

# **Esther N. Benoit PhD, LPC, ACS, NCC**

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## **Education**

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| <b>PhD, Counselor Education</b><br><i>Promoting Moral and Ego Development through the use of Deliberate Psychological Education in Family Counseling.</i><br>Chair: Dr. Victoria Foster<br>College of William and Mary, Williamsburg VA | 2009 |
| <b>M. Ed. Marriage and Family Counseling</b><br>College of William and Mary, Williamsburg VA  | 2006 |
| <b>B.A. Psychology</b><br>Pittsburg State University, Pittsburg KS  | 2004 |

## **Certifications and Licensure**

- National Certified Counselor, NCC**  
National Board for Certified Counselors, NBCC. March 2007- current
- Licensed Professional Counselor, LPC (Virginia, Texas)**  
Virginia License # 0701005214, 2012- current  
Texas License #91852, 2023- current
- Approved Clinical Supervisor, ACS**  
National Board for Certified Counselors, NBCC. July 2021- current
- EMDR Trained Clinician**  
Certification in Progress, trained November 2021
- Certified Online Instructor**  
Virginia Community College System; Courses completed: Teach Online Program and Instructional Design for Online Learning (2012)

## Positions Held

### *Clinical Positions*

- 2019-current**      **Counselor/Owner**  
Benoit Counseling and Consulting, LLC  
Newport News, VA
- 2009-2015**      **Counselor**  
Breaking the Cycle of Youth Aggression- Grant  
Williamsburg Community Health Foundation  
Williamsburg, VA
- 2007-2009**      **Director**  
New Horizons Family Counseling Center  
College of William and Mary  
Williamsburg, Virginia
- 2005-2009**      **Family Counselor**  
New Horizons Family Counseling Center  
College of William and Mary  
Williamsburg, Virginia

### *Teaching and Administrative Positions*

- 2017- current**      **Clinical Core Faculty, Field Experience Lead**  
Southern New Hampshire University  
Clinical Mental Health Counseling Program  
Manchester, New Hampshire
- 2009-current**      **Adjunct Instructor**  
The College of William and Mary  
Williamsburg, Virginia  
*Family Processes and Development*  
*Marriage and Family Counseling*  
*Advanced Family Counseling*  
*Assessment and Treatment of Trauma-Related Disorders*  
*Human Growth and Development*  
*Internship in Clinical Mental Health Counseling*  
*Theories of Counseling*  
*Techniques of Counseling*  
*Professional and Ethical Issues in Counseling*
- 2018- 2020**      **Adjunct Instructor**  
Northwestern University  
Clinical Mental Health Counseling Program (Online)
- 2014- 2017**      **Assessment Coordinator**  
Walden University  
School of Counseling  
Minneapolis, Minnesota
- 2012 – 2017**      **Core Faculty**  
Walden University  
Marriage, Couples, and Family Counseling Program

School of Counseling  
Minneapolis, Minnesota  
**2010- 2012** **Adjunct Instructor**  
**2006-2007** Virginia Peninsula Community College (formerly Thomas Nelson  
Community College, Hampton, Virginia  
*Human Sexuality, Health 200*  
*Stress Management, Health 215*

***Supervisory Positions***

**2018-current** **Mental Health Counseling Practicum and Internship Faculty  
Supervisor**  
MS Mental Health Counseling  
Southern New Hampshire University; Manchester, New  
Hampshire

**2012- 2017** **Mental Health Counseling/Marriage Couples and Family  
Counseling Practicum and Internship Supervisor and Primary  
Course Lead**  
MS Mental Health Counseling/MS Marriage, Couples and Family  
Counseling Programs  
Walden University  
Minneapolis, Minnesota

**2006-2009** **Marriage and Family/Community Counseling Practicum and  
Internship – Doctoral Supervisor**  
Counselor Education Department  
College of William and Mary  
Williamsburg, Virginia

