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EDUCATION:

Licensed Clinical Social Worker: October 2000

Licensed Substance Abuse Practitioner: October 2006

Master Addiction Counselor: October 2016

Bachelor of Arts in Psychology: Marymount University, May 1995

Master of Social Work: Virginia Commonwealth University, May 1998

EXPERIENCE:

Insight Into Action Therapy

July 2015 to present

*Co-Founder, Clinical Director, Author, National Speaker, Therapist, Clinical Supervisor*

- Author of *The Clinician's Guide to Alcohol Moderation: Alternative Methods and Management Techniques*, *Practicing Alcohol Moderation: A Comprehensive Workbook*, and *Can I Keep Drinking? How You Can Decide When Enough is Enough*
- Manage all aspects of private outpatient therapy practice with nine clinicians
- Facilitate Dual Diagnosis Recovery Program© individual, family, and group therapy
- Provide clinical supervision for licensure
- Supply expert witness testimony
- Finalist for 2017 Loudoun County Chamber of Commerce Service Business of the Year
- Finalist for 2018 Loudoun County Chamber of Commerce Health and Wellness Business of the Year
- Train clinicians at national level conferences on topics such as substance use disorders and alcohol moderation

Insight Recovery Centers

June 2018 to present

*Founding Partner & Chief Clinical Officer*

- Developed Policies and Procedures for Department of Behavioral Health and Developmental Services licensure
- Oversee Intensive Outpatient programming
- Hire, train, and supervise clinical team

North Spring Behavioral Health Care

November 2018- present

*Clinical Supervisor*

- Provide individual and group supervision for those working towards licensure as a Licensed Substance Abuse Treatment Practitioner and certification as a Certified Substance Abuse Counselor

National Football League  
August 2012 to present  
*Treating Clinician*

- Provide therapy to players who are involved with the NFL's Program for Substances of Abuse

GoodTherapy.org  
February 2017 to present  
*Topic Expert*

- Contribute monthly articles on substance use disorders
- Respond to Dear GoodTherapy.org questions

Finding Solutions Counseling Centers  
April 2006 to July 2015  
*Clinical Director/Therapist/Clinical Supervisor*

- Co-developed and facilitated Dual Diagnosis Recovery Program© for adolescents, young adults and adults
- Authored *Relapse Reality: Understanding Myths About Relapse In Dual Diagnosis Treatment* and facilitated Relapse Prevention group & individual work
- Developed *How Do I Know If I Can Keep Drinking Quiz*
- Completed court ordered evaluations, provide treatment, documentation and expert witness testimony for court involved clients
- Provided outpatient individual, family, and group therapy
- Marketed services and provide community outreach, education, and presentations
- Provided clinical supervision for licensure
- Hired, trained, and managed clinical team

National Counseling Group  
October 2000 to April 2006  
*Therapist/Clinical Supervisor*

- Facilitated dual diagnosis groups for adolescents, young adults, and adults
- Provided individual and family therapy
- Provided clinical supervision for licensure and home-based counselors
- Opened and ran new site with staff of 5 clinicians, operating 6 outpatient groups

Family and Youth Outreach Services  
May 1998 to October 2000  
*Home-based counselor*

- Provided intensive, in-home counseling to at-risk children, adolescents, their and families
- Developed and implemented individualized treatment plans and participated in team meetings to review progress
- Supervised mentors

Guardian Supervision  
September 1999 to October 2000  
*Visitation supervisor*

- Supervised parents on court-ordered visits with their children
- Provided detailed documentation and court testimony

Prince William County Community Services Board, Emergency Services  
September 1997 to May 1998  
*Intern*

- Completed screenings for clients with mental health and substance related crises
- Provided short term counseling
- Co-facilitated outpatient Addictions Group

Family Preservation Services  
May 1995 to May 1998  
*Home-based counselor*

- Provided intensive, in-home counseling to at-risk children, adolescents, and their families
- Developed and implemented individualized treatment plans and participated in team meetings to review progress
- Supervised mentors

Prince William Center for Psychiatric and Addiction Treatment  
January 1995 to May 1995  
*Intern*

- Participated in all activities with patients on locked unit
- Co-facilitated couples and addictions related groups on the outpatient unit

## PUBLICATIONS:

*The Clinician's Guide to Alcohol Moderation: Alternative Methods and Management Techniques*. New York: Routledge 2020.

*Practicing Alcohol Moderation: A Comprehensive Workbook*. New York: Routledge 2020.

*Can I Keep Drinking? How You Can Decide When Enough is Enough*. New York: Morgan James Publishing 2017.

Dryuary 2019 Collection: Inspirational Posts And Expert Advice For A Month Of Abstinence From Alcohol. Contributed Chapter 10. New York: Moderation Management 2019.

Parenting is Cruel. <http://losethecape.com/parenting-teenagers/>. September 28, 2018.

The Impact of Legalization on Health, Wellness, and Community. [www.GoodTherapy.org](http://www.GoodTherapy.org) July 13, 2018.

