‘Dear Self: You are Enough’
Cynthia Torres, Trailblazing the Truth of Identity through Service and Self-Talk

BY: RACHEL BOOHER

In a world that needs humility and kindness, Cynthia Torres is the first person who would lend a helping hand to those in need. An advocate for mental health and an inspiration to her fellow students, Cynthia has participated in multiple types of service work. Her resilience in helping others find peace, healing, and their true identities, both spiritual and psychological, is reflected in a long list of community activism and her modest nature. Support groups, assisting clients with substance abuse, and facilitating classes in women’s prisons has enabled Cynthia to discover her true calling: to become a facilitator. As a facilitator, Cynthia could help people embrace their experiences into her identity. The clearest message she received during childhood was “Something is wrong with me.” This was the beginning of her entrance into the world of mental health, recovery, and identity lies.

Time does not heal the wounds of the mind, but therapy and hard work begin the process of reclaiming peace of mind and spirit. Where Cynthia saw a need, she sought to fill that void. One of her first service endeavors was creating a support group for people who had been affected by adultery. “Nashville did not have a group so I created one,” and Cynthia was very intentional about the materials that they would cover. She would personalize the process for each meeting, assisting members in learning to forgive and to become better versions of themselves. This led to her becoming a facilitator of theotherapy in women’s prisons. Theotherapy contains faith-based protocols for inner healing and, in 2014, after attending various sessions, Cynthia trained to become a facilitator. As a facilitator, Cynthia could bring classes into the women’s prisons in Nashville. Cyndi relayed that “Theotherapy focuses on the lies we have been given and believed about ourselves, targeting past trauma and painful experiences, affirming the truth about self and what God says about himself and who we are.” After the pandemic eases, she will resume holding meetings and conferences at various times during the year.

Cynthia’s thesis research further supports her academic under-takings, as well as her desire to continue to humbly serve the community. As previously mentioned, Cyndi has a minor in Music, but a special fact is that she has already written published music. In 2017, Cyndi went to Ireland to write music with Irish singer, Justin McGurk. Together, they wrote a song called “You Are,” which was used in a commercial that featured the first Irish model with down syndrome. This song embodies how Cynthia views herself and everyone else in the world. “We are all beautiful,” and Cyndi believes that everyone deserves the chance to see this truth within their own identity.

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