

## **Donald Benson, Psy.D., ABPP, Licensed Psychologist**

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### **Professional Experience**

#### **Psychologist (2011-present)**

Park Ridge Behavioral Healthcare, Casper, WY

- Provide psychotherapy services to adults, adolescents, and couples
- Provide clinical supervision to student interns

#### **Executive Director (1999-2011)**

Three Trails Employee and Family Assistance Program, Casper, WY

- Provided counseling to individuals, couples, families, and groups
- Conducted workshops and presentations on emotional wellness
- Clinical supervision of other mental health professionals
- Administrative tasks, such as management and budgeting
- Wrote articles and publication of a newsletter and on website

#### **Counseling Center Director (1995-1999)**

Casper College Counseling and Student Development Services, Casper, WY

- Provided personal counseling to college students, faculty, and staff
- Conducted career counseling, incorporating vocational testing
- Clinical supervision of licensed counselors
- Taught courses related to counseling and personal adjustment
- Presented workshops on psychoeducational topics
- Managed an annual budget

#### **Mental Health Therapist (1991-1994)**

Weld Mental Health Center, Greeley, CO

- Facilitated groups, performed individual counseling, and conducted crisis interventions through telephone and ER evaluations
- Clinically supervised counseling assistants in a residential program for clients with major mental illness

#### **College Counselor (1991-1994)**

University of Northern Colorado, Greeley, CO (*note: these were part-time, paid professional positions*)

- Counseled college students in the University Counseling Center for the first year
- Performed career counseling in Career Services during the last two years

#### **Substance Abuse Therapist (1986-1990)**

The Guidance Center, Murfreesboro, TN

- Provided outpatient counseling to those abusing substances or suffering from chemical dependency
- Facilitated an aftercare group in a residential program for those in recovery
- Performed psychological testing and evaluation

Counseled individuals, couples, and families with other types of concerns  
Facilitated positive living skills groups in the junior high and high schools

## **Experiential Training**

### **Post-Doctoral Resident (1997)**

Central Wyoming Counseling Center, Casper, WY

Co-facilitated a sexual offenders' therapy group in exchange for doctoral level supervision

### **Pre-Doctoral Intern (1994-1995)**

Counseling and Testing Center: Northern Arizona University, Flagstaff, AZ

Provided individual, couples', and group counseling to students

Conducted crisis counseling on-call

Performed psychological evaluations

Supervised master's level counselors

Counseled Native American students and involved in "Talking Circle" group

### **Master's Counseling Intern (1986)**

Multi-County Mental Health Center, Tullahoma, TN

Conducted individual and group counseling with adults in day and hospital programs

## **Areas of Substantial Clinical Experience**

Marriage and relationship counseling, depression, anxiety, stress management, mindfulness training, substance abuse, parenting, adolescence, grief, gender identity, career

## **Education**

### **Doctor of Psychology in Counseling Psychology (1995)**

University of Northern Colorado, Greeley, CO

### **Master of Science in Counseling Psychology (1986)**

University of Southern Mississippi, Hattiesburg, MS

### **Bachelor of Arts in Psychology and Sociology (1983)**

Anderson University, Anderson, Indiana

## **Licensure and Certification**

### **Board Certified in Counseling Psychology (2007-present)**

American Board of Professional Psychology

### **Licensed Psychologist – Wyoming #326 (1999-present)**

Licensed Professional Counselor (Wyoming, 1995-1999; Colorado, 1993-1995; Tennessee, 1988-1990)

Licensed Psychological Examiner (Tennessee, 1987-1990)

### **Teaching**

College sophomore class in Basic Counseling Skills (1996-2004)

Freshman course in Human Potential Seminar (1996-1998)

Master's Counseling Courses: Counseling Theories (2002), Management of Counseling Services (1997), Supervisor of Counselor Practicum (1997), Mental Health Counseling (2009), Supervised Internship (2010)

### **Publications**

Dissertation (1995) – Factors that Influence a Therapist's Decision to Involuntarily Hospitalize Individuals Experiencing Suicidal Ideation

Research Associate – Welch, Benson, O'Halloran, and Shaw. (1993). The Rights of Children. University of Northern Colorado, Greeley, CO

Regular articles on aspects of emotional well-being in quarterly newsletters at Three Trails EFAP.

### **Professional Activities and Organizations**

Member – American Psychological Association

Member – Wyoming Psychological Association

Chair – Natrona County Substance Abuse Providers (1999-2011)