

CYNTHIA PSAILA, M.S., LMFT

Licensed Marriage and Family Therapist # 83299

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Cynthia Psaila, M.S. is a Licensed Therapist who specializes in psychotherapy with adults, couples and teens. Currently, Cynthia primarily manages a private practice in the town of Petaluma working closely with her clients toward their personal goals. Specialities include, anxiety, personal or relationship transitions including the transition into adulthood, trauma, grief and loss, divorce and separation, and parent education. Her work with clients includes evidence based practices such as CBT, narrative therapy, family systems, and Gottmans principles.

During her free time, Cynthia is a lover of animals and the outdoors, where she gardens, explores nature and spends her free time with her husband and daughter.

EDUCATION

UNIVERSITY OF CALIFORNIA, BERKELEY, Berkeley, Ca.

Bachelor of Arts, Sociology, 2007

- One year of Honors research surrounding undocumented labor migrants from Mexico with faculty recognition for publishing
- Membership in Alpha Kappa Delta, International Sociology Honor Society, 2006
- Highest Honors in Sociology 2007, High Distinction in General Scholarship, 2007

UNIVERSITY OF CALIFORNIA, DOMINICAN, San Rafael, Ca.

Masters of Science, M.F.T. Concentration, May 2011

- Lifetime member of Psi Chi, the National Honor Society in Psychology, 2006
- The Outstanding Student Award 2011

TRAININGS

2011—Equine Assisted Therapy, Equine Assisted Growth and Learning Association Level 1(EAGALA)

2012—The Art and Science of Love, a Gottman Certified Workshop for Couples

2012—Advanced Abduction Response, Transitioning Families

2013—Global Voices, Expanding Choices, Association of Family and Conciliation Courts (AFCC)

2014—Symposium on Child Custody Evaluations (AFCC)

2015—Eponaquest: The Power Behind Non-Violence

2016—Child Abuse: Education, Prevention, and Investigation (MWSU)

2016—Modern Families: New Challenges, New Solutions (AFCC)

2017—Eponaquest: The Master Herder Instructor Training (certified instructor)

2017—Transitioning Families Advanced Training for Mental Health and Family Law Practitioners

2018—Legal and Ethical Issues workshop: what does the phrase standard of care mean to you? (RECAMFT)

2018—Evolution and Innovation: the art and science of solutions for families in conflict (AFCC 12.5 hours)

2018—Ethics and Risk Management in Complex Clinical Conundrums (CPA 6 hours)

2018—Certified Clinical Trauma Professional (CCTP) Intensive Training Course (PESI) (13 hours)

2019—Parenting Coordination: working in the trenches with high conflict coparent (Dr Sullivan) (12 hours)

2019-20—Doctors John and Julie Gottman on the 10 core principles of effective couples therapy; an online certificate course (19 hours)

2020—Professional Wills Made Easy with Meri Hayos (2 hours)

2021—Assessing, Evaluating, and Managing Suicidal Ideation (Dave Jenson Esq) (6 hours)

2022–Certified integrative mental health professional training course: nutritional and integrative medicine for mental health professionals (PESI) (19 hours)
 2022–No surprises act: what MFT’s need to know (1 hour)
 2022–Law and Ethics: writing letters and offering professional opinions (CAMFT) (3 hours)
 2022–Law and Ethics: no stress records requests (CAMFT) (3 hours)
 2022–Affirmative therapy with Trans/Gender expansive clients (2 hours)
 2022–Compendium 2022 (7 hours)
 2023–Telehealth: Law & Ethics, Technology, and Best Practices for Connecting with Your Clients, (3 hours)

PROFESSIONAL EXPERIENCE

DOMINICAN UNIVERSITY COUNSELING SERVICES, San Rafael, Ca. 2009 - 2011
M.F.T. Trainee, Supervised by Charles R. Billings PhD, FAclnP, FAFamP, Psychologist, Psy 4446

- Providing individual, couple, and group counseling for students, staff, and faculty of Dominican University
- Crisis intervention
- Facilitate a collaborative care approach with the health center, academic advisors, and medical practitioners.

