

**CYNTHIA L. BARROW, L.C.S.W.**

**Comprehensive MedPsych Systems**  
1250 South Tamiami Trail, Suite 201, Sarasota, FL 34239

State of Florida, Licensed Clinical Social Worker, License Number SW7738

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**Family Therapist, Manager, Community Leader**

*Trained Clinician in Solution-Focused Therapy, Community Organization, Management, and Educational Leadership. Trainer for clinicians in Solution-Focused Interviewing applied to a variety of diverse populations and clinical settings.*

*Additional experience includes set up and organization of private Psychiatric and Psychotherapy practices and adjunct faculty positions held at Universities and Community Colleges.*

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**Professional Experience**

**Comprehensive MedPsych Systems** **04/11 to present**  
**1250 South Tamiami, Suite 201, Sarasota, FL 34239**  
Individual, Couples, and Family Therapist. Part-time Independent Contractor

**Lake County School Board Member, District 3, Chair (09/10)** **11/06 to 11/10**  
**201 West Burleigh Boulevard, Tavares, FL 32778**  
Written and introduced several district wide policies including an anti-bullying policy, a grant procedure policy, and an allocation formula policy. Initiated a High School Reform Committee and Pre-K Committee to advance student achievement in these areas. Developed an Elementary Mentorship Program with a team of educational leaders in the school district. Accumulated 90 hours of professional Florida School Board's Association Training towards becoming a *Certified* Board Member.

**Private Practice Clinician,** **12/08 to 8/10**  
**200 E. Highlands Avenue, Clermont, FL**  
Specializing in adolescent, adult, and family therapy.

**Private Practice Marketing Manager and Clinical Consultant** **11/10 to present**  
**Barrow Psychiatry, 306 N. Rhodes Avenue, Suite 110 Sarasota, Florida** **7/04 to 11/10**  
**Barrow Psychiatry, 221 US Hwy 27, Clermont, Florida**  
Established new psychiatric private practice for Dr. Gregory Barrow, MD. Responsibilities continue to include: marketing, development of clinical documentation instruments; interface with managed care organizations; and clinical consultation for challenging cases in the areas of: Depression, Anxiety, Bi-Polar Disorder, ADHD, and Marital and Family Therapy.

**Practice Manager, Clinical Consultant, and Private Practice Clinician** 3/00 to 7/04  
**Barrow Psychiatry and Cindy Barrow, LCSW, Raleigh, North Carolina**  
**901-F Paverstone Drive, Raleigh, NC**

Responsibilities included: marketing, development of clinical documentation instruments; interface with managed care organizations; clinical consultation for challenging cases for Dr. Gregory S. Barrow, and **private practice clinician**, specializing in: Depression, Anxiety, ADHD, Adolescent and Marital and Family Therapy.

**Part-time Faculty Instructor** 1/01 to 5/01  
**North Carolina State University, Department of Social Work, 1911 Building, Raleigh, North Carolina**

Part-time Instructor in the Department of Social Work. Course taught: Human Behavior and the Social Environment, Spring 2001.

**Private practice Clinician and Clinical Consultant** 5/98 to 3/00  
**Barrow Consulting, Emerald Isle, North Carolina**

Psychotherapist specializing in individuals, couples, and family therapy. Clinical Management Consultant specializing in “Managed Care Readiness” topics, and “Brief Solution-Focused Therapy” training. Psychotherapist for Carteret County Domestic Violence Program 4/99 to 4/00.

**Volunteer Domestic Violence Court Advocate** 8/98 to 4/99  
**Carteret County Domestic Violence Center, Moorehead City, North Carolina**

Court Advocate assisting victims of domestic violence with: obtaining “Orders of Protection”; understanding legal rights; and providing referral information on an array of services provided by the Carteret County Domestic Violence Program. Was asked to resign this volunteer position for a paid position as a therapist for this organization.

**Merit Behavioral Care Corporation**  
**Morrisville, NC** 4/95 to 4/98

Three positions held for this mental health and managed behavioral care company in Morrisville, North Carolina.

**Clinical Manager, Outpatient Department** 1/97 to 4/98

Promoted to Clinical Manager of the outpatient department. Responsibilities included: Management of both the Intake and Referral Department and the Case Management Department. Clinical oversight of all outpatient care activities including investigation of clinical care complaints and review of panel provider treatment plans. Position ended when large contract from major insurer ended.

**Network Manager** 2/96 to 1/97  
**Promoted to Network Manger at Merit Behavioral Care Corporation**

Responsibilities included: Management of a four state network of providers; provider profiling projects; implementation of a risk share method of reimbursement; case management activities; and presenter for educational forums.

**Crisis Coordinator** 4/95 to 2/96  
**Merit Behavioral Care Corporation**

Crisis/Triage Clinician for patients requiring immediate clinical care. Responsibilities included: Inpatient utilization review, outpatient case management; editor of Provider Newsletter; and trainer for staff on management of crisis calls.

