

## **Cindy Dalmolin, LMFT**



With a heart for families and marriages, my passion is working with people struggling to build better relationships. As a youth director in the Methodist church for over 10 years, I have experienced the pain of families with damaged and broken relationships. It was my work in youth ministry and challenges in my own family relationships that led me to obtain a license in Marriage and Family Therapy. My approach to therapy encompasses a family systems approach and utilizes solution focused and cognitive behavioral therapy. I am certified in Prepare/Enrich, a premarital program that helps couples prepare for their marriage relationships.

I also enjoy working with individuals who have been impacted by personal experiences, past or present, that affect their ability to have the life and relationships they want. I have experience working with clients who have endured trauma and crisis and I am trained in Trauma-Focused Cognitive Behavior Therapy. Currently, I am completing my license for chemical dependency counseling (LCDC-i). I continue to work with adolescents not only through counseling but also through educational programs and groups that encourage wise choices, healthy relationships and foster better communication. Although my approach to therapy encompasses Judeo-Christian principles, I have worked with clients of many faith backgrounds successfully to help these clients achieve their therapeutic goals. I obtained my masters in Marriage and Family Therapy from the University of Houston – Clear Lake and currently provide adjunct instruction in psychology at Alvin Community College.