- How Are You Feeling? Take a Minute to HALT for Your Health. [www.GoodTherapy.org](http://www.GoodTherapy.org). May 15, 2018.
- Answers to Your Questions About Residential Treatment for Addiction. [www.GoodTherapy.org](http://www.GoodTherapy.org). April 13, 2018.
- What Should I Look for When Seeking Help for Drug or Alcohol Use? [www.GoodTherapy.org](http://www.GoodTherapy.org). April 2, 2018.
- Can I Keep Drinking? [www.Dryuary.org](http://www.Dryuary.org). January 27, 2018.
- Why One Therapist Recommends Four Months Alcohol Free. [www.Dryuary.org](http://www.Dryuary.org). January 17, 2018.
- Am I Ready to Change My Drinking Patterns? [www.GoodTherapy.org](http://www.GoodTherapy.org) January 10, 2018.
- Where Do You Fall on the Spectrum of Alcohol Use? [www.GoodTherapy.org](http://www.GoodTherapy.org) October 27, 2017.
- Men Who Drink: Exploring Old Patterns in Therapy. [www.GoodTherapy.org](http://www.GoodTherapy.org) August 25, 2017.
- Alternatives Between Addiction Treatment: If AA Isn't for You, Try SMART. [www.GoodTherapy.org](http://www.GoodTherapy.org) July 18, 2017.
- Substance Addiction: 5 Myths (and Truths) About Relapse Prevention. [www.GoodTherapy.org](http://www.GoodTherapy.org) June 26, 2017.
- Alcohol and Trauma: Drinking as a Way to Deal With the Past. [www.GoodTherapy.org](http://www.GoodTherapy.org) June 2, 2017.
- Men and Alcohol: More Does Not Necessarily Mean Better. [www.GoodTherapy.org](http://www.GoodTherapy.org) March 28, 2017.
- Women and Alcohol: Why the Effects Hit Harder, Faster. [www.GoodTherapy.org](http://www.GoodTherapy.org) April 18, 2017.
- I Don't Want to Quit Drinking: Could Moderation Be for Me? [www.GoodTherapy.org](http://www.GoodTherapy.org) February 6, 2017
- Shhh! Let's Talk About Moderation for Mild Substance Disorders. [www.PsychCentral.com](http://www.PsychCentral.com) October 2016.
- I Have Known Pain. SwimSwam. Featured Lifestyle Opinion. January 13, 2016.
- How Do I Know If I Can Keep Drinking Quiz ©2013.
- Dual Diagnosis Recovery Program: The Handbook for Recovery ©2006.
- Relapse Reality: Understanding Myths About Relapse in Dual Diagnosis Treatment © 2007.
- Relapse Reality Quiz: Understanding Myths About Relapse in Dual Diagnosis Treatment ©2007.

PRESENTATIONS:

“Shh! Let’s Talk About Moderation for Mild to Moderate Alcohol Use Disorders. (August 21, 2018). National Conference on Addiction Disorders. Anaheim, California.

“Alcohol Treatment According to the New DSM-5 Diagnostic Spectrum.” (July 17, 2018). Virginia Summer Institute on Addiction Studies. Williamsburg, Virginia.

“How Do I Know If I Can Keep Drinking Quiz” Northern Virginia Licensed Professional Counselors. (February 23, 2018). Ashburn, Virginia.

“Evidentiary Issues in Substance Abuse and Mental Health Panel” 2017 Fairfax Bar Association Convention. (October 21, 2017). Farmington, Pennsylvania.

“Emerging Treatment for Mild to Moderate Alcohol Use Disorders. Part 1: Theory & Part 2: Practice” NEFESH Webinars (October 25, 2017 and November 1, 2017).

“Why We Started Teaching Alcohol Moderation.” 16<sup>th</sup> Annual Pathways to Wellness Conference. (October 20, 2017) Fairfax, Virginia.

“Shhh! Let’s Talk About Moderation for Mild to Moderate Alcohol Use Disorders” (September, 16, 2017) Cape Cod Symposium on Addictive Disorders. Hyannis, MA.

“Shhh! Let’s Talk About Moderation for Mild to Moderate Alcohol Use Disorders” (August 18, 2017). National Conference on Addiction Disorders. Baltimore, MD.

“Changing the Way We Treat Mild Alcohol Use Disorders.” Virginia Summer Institute for Addiction Studies. (July 17, 2017). Williamsburg, Virginia.

“Shhh! Let's Talk About Moderation for Mild Alcohol Use Disorders.” American Mental Health Counselors Association Annual Conference: Innovate and Advocate: Clinical Pathways to Excellence. (July 28, 2017). Washington, DC.

“Can My Client Keep Drinking? How You Can Help Them Decide When Enough is Enough” (March 2017) NASW-Virginia Annual Conference. Williamsburg, Virginia.

“Alcohol Moderation for Men: How Being Male Plays a Role in AUDs” (March 15, 2017) Phoenix House Mid-Atlantic Recovery Summit. Arlington, Virginia.

