

Cindy Cisneros

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LICENSURE

- **Licensed Clinical Professional Counselor (LCPC)**

Licensed by Maryland Professional Board of Counselors and Therapists, January, 2010 (# LC4473)

- **Licensed Professional Counselor (LPC)**

Licensed by Commonwealth of Virginia Department of Health Professions, September, 2015 (# 0701006308)

- **Approved Clinical Supervisor (LCPC-S)**

Licensed by Maryland Board of Professional Counselors and Therapists, January, 2013 (#650)

- **Mindfulness Based Cognitive Therapy Trained (MBCT Trained)**

Trained by Richard Sears, Psy D, MBA, ABPP, Director and PESI

ARTIST EXPERIENCE

- **Artist/Owner, *Cindy de Cisneros Art***, Individual Artist, MD, April 2020- current
Individual artist practicing in acrylic paint on canvas in Columbia, Maryland. Participating in local art events, exhibiting in local galleries and shows. Works oriented on wellness and/or capturing potent “in-between” moments where we live the majority of our lives. Pieces organized in series including “Motherhood,” “Nurture,” “Nightscapes,” “Little Boy Summer,” “Mandalas,” and, the newest series, “COVID,” The goal of Cindy de Cisneros Art paintings are to create emotional experiences by taking a personal moment and sharing it in a way that is universally felt. Cindy de Cisneros Art: “Seeing, Beautifully.”
- **Artist/Faculty, *Columbia Art Center***, Columbia Association, Columbia, MD July 2018- current
Wellness art workshop faculty; teaching “Getting Unstuck: Art from the Heart” and “Zen Doodling: Mandala Making” workshops; focusing on the integration of creative arts and wellness in an art studio teaching setting. Using multimedia including pen and ink, pencil, watercolor, acrylic, canvas, paper, print and more. Using psychological approaches including mindfulness, meditation, person centered, positive affirmation, psychoeducation and creative personality psychology. Drawing from individual research on creativity and wellness.
- **Art Workshop Facilitator, Art Mentor, *Root Studio***, Columbia, MD November 2017-2019
Teach creative art workshops on using art to facilitate health and wellness; teaching “Getting Unstuck,” “Zen Doodling,” “Biofeedback for Artists,” and “Meditating with Art.” Focusing on the integration of creativity and wellness in collaborative studio setting. Using multimedia including pen and ink, pencil, watercolor, acrylic, canvas, paper, print and more. Using psychological approaches including mindfulness, meditation, person centered, positive affirmation, psychoeducation and creative personality psychology. Drawing on individual research on creativity and wellness.
- **Therapeutic Art Group Facilitator, *Turnaround, Inc***, Towson, MD 2008-2009
As a Master’s Level Intern Clinician, Co-led creative arts group for teen survivors of sexual assault. Approaches included psychoeducation, boundary setting, creating safety, and more. Art experiences focused to immerse group participants into group session topic and facilitate expression and communication with members.
- **Therapeutic Art Group Facilitator, *Humanim, Inc***, Columbia, MD 2008-2009
Led creative arts groups for individuals with severe psychological problems in rehabilitative day program. Focus on building strengths, self esteem, coping skills, community, emotional expression and more.
- **Therapist Leading Intensive Outpatient Art Groups, *Center for Addiction and Pregnancy***, Johns Hopkins Bayview Medical Center, Baltimore, MD 2010-2012

