

Cynthia Goczol, MBA-SW, LCSW, CCM, Champions Holistic Mental Health Care and Patient Advocacy in Colorado

Licensed Clinical Social Worker and Founder of Sunflower Counseling & Consulting, LLC, Empowers Individuals and Families Through Compassionate, Collaborative Support



Commerce City, Colorado May 14, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Cynthia Goczol, MBA-SW, LCSW, CCM, is a respected mental health professional and advocate dedicated to helping individuals and families overcome life's challenges through compassionate, patient-centered care. As the Founder of

Sunflower Counseling & Consulting, LLC in Commerce City, Cynthia brings nearly 16 years of experience in behavioral health, social work, case management, and integrated care to the communities she serves.

With a Master of Business Administration in Social Work and multiple professional credentials, Cynthia provides comprehensive support to patients across the lifespan, from adolescents to individuals navigating end-of-life care. Her clinical expertise includes individual and family therapy, substance abuse support, behavioral health case management, advanced care planning, and primary care integration. She is particularly passionate about helping disabled individuals access critical benefits and resources, ensuring they receive the support necessary to improve their quality of life and long-term stability.

Cynthia's approach to care emphasizes collaboration, advocacy, and individualized treatment. She believes healing begins by meeting people where they are and helping them define success on their own terms. By combining clinical expertise with empathy and practical problem-solving, she works closely with patients and families to create meaningful and sustainable progress.

In addition to her private practice, Cynthia has held influential roles within major healthcare organizations, including UHealth, HCA HealthONE, and ReedGroup. Through these positions, she gained extensive experience in crisis assessment, motivational interviewing, integrated behavioral healthcare, and complex case management. Her broad professional background has strengthened her ability to navigate the intersection of healthcare systems, mental health services, and patient advocacy.

Committed to advancing the field of social work, Cynthia also dedicates time to mentoring and training practicum students in areas such as mental health counseling, substance abuse treatment, and advanced care planning. She values education as a tool for strengthening the next generation of healthcare professionals and promoting more compassionate, effective systems of care.

Cynthia is also passionate about expanding access to natural medicine treatments within mental health care, particularly for individuals seeking alternatives to traditional daily medication regimens. Her interest in innovative and holistic approaches reflects her broader philosophy that emotional wellness should address the whole person, not just symptoms alone.

“What I really love most about being a social worker is being able to help people move past somewhere that they're stuck in their life and become successful—whatever that might mean to them,” Cynthia shared. “Every person's journey is different, and being able to walk alongside them during that process and witness their growth is what keeps me passionate about this work.”

An active member of The Worldwide Women's Association, Cynthia continues to advocate for mental health awareness, accessible care, and innovative treatment approaches throughout Colorado. Through her leadership, compassion, and commitment to holistic healing, she continues to make a meaningful impact on the lives of individuals and families in her community.

Learn more about Cynthia Goczol:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/cynthia-goczol>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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