TRANSITIONING FAMILIES PROGRAM, GLEN ELLEN, CA 2011-2014
M.F.T. Intern, Supervised by Rebecca Bailey, PhD, Clinical Psychologist

- Develop private practice in Sonoma, serving youth, couples and families
- Train for and implement equine assisted learning interventions into therapy practice
- Expand and implement protocol for Transition Families Reconnection workshops
- Develop working relationship with Sonoma County Child Protective Services and local schools

CYNTHIA PSAILA, LMFT, INC., SONOMA COUNTY, Ca. 2014- Present
Licensed Marriage and Family Therapist #83299

- Providing teen, adult, and family psychotherapy for children and adults
- Parent education and consultation
- Facilitate a collaborative care approach with external professionals
- Specialties; anxiety, grief, sex abuse, trauma, life transitions, relationships, growth and learning, family dynamics

TRANSITIONING FAMILIES PROGRAM, GLEN ELLEN, CA. 2014- Present
Clinician (Currently consultant only)

- Facilitate Experiential Intensive Therapeutic Reunification Workshops as part of a clinical team
- Conduct family reconnection services where children of court involved families resist contact with a parent, from both an out-patient and quasi-residential treatment model
- Facilitate family reconnection services for families funded by the JAYC foundation, including families in need of reconnection post familial or nonfamilial Abduction and other trauma related scenarios.
- Family therapy, Co-parent counseling, parent coaching, equine assisted learning
- Collaborate on treatment protocol and expand program curriculum
- Treatment approaches include CBT, CBPT, Family Systems, Developmental Psychology, Psycho-education, Narrative therapy, animal/equine assisted therapy

ADELE HARRISON MIDDLE SCHOOL, SONOMA, CA. 2015- 2016
Licensed therapist and consultant

- Provide counseling services to students receiving education related mental health services (ERMHS) through the district.
- Collaborate and consult with school personnel, administration, and the school psychologist as a standard of care
- Implement and delineate IEP goals and treatment plans.

PRESENTATIONS

- Therapeutic Reunification in Complex-case Scenarios—AFCC 2013
- Outpatient Therapeutic Reunification—AFCC 2014
- Law Enforcement Awareness Trainings (JAYC Foundation)—Nationwide 2012-2016
- Passing the Baton: Aftercare challenges following intensive family reunification—AFCC New Orleans 2014
- Moving Forward and the Need for Community Support—Child Abuse: Education, Prevention, and Investigation, Missouri Western State University, 2016
- Managing the Stress of Traumatic Cases—Child Abuse: Education, Prevention, and Investigation, Missouri Western State University, 2016
- Therapeutic Reunification: A Connection Focused Model for Fractured Families—CAMFT Lecture Series, Marin County 2016
- From Barnyard to Courtroom: The Application of Animal-assisted therapy to Families in High Conflict—AFCC Seattle 2016
- Reunification Techniques in High Conflict Divorce and Family Abduction Cases—AFCC Seattle 2016
- Transitioning Families Advanced Training for Mental Health and Family Law Practitioners—Transitioning Families, Glen Ellen, Ca, 2017
- Sonoma Valley Highschool Senior Reality Presentation: self care and expectations after graduation, Sonoma, 2018, 2019

PUBLICATIONS

- The Transitioning Families Reunification Manual, 2010
- JAYC Foundation Animal Assisted Empathy Building School Group Curriculum, 2012
- The Transitioning Families Therapeutic Reunification Model in Non-Familial Abductions, 2016, Family Court Review

ASSOCIATIONS

- California Association of Marriage and Family Therapists (CAMFT)
- Association of Family and Conciliation Courts (AFCC)
- Equine Assisted Growth and Learning Association (EAGALA)
- International Association for Trauma Professionals (IATP)