- Ran weekly therapeutic art group and individual art sessions for pregnant women in recovery from drugs and alcohol at combined inpatient/intensive outpatient setting. Taught recovery intervention skills, maintaining sobriety, psychoeducation, emotional expression, self esteem building, connecting and communicating with others, coping skills and more. Provided structured art activities to other therapists in program to use for their patient groups. Provided individual art exercises for interested patients to further facilitate development of group goals.
- **Senior Clinician and Supervisor Led Art Groups, *Sheppard Pratt at Howard County Outpatient Clinic*, A Program of Waystation, Inc, Columbia, MD 2012-2015**
Ran regular therapeutic art groups for outpatient mental health clinic to support a variety of clinical initiatives including dual diagnosis, children and ADHD, grief and loss, anxiety, mood disorders and life transitions. Used creative approaches to foster therapeutic goals of clinical topics set for each group type.
 - **Clinical Trainer on Use of Creative Arts in Psychology, *Counseling Psychology Master's Program*, Towson University, Towson, MD 2011**
Presented to Towson University Counseling Master's students on using art and creative approaches in psychotherapy
 - **Clinical Trainer on Use of Creative Arts in Counseling, *Sheppard Pratt at Howard County Outpatient Clinic*, A Program of Waystation, Inc, Columbia, MD 2012-2015**
Provided clinician trainings on using art therapeutically in mental health outpatient counseling and group counseling, and the healing power and importance of creativity.
 - **Art installation, Baltimore, MD, *Johns Hopkins Bayview Medical Center*, 2010-current**
Installed artwork to decorate counseling office suite in the Center for Addiction and Pregnancy
 - **Art show, *International Women's Day Invitational*, Columbia Art Center, Columbia, MD, Spring, 2020**
2 pieces "Little Boy Summer" series acrylic on canvas
 - **Art show, *Individual Show: The Nature of Nurture, Paintings By Cindy Cisneros*, Columbia Art Center, Columbia, MD, Winter, 2020**
 - **Art show, *Faculty Student Show*, Columbia Art Center, Columbia, MD, Summer, 2019**
 - **Art show, *Featured Artist*, Columbia Art Center, Columbia, MD, Spring 2019**
8 pieces featured faculty member displayed x2 months in reception area
 - **Art show, *International Women's Day Invitational*, Columbia Art Center, Columbia, MD, Spring 2019**
Invitational group event of women artists- 2 pieces of working Mom empowered work
 - **Art show, *The Himmelfarb Gallery*, Maryland University of Integrative Health, Laurel, MD, Spring 2019**
Acrylic landscape, focused on "Home" representation
 - **Art show, *The Himmelfarb Gallery*, Maryland University of Integrative Health, Laurel, MD, Fall 2018**
Oil and acrylic paintings focused on emotional expression of freedom vs control in image
 - **Art show, *Plein Air*, Columbia Art Center, Columbia, MD, Summer 2018**
Two night plein air pieces in pop-up gallery, two pieces painted during plein air event
 - **Art show, *Holiday Show*, Columbia Art Center, Columbia, MD, Winter 2018**
Acrylic paintings, "Nicaragua Series," "Mandala Series," "Lake Elkhorn Series"
 - **Art show, *Faculty/Student Show*, Columbia Art Center, Columbia, MD 2018**
Oil and acrylic paintings, series of four: from the "Lake Elkhorn Series," from the "Mandala Series," from the "Nicaragua Series," and "Preposition."
 - **Art show, University of Mary Washington, Fredericksburg, VA, 2007**
Multimedia showing of oils paintings, sculpture and performance art focused on women's roles in society and the female form
 - **Art show, Richmond, VA, 2006**
Oil figural painting in traveling show focusing on women's empowerment
 - **Art show, Fredericksburg, VA, 2006**
Individual showing of egg tempera portraiture

MENTAL HEALTH EXPERIENCE

- **Psychotherapist, Founder, Owner and Sole Proprietor, *Creatively, LLC***, Clinical Private Practice, Columbia, MD April 2017-current
Provide individual, couples' and group psychotherapy working with diagnoses including mood disorders, anxiety, psychotic disorders, personality disorders, dual diagnoses and addictions, and trauma. My services include individual and group sessions as well as clinical supervisions.
Creativity in therapy and wellness is something I believe in strongly and in my private practice my specialty is treating and working with creative people on everything from creative blocks to clinical disorders. I use creative arts approaches as applicable in individual, couples' and group work. I collaborate with psychiatrists, health providers and other clinicians to provide care to my patients. I provide teaching, training and workshops on using art in mental health work, for wellness, and working with creative people. I teach art workshops focusing on harnessing creative modalities for wellness. I publish a weekly blog on mental health, creativity and wellness focusing on the needs and characteristics of creative people.
- **Behavioral Health Care Coordinator, *Magellan Healthcare Provider Group***, Magellan Health, Columbia, MD June 2015-July 2017
Provide care coordination and case management services for patients of clients using program services; includes connecting patients to services, education patients, providing motivational interviewing interventions to engage patients in needed treatment, coordinating with other providers. Telephonic case management following HIPAA and privacy practice regulations and thorough and complete documentation of all services rendered.
- **Mental Health Clinic Manager, Clinical Coordinator, *Sheppard Pratt at Howard County***, a program of Way Station, Inc, Columbia, MD August 2013-June 2015
Clinical supervision of LGPCs and MA interns, clinical therapist adult and adolescent individual and group, LCPC Board Approved Supervisor, administrative supervision of Front Office staff, hiring and managing of front office staff and workflows, monitoring and reporting compliance and outcomes for clinic processes, responsible for Clinic needs and workflows under Clinical Director, reporting to and assisting Clinical Director as needed, participate in management and community meetings to support Clinic processes as needed, shared supervision of clinical staff with Clinic Director, ensure productivity and financial goals met, ensure compliance with state and company regulations interfacing with Way Station Compliance Director including quarterly documentation audits, supervision of Clinic Manager and EMR specialist, manage administrative staffing, recommending needed ongoing clinical trainings, second signature on therapist only ITPs, assists in hiring of clinical staff, collaborate with Clinical Director to develop policies and procedures, administrative supervision of all staff, direct Washington County Outpatient services, direct monthly administrative clinical team meeting, responsible for daily processes in Clinic.
- **Mental Health Therapist, *Sheppard Pratt at Howard County***, a program of Way Station, Inc, Columbia, MD November 2012-June 2015
Provide individual and group therapy including adults, children, couples and families. Carry a full-time caseload in an outpatient mental health clinic setting. Coordinate care with on-site psychiatrists and psychiatric nurse practitioners. Work with other community service providers including the criminal justice system, health department, and outside medical and psychiatric care providers. Provide clinical supervision to interns and LGPC/LGSW employees. Provide therapy for a variety of diagnoses. Therapeutic focus on CBT, Person-Centered, Creativity and Motivational Interviewing models. Provide referrals to adjunctive and inpatient services as needed.
- **Mental Health Therapist, *Center for Addiction and Pregnancy***, Johns Hopkins Bayview Medical Center, Baltimore, MD April 2010-November 2012
Provide individual and group therapy to pregnant women with substance abuse diagnoses. Focus on motivational interviewing and creative arts and therapy approaches in both group and individual session. Carry a caseload of approximately 15 patients. Hold family sessions for patients as needed. Provide case management and referral services for caseload and work closely with community services including social services, parole and probation, referral programs and other providers.

