

CYNDI TURNER, LCSW, LSATP, MAC
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EDUCATION:

Licensed Clinical Social Worker: October 2000
Licensed Substance Abuse Practitioner: October 2006
Master Addiction Counselor: October 2016

Bachelor of Arts in Psychology: Marymount University, May 1995
Master of Social Work: Virginia Commonwealth University, May 1998

EXPERIENCE:

Insight Into Action Therapy
July 2015 to present

Co-Founder, CEO, Author, National Speaker, Therapist, Clinical Supervisor, Field Instructor

- Author of *The Clinician's Guide to Alcohol Moderation: Alternative Methods and Management Techniques*, *Practicing Alcohol Moderation: A Comprehensive Workbook*, and *Can I Keep Drinking? How You Can Decide When Enough is Enough*
- Manage all aspects of private outpatient therapy practice with two office locations
- Co-developed and facilitate Dual Diagnosis Recovery Program© individual, family, and group therapy programming
- Provide clinical supervision for licensure and substance use disorder certifications
- Function as Field Instructor for four universities
- Supply expert witness testimony
- 2022 Loudoun County Chamber of Commerce Health & Wellness Business of the Year and Small Business of the Year
- Train at national level conferences on topics such as substance use disorders, harm reduction, and alcohol moderation

Insight Recovery Centers
June 2018 to present

Co-Founder & Chief Executive Officer

- Developed and monitor Policies & Procedures for Virginia Department of Behavioral Health and Developmental Services licensure and Joint Commission Accreditation
- Oversee Intensive Outpatient and Outpatient programming
- Hire, train, and supervise clinical team

National Football League

August 2012 to present

Treating Clinician

- Provide therapy to players who are involved with the NFL's Program for Substances of Abuse

Moderation Management

January 2021 to present

Co-Chair Board of Directors

- Offer clinical perspective on the program's services
- Act as a community liaison and spokesperson for MM: a behavioral change program and national support group network for people concerned about their drinking who desire to make positive lifestyle changes.

North Spring Behavioral Health Care

October 2018- November 2019

Clinical Supervisor

- Provided individual and group supervision for those working towards licensure as a Licensed Clinical Social Worker, Licensed Substance Abuse Treatment Practitioner and certification as a Certified Substance Abuse Counselor

GoodTherapy.org

February 2017 to present

Topic Expert

- Contribute articles on substance use disorders
- Respond to Dear GoodTherapy.org questions

Finding Solutions Counseling Centers

April 2006 to July 2015

Clinical Director/Therapist/Clinical Supervisor

- Co-developed and facilitated Dual Diagnosis Recovery Program© for adolescents, young adults and adults
- Authored *Relapse Reality: Understanding Myths About Relapse in Dual Diagnosis Treatment* and facilitated Relapse Prevention group & individual work
- Developed *How Do I Know If I Can Keep Drinking Quiz*
- Completed court ordered evaluations, provide treatment, documentation and expert witness testimony for court involved clients
- Provided outpatient individual, family, and group therapy
- Marketed services and provide community outreach, education, and presentations
- Provided clinical supervision for licensure
- Hired, trained, and managed clinical team

National Counseling Group
October 2000 to April 2006
Therapist/Clinical Supervisor

- Facilitated dual diagnosis groups for adolescents, young adults, and adults
- Provided individual and family therapy
- Provided clinical supervision for licensure and home-based counselors
- Opened and ran new site with staff of 5 clinicians, operating 6 outpatient groups

Family and Youth Outreach Services
May 1998 to October 2000
Home-based counselor

- Provided intensive, in-home counseling to at-risk children, adolescents, their and families
- Developed and implemented individualized treatment plans and participated in team meetings to review progress
- Supervised mentors

Guardian Supervision
September 1999 to October 2000
Visitation supervisor

- Supervised parents on court-ordered visits with their children
- Provided detailed documentation and court testimony

Prince William County Community Services Board, Emergency Services
September 1997 to May 1998
Intern

- Completed screenings for clients with mental health and substance related crises
- Provided short term counseling
- Co-facilitated outpatient Addictions Group

Family Preservation Services
May 1995 to May 1998
Home-based counselor

- Provided intensive, in-home counseling to at-risk children, adolescents, and their families
- Developed and implemented individualized treatment plans and participated in team meetings to review progress
- Supervised mentors

Prince William Center for Psychiatric and Addiction Treatment
January 1995 to May 1995

Intern

- Participated in all activities with patients on locked unit
- Co-facilitated couples and addictions related groups on the outpatient unit

PUBLICATIONS:

The Clinician's Guide to Alcohol Moderation: Alternative Methods and Management Techniques. New York: Routledge 2020.

