



Cynthia Kindgren MS/LCPC
Licensed Clinical Professional Counselor
Owner/Clinical Director

Office: Behavioral Medicine P.C.
6268 East Riverside Blvd
Loves Park IL, 61111

Phone: 815-397-2224
Fax: 815-397-2225
Email: Behavemedpc@gmail.com
Website: <https://www.counselinginrockfordil.com>

My passion is helping people who have experienced emotional/physical trauma, neurocognitive deficits or medical injury/issues. I create a safe but challenging environment for people in which they can identify and explore the different parts of themselves. As an Internal Family Systems (IFS) informed therapist, I believe we all have multiple parts of ourselves and a core self (spirit) that can help guide, and eventually heal our parts.

I believe in the incredible power of the mind and the magnificence of the human spirit. I believe we each have the potential to heal and the capability to rebuild. As each individual is unique it is often necessary to utilize techniques from a variety of styles. I feel comfortable utilizing an eclectic approach based upon each person's needs.

I use Psychotherapy, Motivational Interviewing, Neuromeditation, Mindfulness, IFS, Neurofeedback (NFB), cognitive retraining, hypnotherapy, Heart Rate Variability Training (HRV), Eye Movement Desensitization and Reprocessing (EMDR), Somatic Therapy insight orientated and educational models of therapy, to help people achieve self-regulation, internal cohesive connection and an improved quality of life.

If you have spiritual beliefs you would like to incorporate into your sessions, I encourage you to share your desire to do so with me. I am Christian and have experience providing Christian focused therapy. I also have some experience working with other religions. I am always open to learning how best to incorporate your spiritual beliefs into our sessions. You do not have to consider yourself a religious or spiritual person at all to participate in or benefit from sessions with me.

As a Syzygy L3 trained therapist, I use IFS combined with EMDR. In our treatment sessions, if you would like to, we will focus on understanding the different parts of your system and how they work together. All parts have good intentions. Your parts hold healthy roles, protective roles or burdens. Using the 6 F's-Find, Focus, Flesh Out, Feel Towards, Befriend, and Fears we will get to know, and witness your parts using the stabilizing experience of BLS. This allows for parts to become unburdened, freeing them up for new roles. This creates an internal shift in perspective, and an increase in clarity, confidence compassion and to experience emotions and energy to be focused on positive beliefs and behaviors.

I have found using one or more of the self-regulation therapies offered in my office such as NFB, HRV and/or combining IFS with EMDR allows for deeper more complete healing than traditional talk therapy alone. Clinical research and my own clinical experience show these therapies change the frequencies in the brain and often where/how the information is stored. This provides increased cognitive efficiency, and lasting reduction or elimination of presenting symptoms.

I attended the University of Illinois at Champaign Urbana for my undergraduate work in psychology, graduating with honors. I began treating children and families at Janet Wattles Mental Health center in 1997. I completed my graduate work at Northern Illinois University, graduating with honors in counseling. I completed an

internship in neuropsychology at Rockford Memorial Hospital. I continued to work in the neuropsychology department at VanMatre Health South Rehabilitation Center until 2002, when I began my private practice. I am the founder and owner of Behavioral Medicine, P.C. I am a Licensed Clinical Professional Counselor in the state of IL. I am a member of the American Counseling Association, Illinois Counseling Association, and the Illinois Mental Health Association.

In 2007 I received Hypnosis certification. In 2010 I became trained in EMDR. In 2012 I became an AMEN certified provider. In 2021 I became an IFS informed therapist. In 2023 I became a Syzygy Level 3 trained therapist. I have worked in a variety of settings providing assessments and treatment to children, adults, couples and families. In 2024 I became certified in EMDR by EMDRI.

I now specialize in treating emotional and cognitive issues experienced by people with neurological and physical impairments. I assist individuals, couples and their families in dealing with depression, anxiety, cognitive deficits and adjustment issues related to brain injury, concussion, sleep issues, headache/migraine, stroke, chronic pain, spinal cord injury, multiple sclerosis, autoimmune disorders and other medical conditions. I also provide treatment for self-esteem, depression, OCD, anxiety, couples issues, parenting issues and peak performance.

I have personal knowledge of how to effectively cope with tragedy and manage pain. I sustained a spinal cord injury in 1991 which resulted in quadriplegia. I was paralyzed from the neck down, confined to a wheelchair that I operated by blowing in a straw. Over the years, I have relearned how to dress myself, feed myself, sit, stand and I now walk with a cane. I have learned how to access and utilize the incredible power of the mind to reduce suffering and pain. I have strategies and techniques that can help individuals, and their family members, cope with the many changes that follow a serious medical condition, illness or injury.

Please feel free to contact my office 815-397-2224 with questions or to schedule an appointment to improve the quality of your life.