

Counseling Psychology Masters Program Alumni Spotlight

FEB 2019

Cindy Cisernos

Cindy attended our program from Fall 2007 to Spring 2009. Since her internship and beyond, Cindy has worked in the inner city, working in hospitals, homes, with trauma, addictions, and more.

Her early jobs after graduation were pivotal for Cindy. "I was given little job training and a lot of job responsibility. It was very baptism by fire. I worked 12 hour days. I earned tiny amounts of money. I worked HARD. I messed up. I learned a lot. I persevered. I learned as much from my clients as they did from me. I am SO GRATEFUL for all of it."

The hard work paid off. Cindy lives in Columbia and owns a private practice called Creatively, LLC. There, she sees adolescent to adult clients with all diagnoses. She helps her clients understand the unique aspects of their creative personalities—including predispositions to problems and innate strengths. Her practice caters to creative types, where her Studio Arts B.A. complements her clinical work. She also publishes weekly newsletters, blogs, and livecasts to her clients and the community, and teaches wellness and art workshops in community art studios.

Cindy is happy that she can contribute something unique and needed to her community. She feels entrenched and involved in the fabric of her community and truly finds joy in watching the impact of her work grow around her. She feels great pride and satisfaction in where her career has taken her.

If any of her work speaks to you, or if you just need support, Cindy encourages you to reach out to her via her website: www.creativelyllc.com. Thank you so much for sharing with us, Cindy! Best of luck to you.

If you would like to be featured in next month's spotlight, or added to our alumni list serv, please email us with a request!

For more information about our program, contact us at counselingpsychology@towson.edu or 410-704-3063.



Down Memory Lane *Class of 2009*

Reflecting on her experience at TU, Cindy says she still remembers her first practice counseling session. Her participant was very ambivalent about being there, wanted to talk about smoking cessation, but didn't want to be told to stop smoking. She remembers picking up on that, and instead allowed him to talk about where he was in making his own decision. By the end of the session he was so grateful and his opinion about therapy had changed. This experience for Cindy cemented the value of intuitively meeting a client where they are and asking them the right questions to help them help themselves. It is still the foundation of her clinical work.

As for advice for current students, Cindy says don't be afraid of the hard job, the tough client, or the scary paycheck. "Working in the trenches right out of school has continued to serve me well throughout my career. I am still in the field and in 2017 hung up my private practice shingle— a proud 10 years after starting at TU."

in person, online or by telephone at [410-730-0075](tel:410-730-0075).

Teacher Spotlight With Cindy Cisneros!

Cindy began painting as a teenager when her father gave her a small set of oil paints and brushes to experiment with. Her newfound passion led her to pursue a bachelor's degree in studio art with a double major in psychology at the University of Mary Washington.

After art school, Cindy spent 10 years working in the mental health field. Her passion for art followed her throughout her career, as she often hosted seminars about the healing powers of art. She later pursued her master's degree, forming her thesis on creativity and mental wellness.



These days, Cindy conducts her own art projects, focusing on seeing the beauty in the little things that translates into sublime works of art. Cindy has been taking classes at Columbia Art Center since 2008 and loves being part of the community we have here. "The team at Columbia Art Center has created a truly special place," Cindy says.

Check out Cindy's class this May!

Featured Workshops and Events

[The Mindfulness Creative Studio Workshop](#)

With Cindy Cisneros

Monday, May 6-20, 7-8:30pm (three sessions)

NEW! Get reenergized and excited about your art this spring with artist, therapist and creativity expert Cindy Cisneros. Launch into the ancient art and modern science of mindfulness and use powerful tools in a group setting to reconnect with your creative energy. Expert tips, support and guidance will be given to help you gain insight and knowledge into your personality as a creative force. Learn how to make time in your busy schedule for creative endeavors.

[Register online](#)