Practicing Alcohol Moderation: A Comprehensive Workbook. New York: Routledge 2020.

Can I Keep Drinking? How You Can Decide When Enough is Enough. New York: Morgan James Publishing 2017.

Dryuary 2019 Collection: Inspirational Posts and Expert Advice for A Month of Abstinence from Alcohol. Contributed Chapter 10. New York: Moderation Management 2019.

Harm Reduction Psychotherapy: Tools for Any Stage of Change. Virginia Mental Health Counselors Association newsletter. January 2025.

Feeling Sad? <https://www.goodtherapy.org/blog/feeling-sad/>. December 12, 2024.

Dryuary Day 25: Quick Check for Moderation. Dryuary.org. January 25, 2023.

Handling Increased Alcohol Use During the Pandemic. Northern Virginia Licensed Professional Counselors newsletter. March 2021.

Day 3: Glass Jar- A Tangible Tool. www.dryuary.org. January 3, 2021.

Parenting is Cruel. <http://losethecape.com/parenting-teenagers/>. September 28, 2018.

The Impact of Legalization on Health, Wellness, and Community. www.GoodTherapy.org July 13, 2018.

How Are You Feeling? Take a Minute to HALT for Your Health. www.GoodTherapy.org. May 15, 2018.

Answers to Your Questions About Residential Treatment for Addiction. www.GoodTherapy.org. April 13, 2018.

What Should I Look for When Seeking Help for Drug or Alcohol Use? www.GoodTherapy.org. April 2, 2018.

Can I Keep Drinking? www.Dryuary.org. January 27, 2018.

Why One Therapist Recommends Four Months Alcohol Free. www.Dryuary.org.
January 17, 2018.

Am I Ready to Change My Drinking Patterns? www.GoodTherapy.org January 10, 2018.

Where Do You Fall on the Spectrum of Alcohol Use? www.GoodTherapy.org October
27, 2017.

Men Who Drink: Exploring Old Patterns in Therapy. www.GoodTherapy.org August 25,
2017.

Alternatives Between Addiction Treatment: If AA Isn't for You, Try SMART.
www.GoodTherapy.org July 18, 2017.

Substance Addiction: 5 Myths (and Truths) About Relapse Prevention.
www.GoodTherapy.org June 26, 2017.

Alcohol and Trauma: Drinking as a Way to Deal with the Past. www.GoodTherapy.org
June 2, 2017.

Men and Alcohol: More Does Not Necessarily Mean Better. www.GoodTherapy.org
March 28, 2017.

Women and Alcohol: Why the Effects Hit Harder, Faster. www.GoodTherapy.org
April 18, 2017.

I Don't Want to Quit Drinking: Could Moderation Be for Me? www.GoodTherapy.org
February 6, 2017

Shhh! Let's Talk About Moderation for Mild Substance Disorders.
www.PsychCentral.com October 2016.

I Have Known Pain. SwimSwam. Featured Lifestyle Opinion. January 13, 2016.

How Do I Know If I Can Keep Drinking Quiz ©2013.

Dual Diagnosis Recovery Program: The Handbook for Recovery ©2006.

Relapse Reality: Understanding Myths About Relapse in Dual Diagnosis Treatment ©
2007.

Relapse Reality Quiz: Understanding Myths About Relapse in Dual Diagnosis Treatment
©2007.

PRESENTATIONS:

“Harm Reduction Psychotherapy: Tangible Tools for the Therapy Room.” (September 13, 2025) Cape Cod Symposium on Addictive Disorders. Cape Cod, MA.

“Introduction to Harm Reduction Psychotherapy: Practical Tools for the Clinical Setting.” (May 5, 2025). 9th Annual Opioid Crisis Management Congress. Chicago, IL.

“Moderation Mindset Event: Panel Discussion” (April 23, 2025) Moderation Management. Virtual.

