**Cynthia Roman**Psychotherapist, LMSW

**Approved Biography**12.15.2020

Cynthia is a Licensed Master Social Worker with over a decade of experience in the field counselling children and families with intellectual and developmental disabilities on the Autism Spectrum. She has had the opportunity to advocate for people from all walks of life, from mandated clients involved with the criminal justice system, child protective services, multiple mental health diagnosis, and HIV status. Her vast experience in various settings has given her first-hand knowledge of the impact systemic racism, policies and the current status of our economy has had on our ability to access culturally competent preventative and routine mental

health care.

Cynthia has acquired a Master’s degree from Hunter Silberman School of Social work. Her specialty includes facilitating Women’s and Men’s groups, Mental Health First Aid courses, Naloxone/Narcan trainings and anger management workshops. Her most recent experience involves conducting virtual trainings on the impact Covid-19 has had on our mental health which focuses on anxiety, depression, and grief. Cynthia’s work experience also includes training, mentoring, and supervising social work interns, NYPD, DOE, DHS, and Google staff, as well as faith based organizations in support of her efforts in educating all people on the importance of recognizing mental illness.

Cynthia is of Puerto Rican descent born in Brooklyn and raised in NYC. Her background has given her the insight to understand the importance of fostering cultural, spiritual, and traditional practices while incorporating her clinical skills. She has dedicated her life’s work on treating mental illness and teaching individuals on how to maintain mental wellness through a path of healing. Her Latin roots, professional expertise along with her academic knowledge has fostered her love and passion for working with people and giving back to the community.