

Yudy A. Cid, MA, LMSW

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*Licensed Master Social Worker / Clinical Supervisor / Faith-Based & Culturally Responsive
Mental Health Educator*

Education

New York University – Silver School of Social Work

Master of Social Work (MSW) | May 2021

Alliance Theological Seminary – Rockland, NY

Master of Arts in Biblical Literature | May 2007

Nyack College – New York, NY

Bachelor of Science in Interdisciplinary Studies | May 2000

Honors: Magna Cum Laude

Licenses & Certifications

- **Licensed Master Social Worker (LMSW)** – *New York State, 2022*
 - **Seminar in Field Instruction (SIFI)** – *New York University, 2025*
 - **Mental Health First Aid Instructor** – *National Council for Mental Wellbeing, 2022*
 - **Certified Professional Life Coach** – *International Coach Federation, 2016*
 - **Master Trainer, Prepare/Enrich, LLC** – 2010
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Skills & Competencies

- **Bilingual Communication:** Fluent in Spanish and English; adept at providing culturally sensitive services across diverse populations.
 - **Clinical Skills:** Proficient in Cognitive Behavioral Therapy (CBT), Solution-Focused Therapy, Motivational Interviewing, Play Therapy, Crisis Intervention, and Trauma-Informed Care.
 - **Supervision & Instruction:** Skilled in mentoring interns and professionals; experienced in curriculum development, CE-accredited training, and clinical education.
 - **Program Development:** Strong background in designing and implementing community wellness programs, relationship education workshops, and certification courses.
 - **Media & Public Speaking:** Experienced media contributor and public educator on mental health topics through television, radio, and community events.
 - **Mind-Body Integration:** Certified Yoga and Reiki Practitioner with a holistic approach to emotional and spiritual well-being.
 - **Coaching & Personal Development:** Certified Life Coach with expertise in motivational strategies, life transitions, and growth-focused support.
 - **Administrative & Practice Management:** Skilled in EHR systems, client scheduling, documentation, and private practice operations.
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Professional Experience

Clinical Social Worker & Therapist – Private Practice

Hudson River Counseling, LLC | 2020–Present

- Manage all aspects of private practice operations, including client engagement, scheduling, insurance, and marketing.
- Conduct assessments and risk evaluations; develop and implement treatment and safety plans.
- Provide therapy using CBT, Solution-Focused Therapy, Crisis Intervention, Motivational Interviewing, and Couples Therapy.

Practicum Supervisor – Master’s Level Interns

New York University (SIFI Certified) | 2025–Present

- Provide clinical supervision and mentorship to MSW students, developing competencies in diagnosis, treatment planning, and clinical documentation.
- Integrate academic learning into practice with guided reflection and ethical oversight.

Mental Health Evaluator – Immigration Cases

Independent Provider | 2024–Present

- Conduct psychological evaluations for asylum, VAWA, U-Visas, and T-Visas.
 - Provide clinical reports supporting trauma-related diagnoses and collaborate with immigration attorneys.
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Teaching & Training Experience

Mental Health First Aid Instructor

National Council for Mental Wellbeing | 2022–Present

- Train professionals and community members in mental health crisis response.
- Provide 8 CE credits per training.

Founder & Lead Instructor – Life Coaching Certification

CoachNow Academy | 2017–Present

- Develop and facilitate certification aligned with ICF coaching standards.

Master Trainer

Prepare/Enrich, LLC | 2008–Present

- Certify marriage and couples facilitators in faith-based and culturally sensitive interventions.
 - Provide 7 CE credits per course.
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Media Outreach & Public Engagement

- **Radio Host & Contributor**, *Radio Vision Cristiana Internacional*
- **Monthly Mental Health Contributor**, *Univision Noticias 41 (New York)*
- **Guest Expert**, *Despierta América, Univision Television*
- **Frequent Interviewee**, *Telemundo 47 / NBC4 Universal*

Topics include: anxiety, emotional health, parenting, trauma, and community-based mental health resources.

Community-Based Leadership & Program Innovation

Consultant & Facilitator – Supporting Healthy Relationships Program

Montefiore Medical Center | 2009–2020

Facilitated workshops and recruited participants for family wellness programs.

Founder & Life Coach Trainer – CoachNow Academy

Vida en Alto, LLC | 2017–Present

Trained aspiring life coaches through certification and mentoring.

Curriculum Developer & Facilitator

New York City Housing Authority (NYCHA) | 2010–2013

Designed and led family-focused events and college prep programs.

Project Director – Marriages of Hope

Esperanza USA | 2003–2008

Led outreach, training, and strategic planning for Latino marriage initiatives.