“Alcohol Moderation 101: Introducing Moderation Management” (April 16, 2025). The Mind Collective: Wellness Wednesday. Virtual.

“Interpreting the Alcohol Moderation Assessment. (March 20, 2025). Indiana Chapter of EAP. Virtual.

“Harm Reduction Psychotherapy: Tools for Any Stage of Change.” (January 24, 2025). Virginia Mental Health Counselors Association. Virtual.

“Conversations with Clinicians: Panel Discussion” (October 17, 2024). Moderation Management. Virtual.

“Harm Reduction Psychotherapy: Practical Applications.” (September 30, 2024). 8th Annual National Opioid Congress 2024. Nashville, TN.

“Introduction to Harm Reduction Psychotherapy” (April 12, 2024). George Mason School of Social Work. Virtual.

“Harm Reduction Psychotherapy: Practical Applications in Clinical Practice.” (February 6, 2024). Addiction Resource Counsel, Inc. Webinar.

“Harm Reduction Psychotherapy: Practical Applications” (January 26, 2024). National Association of Social Workers. Webinar.

“Harm Reduction Psychotherapy: Practical Applications” (January 30, 2024). 7th Annual National Opioid Crisis Management Congress. Tempe, Arizona.

“Harm Reduction Psychotherapy: Overview of Clinical Applications” (January 31, 2024) Maryland Department of Health, Office of Treatment Service. Virtual.

“Spotlight on Mental Health: Alcohol Moderation” Brightview Senior Living (April 18, 2023) Fairfax, Virginia.

“Social Work In Focus: Job Talk with Insight Into Action Therapy.” (April 14, 2023) Virginia Commonwealth University Virtual.

“VCU Career Talk: Career Insights” (October 25, 2022) Virginia Commonwealth University Virtual.

“Substance Abuse Increase During COVID-19” Public Policy Exchange Panel Discussion. (October 4, 2022) Virtual.

“Harm Reduction for Skeptics: Practicing Alcohol Moderation in a Post-Pandemic World” Cape Cod Symposium on Addictive Disorders. (September 10, 2022). Cape Cod MA.

“Harm Reduction for Skeptics: Practicing Alcohol Moderation in a Post-Pandemic World” East Coast Symposium on Addictive Disorders. (August 21, 2022). Baltimore, MD.

“Harm Reduction Techniques for the #1 Substance of Use” National Association of Social Workers. (June 25, 2022) Washington, DC.

“Utilizing Harm Reduction Strategies for Substance Use Disorders During the COVID-19 Pandemic” Mental Health and Substance Abuse Management Summit. (March 28, 2022), Nashville, Tennessee.

“Harm Reduction for Skeptics: Practical Applications for Alcohol Use Disorders” National Association for Alcoholism and Drug Abuse Counselors (March 26, 2022). Virtual.

“Practicing Alcohol Moderation in a Post-Pandemic World” Alabama School of Alcohol and Other Drug Studies. (March 24, 2022). Tuscaloosa, Alabama.

“Practicing Alcohol Moderation: A Harm Reduction Alternative to the Abstinence Only Model” Cape Cod Symposium on Addiction Disorders (September 11, 2021) & Virtual.

“Alcohol Moderation: Harm Reduction for Alcohol Use Disorders” Southern Harm Reduction Conference (August 27, 2021) Virtual.

“Harm Reduction for Skeptics” Community Connections. (May 7, 2021). Virtual.

“Practicing Alcohol Moderation: A Harm Reduction Alternative to the Abstinence-Only Model. Northern Virginia Licensed Professional Counselors NVLPC (January 8, 2021) Virtual.

“Defending the Accused Panelist” American Association of Matrimonial Lawyers. Panelist. (November 6, 2020) Virtual.

“Harm Reduction Techniques for the Spectrum of Alcohol Use Disorders” Smith College of Social Work Professional Education Course. (October 16, 2020) Virtual.

“Practicing Alcohol Moderation: A Harm Reduction Alternative to the Abstinence-Only Model” National Conference on Addiction Disorders East/West (July 31, 2020). Virtual.

“Harm Reduction Methods for Substance Use Disorders” Prince William Public Safety Resilience Center. (July 17, 2020). Full day training.

“The Clinician’s Guide to Alcohol Moderation” SBIRT Tele ECHO Clinics. July 6, 2020. Virtual.