Panel Member “Becoming Gender Sensitive: Changing the Model” (March 15, 2017) Phoenix House Mid-Atlantic Recovery Summit. Arlington, Virginia.

“How to Help Clients Moderate” (December 2016) Clinical NoVA Networker. Leesburg, Virginia.

“Shhh! Let’s Talk About Moderation for Mild Alcohol Use Disorders” (November 2016) Employee Assistance Professionals Association. Richmond, Virginia.

“Can My Client Keep Drinking? How You Can Help Them Decide When Enough is Enough” Poster Presentation. (October 2016) National Association for Alcoholism and Drug Abuse Counselors. Minnesota, MN.

- “Can My Client Keep Drinking? How You Can Help Them Decide When Enough is Enough” (September 2016) Greater Washington Society for Clinical Social Work. Arlington, Virginia.
- “Can My Client Keep Drinking? How You Can Help Them Decide When Enough is Enough” (September 2016) Employee Association Professionals Association. Washington, DC.
- “Can My Client Keep Drinking? How You Can Help Them Decide When Enough is Enough” (August 2016) Caron Treatment Centers, Chevy Chase, MD.
- “Signs, Symptoms, and Solutions for Alcohol and Drug Use in Teens” (April 2016) Fairfax County Mental Health Support Group. McLean, Virginia.
- “Signs, Symptoms, and Solutions for Substance Use Disorders in Adolescents for Behavioral Health Providers” (September & October 2015) Dominion Hospital. Falls Church, Virginia.
- “Preventing Emotional Indulgence” (October 2013) Lunsford Middle School Chantilly, Virginia.
- “Best Practices in Dual Diagnosis Treatment” (April 2011) Privia Medical Group, Fairfax, Virginia.
- “Dealing with Death” (February 2010) United Airlines EAP, Sterling Virginia.
- “Involving the Family in Residential Treatment and Discharge Planning” (January 2010) Crossroads Residential Programs, Alexandria, Virginia.
- “Preventing Adolescent Substance Use” (November 2010) Mercer Middle School, Aldie, Virginia.
- “Intervention and Brief Therapy with Addiction” (November 2009) Virginia Commonwealth University, Alexandria, Virginia
- “Creating Healthy Dynamics by Understanding Emotional Indulgence” (October 2009) Fairfax County Substance Abuse Awareness Week, Fairfax, Virginia.
- “Preventing Emotional Indulgence: What to do as Parents” (April 2009) Mercer Middle School, Aldie, Virginia.
- “What Would You Do? Role Plays for Handling Alcohol and Drugs” (March 2009) Lord of Life Youth Forum, Burke, Virginia
- “Working Through Step Four” (April 2008) Celebrate Recovery, Fairfax City, Virginia.
- “Myths About Marijuana and Alcohol: Parent Edition” (April 2008) Fairfax Community Church, Fairfax, Virginia.
- “Myths About Marijuana and Alcohol: Teen Edition” (May 2008) Fairfax Community Church, Fairfax, Virginia.
- “Best Practices in Dual Diagnosis Therapy: How to Respond As Providers” (November 2007) Child and Family Counseling Group, Fairfax, Virginia.

“Teens and Addiction: Helpful Hints for Working With Families” (October 2007) Northern Virginia LPC, Sterling, Virginia.

“Building Healthy Kids and Healthy Families” (March 2007) Ed Anywhere, Sterling, Virginia.

“How to Handle Adolescent Substance Use” (August 2007) Centreville High School, Centreville, Virginia.

“Stress Management: How You Can Keep Your Body, Mind, and Brain Calm” (August 2006) Loudoun County Public Schools, Ashburn, Virginia.

“Understanding HIPAA for Therapists” (October 2006) The Counseling Center of Fairfax, Fairfax, Virginia.

#### RADIO SHOWS:

“EP#49 CAN I KEEP DRINKING How Do I Decide When Enough is Enough with CYNDI TURNER” The Quiet Warrior Show (October 2, 2018).

“Abstinence Versus Harm Reduction” In Your Right Mind talk radio. (February 5, 2017) KABC 790AM.

#### PODCASTS:

Donna Dierker Dryuary 2018 Podcast featuring Cyndi Turner (January 26, 2018) [http://stl-dierker.org/201801cyndi\\_turner.mp3](http://stl-dierker.org/201801cyndi_turner.mp3)

Lose The Cape Podcast. Episode 163 featuring Cyndi Turner. (November 2018).  
<https://losethecape.com/podcast/163/>

Cindy Mazzaferro interviews Cyndi Turner as she shares how to decide if your drinking is a problem and how to find out the "Why" and change behaviors that can eliminate the problem. (January 8, 2018)  
[https://www.youtube.com/watch?v=\\_xwm3mOx3XM&feature=youtu.be](https://www.youtube.com/watch?v=_xwm3mOx3XM&feature=youtu.be).

#### TELEVISION:

“Episode 10.” Spotlight on Mental Health. (February 2018).  
Fairfax Public Access Channel 8.