- Coordinate services within program and work closely with OB physician, psychiatrist, nurses and other therapists to manage care for caseload.
- **Rehabilitation Manager, Residential Mental Health Department, Humanim, Columbia, MD** August 2009- April 2010
Manage the recovery of a caseload of 14 clients by providing case management, counseling and support, crisis intervention, and connection and referral to resources. Worked with other professionals including doctors, psychiatrists, therapists and others to see to somatic and psychological needs of clients. Managed a staff of 10-15 rehabilitation counselors to help provide for the needs of and coordinate services for the clients. Covered on-call crisis management shifts 3-4 times each month, resolving client crises and counselor needs after hours.
- **Rehabilitation Counselor, Residential Mental Health Department, Humanim, Columbia, MD, July 2008- August 2009**
Counsel adult chronically mentally ill individuals in an outpatient, assisted living setting. Tasks include helping clients work towards behavior goals, de-escalation of crisis situations, and basic counseling skills such as building rapport, active listening, etc. Work with clients one on one in their homes and the community. Monitor physical health and medication compliance. Provide daily client notes to case managers of client progress or special needs.
- **MA Intern, TurnAround, Inc., Rosedale, MD, July 2008-July 2009**
Counsel victims of domestic violence and sexual assault in the Baltimore County and Baltimore City areas. Assess and psycho-educate both male and female, adult and child clients. Using a person-centered approach to counseling, help clients set and work towards appropriate therapeutic goals. See clients for 60 minute individual counseling sessions. Manage client case files, notes and confidential information. Connect, report and refer to appropriate professionals and agencies. Co-lead group counseling sessions for trauma survivors.
- **Career Assistant, Career Development Office, Goucher College, Towson, MD, July 2007- July 2008**
Advised 6 or more students per week during walk-in or scheduled appointments addressing concerns related to career planning. Also provided on-the-spot resume advising and brief informational sessions. Assisted with office projects including event organization and promotion, and website maintenance.
- **Graduate Assistant, University Counseling Center, Towson University, Towson, MD, July 2007-May 2008**
Helped provide opportunities for Towson faculty and students to be proactive in managing their mental health through working with counselors to prepare and promote workshops and events.

EDUCATION

- **Towson University, Towson, MD, May 2009**
Master of Arts in Counseling Psychology
- **University of Mary Washington, Fredericksburg, VA, May 2007**
Bachelor of Science double major in Psychology and Studio Art
Honors: Cum Laude, Psi Chi National Honor Society for Psychology (2006-2007), Alpha Phi Sigma National Honor Society (2005- 2007), Dean's List

RESEARCH EXPERIENCE

- **Thesis Dissertation Research, Lab of Professor Evangeline Wheeler, Towson University, Towson, MD, 2007-2009**
Researched, designed and performed a study on the complex relationship of creativity to mental health, as it affects both mental wellness and mental illness. Found best explanation of creativity and mental status as the process of creativity as healing for the mentally ill creative person. Presented to Towson University faculty members from the Psychology, Art, and other academic departments (Spring, 2009).
- **Student Research, Lab of Professor Bruce MacEwen, University of Mary Washington, Fredericksburg, VA, 2006-07**

Researched, designed and performed a study on visual memory; increased knowledge of visual memory in the field of psychology. Presented research at Psi Chi Convention at the University of Mary Washington (Spring, 2007) and at the Virginia Psychological Association (Spring, 2007).

- **Student Research, Lab of Professor Jennifer Mailloux**, University of Mary Washington, Fredericksburg, VA, 2006
Researched, designed and performed a study on own voice recognition. Results question the validity of all previous studies on own voice recognition in Psychology. Presented research at Psi Chi Convention at the University of Mary Washington (Spring, 2007).
- **Student Research, Lab of Professor Amy Breedin**, University of Mary Washington, Fredericksburg, VA, 2005
Researched, designed, and performed a study on the properties of ownership. Results implicated important properties related to object ownership in the field of Psychology. Presented research at Psi Chi Convention at the University of Mary Washington (Spring, 2006)
- **Student Research under Professor Miriam Liss**, University of Mary Washington, Fredericksburg, VA, 2006
Researched survival mechanisms available to survivors of sexual assault. Presented information at the University of Mary Washington (Spring, 2006).