“Harm Reduction Approaches to Alcohol Use Disorders” Greater Washington Clinical Society for Social Workers (June 26, 2020). Virtual.

“Practicing Alcohol Moderation: Abstinence is Not the Only Way” 2020 NASW Virginia Chapter Annual Conference (March 26, 2020). Virtual.

“Practicing Alcohol Moderation: A Harm Reduction Alternative to the Abstinence-Only Model” Smith College for Social Work Webinar (March 19, 2020). Virtual.

“Evidentiary Issues for Substance Use Disorder” Virginia Trial Lawyers Association Advanced Family Law Retreat (February 22, 2020). Chesapeake, Maryland.

“Shh! Let’s Talk About Moderation for Mild to Moderate Alcohol Use Disorders. (August 21, 2018). National Conference on Addiction Disorders. Anaheim, California.

“Alcohol Treatment According to the New DSM-5 Diagnostic Spectrum.” (July 17, 2018). Virginia Summer Institute on Addiction Studies. Williamsburg, Virginia.

“How Do I Know If I Can Keep Drinking Quiz” Northern Virginia Licensed Professional Counselors. (February 23, 2018). Ashburn, Virginia.

“Evidentiary Issues in Substance Abuse and Mental Health Panel” 2017 Fairfax Bar Association Convention. (October 21, 2017). Farmington, Pennsylvania.

“Emerging Treatment for Mild to Moderate Alcohol Use Disorders. Part 1: Theory & Part 2: Practice” NEFESH Webinars (October 25, 2017 and November 1, 2017).

“Why We Started Teaching Alcohol Moderation.” 16th Annual Pathways to Wellness Conference. (October 20, 2017) Fairfax, Virginia.

“Shhh! Let’s Talk About Moderation for Mild to Moderate Alcohol Use Disorders” (September, 16, 2017) Cape Cod Symposium on Addictive Disorders. Hyannis, MA.

“Shhh! Let’s Talk About Moderation for Mild to Moderate Alcohol Use Disorders” (August 18, 2017). National Conference on Addiction Disorders. Baltimore, MD.

“Changing the Way We Treat Mild Alcohol Use Disorders.” Virginia Summer Institute for Addiction Studies. (July 17, 2017). Williamsburg, Virginia.

“Shhh! Let's Talk About Moderation for Mild Alcohol Use Disorders.” American Mental Health Counselors Association Annual Conference: Innovate and Advocate: Clinical Pathways to Excellence. (July 28, 2017). Washington, DC.

“Can My Client Keep Drinking? How You Can Help Them Decide When Enough is Enough” (March 2017) NASW-Virginia Annual Conference. Williamsburg, Virginia.

“Alcohol Moderation for Men: How Being Male Plays a Role in AUDs” (March 15, 2017) Phoenix House Mid-Atlantic Recovery Summit. Arlington, Virginia.

Panel Member “Becoming Gender Sensitive: Changing the Model” (March 15, 2017) Phoenix House Mid-Atlantic Recovery Summit. Arlington, Virginia.

“How to Help Clients Moderate” (December 2016) Clinical NoVA Networker. Leesburg, Virginia.

“Shhh! Let’s Talk About Moderation for Mild Alcohol Use Disorders” (November 2016) Employee Assistance Professionals Association. Richmond, Virginia.

“Can My Client Keep Drinking? How You Can Help Them Decide When Enough is Enough” Poster Presentation. (October 2016) National Association for Alcoholism and Drug Abuse Counselors. Minnesota, MN.

“Can My Client Keep Drinking? How You Can Help Them Decide When Enough is Enough” (September 2016) Greater Washington Society for Clinical Social Work. Arlington, Virginia.

“Can My Client Keep Drinking? How You Can Help Them Decide When Enough is Enough” (September 2016) Employee Association Professionals Association. Washington, DC.

“Can My Client Keep Drinking? How You Can Help Them Decide When Enough is Enough” (August 2016) Caron Treatment Centers, Chevy Chase, MD.

“Signs, Symptoms, and Solutions for Alcohol and Drug Use in Teens” (April 2016) Fairfax County Mental Health Support Group. McLean, Virginia.