**Family Therapist / Training Instructor** **8/94 to 4/95**  
**Atlantic Behavioral Health Systems, Raleigh, North Carolina**  
This start up organization began as a clinical service provider and attempted to emerge as a managed care provider. Duties included: Program development for new Child and Adolescent Program; clinical supervision of Bachelor's level staff; Training Instructor for Advanced Clinical Studies Training Institute. Services provided in a variety of locations: office, school, and home. Resigned from company as financial difficulties were emerging.

**Training Instructor** **9/92 to 7/94**  
**Western Illinois University, Continuing Education Department, Peoria, IL**  
Instructor for a Postgraduate Family Therapy Training Program on brief psychotherapy models. Position ended with conclusion of training courses.

**Private Group Practice Clinician** **8/92 to 1/94**  
**Center for Psychotherapy, Peoria, Illinois**  
Part-time private group contract clinician serving individuals, couples, and families until closure of practice by owner.

**Independent Trainer / Consultant**  
**Brief Family Therapy Center** **5/92 to 8/94**  
**Peoria, Illinois**  
Provided training in Solution-Focused Brief Therapy for clinicians and students in a wide variety of clinical treatment settings.

**Clinical Social Worker/ Therapist** **8/92 to 1/94**  
**Zeller Mental Health Center, Peoria, Illinois**  
Therapist for inpatient state psychiatric hospital; responsibilities included: case management, social history evaluations, training medical students to perform mental status examinations; training clinicians in the Solution-Focused Therapy Model. Other duties included member of the substance committee charged with developing treatment protocol for mentally ill substance abusers; member of the state wide task force on developing standards for "active treatment"; and supervisor for B.S.W. students in field placement.

**Part-Time Faculty Instructor** **1/92 to 5/02**  
**Illinois Central College, East Peoria, IL**  
Instructor for Introductory Psychology Course

**Family Therapist** **12/90 to 8/91**  
**Children's Home Association of Illinois, Peoria, Illinois**  
Paid clinical internship providing therapy for youth and their families; in-home and outpatient treatment settings. Crisis assessments and interventions were performed with the goal of preventing psychiatric hospitalization. Developed training manual for new clinicians.

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### **Mental Health Experience – Undergraduate and during Graduate School**

**Graduate Assistant** **8/90 to 12/90**  
**Department of Psychology, University of Illinois, Champaign-Urbana Illinois**  
Teaching Assistant and Supervisor for undergraduate psychology practicum and seminar.

**Domestic Violence Counselor** **1/90 to 8/90**  
**Tri-County WomensStrength, Peoria, Illinois**  
Crisis intervention counselor for women in domestic violence situations. Developed and submitted new personnel policy to the board of directors for approval.

**Day Treatment Counselor** **12/88 to 12/89**  
**Tazwood Human Service Center, Day Treatment Program, Pekin Illinois**  
Counselor and Vocational Skills Trainer for chronic mentally ill adults.

**Program Coordinator** **8/88 to 11/88**  
**Peoria Association for Retarded Citizens, Peoria, Illinois**  
Primary Case Manager and Supervisor in residential setting for developmentally disabled adults.

**Mental Health Worker** **2/87 to 6/88**  
**Community Support Services, Night Care Unit, Lansing, Michigan**  
Intake assessments and Crisis intervention counseling for short-term residential community mental health program with goal of preventing psychiatric hospitalization.

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### **Professional In-Service Training Delivered by Cynthia L. Barrow**

**Solution-Focused Therapy Training applied to a wide variety of clinical populations and presenting problems have been presented to well over 40 audiences spanning a period from 1992 to the present. Advanced clinical training in this specialty area was obtained through the Brief Family Therapy Center in Milwaukee, Wisconsin. Seminar topics and training session dates and times can be supplied upon request.**

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### **Professional Licensure, Affiliations, and Memberships**

Florida Licensed Clinical Social Worker (2004 to present)  
Florida School Board Association, Lake County School Board Member, District 3  
North Carolina Licensed Clinical Social Worker (1994 to 2004)  
Illinois Licensed Clinical Social Worker (1993 to 1995)  
Illinois Licensed Social Worker (1991 to 1993)  
Member of the National Association of Social Workers  
Member of Psi Chi National Honor Society in Psychology  
Member of the Family Violence Coordination Council, Mental Health Committee, Peoria, Illinois (93-95)

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### **Education**

**University of Illinois, Champaign-Urbana, Illinois**  
**Master of Social Work, 1991 (Cynthia J. Lyon – maiden name)**  
Specialty: Mental Health

**Michigan State University, East Lansing, Michigan**  
**Bachelor of Arts Degree with Honor 1988, Major: Psychology**

