psychology Group, Inc., Los Angeles, CA

- **Intro:** The Bella Vita is a foremost comprehensive, holistic eating disorder agency with multiple locations throughout the Los Angeles area that offers a full continuum of care from outpatient services, intensive outpatient and partial hospitalization programs to transitional living to extended care in residential treatment programs.
- **Background:** Higher IQ linked to eating disorders is supported by research. [e.g., Kothari, Solmi, Treasure & Micali, (2013). The Neuropsychological profile of children at high risk of developing an eating disorder. *Psychological Medicine*, 43(7), p. 1543-1554. Doi: 10.1017/S00332917120021]
 - Worked at all levels of care closely with staff members, 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 specifically for 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 daily session/group notes.
 - Participated in weekly to bi-weekly group and individual supervision, staff and treatment teams.

Marriage & Family Therapist Intern January 2008 - December 2011
Central Florida Psychological Consultants, Inc., Leesburg, FL

- Provided outpatient assessment and psychotherapy to children, teens, adults and elderly clients in a group private practice setting.
- Treated members of specialty populations including the emotional needs of the Gifted/Talented and the GLBTQ communities specifically for trauma/depression resolution and strength installation via Eye Movement Desensitization and Reprocessing (EMDR), anxiety reduction, increased self-soothing techniques, and exploration of life purposes and goals.
- Authored treatment summaries for medical insurance companies, attorneys, Department of Children and Family Services, and the 5th Judicial Circuit Court of Lake County, Florida.

- Conducted clinical, disability, and forensic interviews.
- Compiled background information and wrote psychological evaluations for practice owner (licensed psychologist) and attorneys including forensic, psychosexual, disability, neuropsychological, competency, SIPP Placements (juvenile), and Jimmy Ryce Evaluations (sexual offenders).
- Furnished assessment scoring, academic literature research, diagnoses, and recommendations.

AWARDS

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

PROFESSIONAL AFFILIATIONS

- American Academy of Experts in Traumatic Stress 2020 - Present
in collaboration with the National Center for Crisis Management
- American Psychological Association 2012 - Present
- Eye Movement Desensitization and Reprocessing International Association (EMDRIA) 2012 - Present
- California Association of Marriage and Family Therapy 2012 - Present
- National Association for the Gifted 2007 - Present
- SENG (Supporting the Emotional Needs of the Gifted) 2007 - Present
- Florida Association for Gifted Children 2007 - 2011
- American Counseling Association 2005 - 2009
- Association for Counselor Education and Supervision
 - Association for Gay, Lesbian, Bisexual Issues in Counseling
 - Association for Multicultural Counseling and Development
 - Association for Spiritual, Ethical and Religious Values in Counseling
 - Counselors for Social Justice
- Florida Counseling Association 2005 - 2008
- Florida Association of Counselor Education & Supervision
 - Florida Association of Marriage and Family Counselors
 - Florida Association for Spiritual, Ethical & Religious Values in Counseling

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

- 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 GLBTQ Multicultural Community Event
Project Manager

March 2008

- Conferred with university and departmental administrators after campus hate crime.
- Produced campus- and community-wide event encompassing nine months of planning.
- Secured attendance of New York Film Producer, Daniel Karslake, creator and producer of “For The Bible Tells Me So,” a controversial, internationally award-winning documentary exploring religious views of tolerance and compassion toward GLBTQ Community.
- Served as liaison for community activists garnering support for event.
- Recruited seven panel experts, including producer, 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 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.

Chi Sigma Iota International Counseling Honor Society
Member, Alpha Omicron Chapter, Stetson University

August 2005 – December 2008

- Attended planning meetings and recruited new members.
- Co-produced of spring 2006 fundraiser with board president.
 - Desktop published all marketing materials and event program.
 - Procured and organized items for silent auction.
 - Contracted with event hall and catering company.
 - Organized room set-up and clean-up committees.

“Into the Streets” Disaster Response Team
Member, Stetson University

2007 - 2008

- 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 58th Annual Convention, Daytona Beach, FL
Student Volunteer Coordinator

November 28 - 30, 2007

- 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.

Stetson University Proposed Family Institute & Mental Health Center
Student Project Manager

2006 - 2007

- Interfaced with graduate counseling department chair and professors to monitor and update their desires for establishing a campus training center for student interns.
- Screened potential community properties suitable for university procurement.
- Consulted with department chair and selected ideal property.
- Surveyed professors and established departmental “wish list” of items needed for center.
- Designed and desktop published business plan and marketing brochure detailing use of floor space, items needed, and fundraising options.

56th and 57th FL Counseling Association Annual Conference, Orlando, FL
Student Volunteer

November 16 - 18, 2006
November 10 - 12, 2005

- Assisted conference presenters in readying rooms and greeting session attendees.
- Distributed session handouts and other pertinent materials.
- Collected session surveys and returned them to event organizers.
- Interfaced with conference attendees to answer questions and give directions.

INTERESTS

Dr. Grow is an avid consumer of anything related to psychology, art, and music. She is a portrait artist who has contributed to juried art shows, and she is an accomplished vocalist—most recently a fortunate, 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. Dr. Grow completed her tenth season with LRMC, and subsequently moved to Northern California to be closer to family. Among other well-known venues throughout Southern California, Dr. Grow has performed with LRMC at Disney Hall with the Los Angeles Philharmonic. As a member of the Michael O’Neal Singers in Atlanta, GA, she completed seven seasons, performed at Carnegie Hall, and recorded eight CDs. As part of the Atlanta Super Choir and Robin Brown’s Triumphant Delegation, Dr. Grow performed with well-known vocal artists including Gladys Knight, Celine Dion, Kenny Loggins, Kathy Mattea, and Aaron Neville, as well as jazz festivals and concerts across the US, Canada, and Europe, including performances at the 1992 Barcelona Olympic pre-game celebrations, and the world-renowned Montreux Jazz Festival in 1992 and 1994, produced by Quincy Jones. However, the most profound, challenging, and fulfilling experience in Dr. Grow’s life has been guiding and championing her intense, sensitive, gifted, talented, and highly creative daughter.