“Signs, Symptoms, and Solutions for Substance Use Disorders in Adolescents for Behavioral Health Providers” (September & October 2015) Dominion Hospital. Falls Church, Virginia.

“Preventing Emotional Indulgence” (October 2013) Lunsford Middle School Chantilly, Virginia.

“Best Practices in Dual Diagnosis Treatment” (April 2011) Privia Medical Group, Fairfax, Virginia.

“Dealing with Death” (February 2010) United Airlines EAP, Sterling Virginia.

“Involving the Family in Residential Treatment and Discharge Planning” (January 2010) Crossroads Residential Programs, Alexandria, Virginia.

“Preventing Adolescent Substance Use” (November 2010) Mercer Middle School, Aldie, Virginia.

“Intervention and Brief Therapy with Addiction” (November 2009) Virginia Commonwealth University, Alexandria, Virginia

“Creating Healthy Dynamics by Understanding Emotional Indulgence” (October 2009) Fairfax County Substance Abuse Awareness Week, Fairfax, Virginia.

“Preventing Emotional Indulgence: What to do as Parents” (April 2009) Mercer Middle School, Aldie, Virginia.

“What Would You Do? Role Plays for Handling Alcohol and Drugs” (March 2009) Lord of Life Youth Forum, Burke, Virginia

“Working Through Step Four” (April 2008) Celebrate Recovery, Fairfax City, Virginia.

“Myths About Marijuana and Alcohol: Parent Edition” (April 2008) Fairfax Community Church, Fairfax, Virginia.

“Myths About Marijuana and Alcohol: Teen Edition” (May 2008) Fairfax Community Church, Fairfax, Virginia.

“Best Practices in Dual Diagnosis Therapy: How to Respond as Providers” (November 2007) Child and Family Counseling Group, Fairfax, Virginia.

“Teens and Addiction: Helpful Hints for Working with Families” (October 2007) Northern Virginia LPC, Sterling, Virginia.

“Building Healthy Kids and Healthy Families” (March 2007) Ed Anywhere, Sterling, Virginia.

“How to Handle Adolescent Substance Use” (August 2007) Centreville High School, Centreville, Virginia.

“Stress Management: How You Can Keep Your Body, Mind, and Brain Calm” (August 2006) Loudoun County Public Schools, Ashburn, Virginia.

“Understanding HIPAA for Therapists” (October 2006) The Counseling Center of Fairfax, Fairfax, Virginia.

RADIO SHOWS:

“EP#49 CAN I KEEP DRINKING How Do I Decide When Enough is Enough with CYNDI TURNER” The Quiet Warrior Show (October 2, 2018).

“Abstinence Versus Harm Reduction” In Your Right Mind talk radio. (February 5, 2017)
KABC 790AM.

PODCASTS:

Insights & Actions Podcast “Episode 11: Can I Keep Drinking? Alcohol Moderation
Expert Cyndi Turner” (March 17, 2025).

KY Wellness “Episode 120 Sober Curiosity.” (March 28, 2024).

Family Matters with Reese Law. “Why Accepting Your LGBTQ Child Matters.” (June
17, 2021). <https://www.youtube.com/watch?v=oxCZlvwxLrI&t=5s>

The Sober Pod: A Recovery Podcast “S3 E10: On Moderating Drinking?! Cyndi Turner,
LCSW” (January 29, 2021).
[https://podcasts.apple.com/us/podcast/the-sober-pod-a-recovery-
podcast/id1453721166?i=1000507067891](https://podcasts.apple.com/us/podcast/the-sober-pod-a-recovery-podcast/id1453721166?i=1000507067891)

Donna Dierker Dryuary 2018. “Podcast featuring Cyndi Turner” (January 26, 2018)
http://stl-dierker.org/201801cyndi_turner.mp3

Lose The Cape Podcast. Episode 163 featuring Cyndi Turner. (November 2018).
<https://losethecape.com/podcast/163/>

Cindy Mazzaferro interviews Cyndi Turner as she shares how to decide if your drinking
is a problem and how to find out the "Why" and change behaviors that can eliminate the
problem. (January 8, 2018)
https://www.youtube.com/watch?v=_xwm3mOx3XM&feature=youtu.be.

TELEVISION:

“Episode 10.” Spotlight on Mental Health. (February 2018).
Fairfax Public Access Channel 8.