## Publications

- Hermann-Turner, K. M., & Benoit, E. N. (2024). Working with families. In A. Vernon & C. Schimmel (Eds.) *Counseling children and adolescents (6<sup>th</sup> Ed.)*. San Diego: Cognella Academic Publishing.
- Haight, M. & Benoit, E.N., & Hamm, T. (2023). Personality Disorders and Interconnectedness. Russo, J., Coker, K., & King, J. (Eds.), *DSM-5 and Family Systems: An Applied Approach (2<sup>nd</sup> Ed.)*. New York, New York: Springer Publishing Company.
- Parmanand, S., & Benoit, E.N. (2021). Structural Theory: Approaches and Applications. In *Foundations of Couples, Marriage, and Family Counseling* (2nd ed., pp. 173-190). Hoboken: Wiley.
- Benoit, E.N., Jenkins, C., & Bailey, C. L. (2019). Early development and trauma within the culture of children: Teaching counselors in training to understand the effects of trauma and its misdiagnosis. Routledge.
- Hermann-Turner, K. M., & Benoit, E. N. (2019). Working with families. In A. Vernon & C. Schimmel (Eds.) *Counseling children and adolescents (5<sup>th</sup> Ed.)*. San Diego: Cognella Academic Publishing.
- Cade, R., Benoit, E. N., & Hermann-Turner, K. M., & Mylroie, R. (2019). Behavioral and Cognitive Behavioral Therapy with Couples and Families. In B. Flamez & J. Hicks (Eds.), *Marriage, Couple, and Family Therapy Theory, Skills, Assessment, and Application* (1st ed., pp. 343-362). San Diego, CA: Cognella.
- Haight, M. & Benoit, E.N. (2017). Personality Disorders and Interconnectedness. Russo, J., Coker, K., & King, J. (Eds.), *DSM-5 and Family Systems: An Applied Approach* (pp. 473-499). New York, New York: Springer Publishing Company.
- Parmanand, S., & Benoit, E.N. (2015). Structural Theory: Approaches and Applications. In *Foundations of Couples, Marriage, and Family Counseling* (1st ed., pp. 215-237). Hoboken: Wiley.
- O'Keefe, A. L., & Benoit, E. (2015). Human validation process model. In E. Neukrug (Ed.), *The Sage encyclopedia of theory in counseling and psychotherapy* (Vol. 1, pp. 513-518). Thousand Oaks, CA: Sage Publications.

- Benoit, E. N., & Bailey, C. L. (2015). Cognitive-behavioral family therapy. In E. Neukrug (Ed.), *The Sage Encyclopedia of Theory in Counseling & Psychotherapy* (Vol. 1). Thousand Oaks, CA: Sage Publications.
- Heyward, K. J., Benoit, E. N., Hermann, K. M., Holmes, C. M., & Lloyd-Hazlett, J. (2013). Conquering ambiguity with creativity: Using creative family counseling interventions with military families. *Journal of Military and Government Counseling, 1*(3), 177-191.
- Hermann, K. M., & Benoit, E. N. (2013). College upperclassmen: Preparing to launch. In S. Degges-White & C. Borzumato-Gainey (Eds.), *College Mental Health Counseling: A developmental approach* (pp. 41-50). New York, NY: Springer.
- Hermann, K. M., Benoit, E. N., Zavadil, A., & Kooyman, L. (2013). The myriad faces of college student development. In S. Degges-White & C. Borzumato-Gainey (Eds.), *College student mental health counseling : a developmental approach* (pp. 1-12). New York, NY: Springer.

## Presentations

### *International*

Benoit, E.N. & Heyward, K. (2024, October). *Rest and Mindfulness: A Polyvagal Approach to Counselor Well-being*. [Conference Presentation]. European-Branch American Counseling Association (EB-ACA) Conference, Heidelberg, Germany.

Benoit, E. N. (2009, July). *Promoting Moral and Ego Development through the use of Deliberate Psychological Education in Family Counseling*. [Paper Presentation]. International Congress of the Association for Moral Education (AME) Conference, Utrecht, The Netherlands.

### *National*

Benoit, E.N., & Dukes, A. (2020). *Consensual Non-Monogamy: Working Relationally with More than Two*. Paper presented at the annual International Association of Marriage and Family Counselors (IAMFC), New Orleans, LA.

Cannon, K.C., & Benoit, E.N. (October, 2019). *Managing Expectations, Classrooms, and Gatekeeping in Online Counselor Education*. Paper presented at the Bi-annual Association for Counselor Education and Supervision (ACES) conference, Seattle, WA.

Benoit, E.N., & Hermann, K.M., & Gaspard, D. (March, 2017). *Fortifying Resilience in Pre- and Post- Deployment Military Families*. Paper presented at the Annual American Counseling Association (ACA) conference, San Francisco, CA.

Benoit, E.N., O'Keefe, A.L. (2016, June). *Movement and metaphor in family counseling*. Online workshop presented at Walden University Words of Wisdom.

Benoit, E.N., Cannon, K., & Trippany-Simmons, R. (2015, October). *Advocacy in action: Infusing the counselor education curriculum with social change*. Paper presented at the Association for Counselor Education and Supervision conference, Philadelphia, PA.

Benoit, E.N., Trippany Simmons, R., & Cannon, K. (2014, October). *Advocacy in action: Infusing the counselor education curriculum with social change*. Roundtable presented at the Southern Association for Counselor Education and Supervision, Birmingham, AL.

Heyward, K., Benoit, E. N., Hermann, K. M., Holmes, C. M., & Lloyd-Hazlett, J. (2013, March). *Creativity as a balm for ambiguity: Using creative family counseling interventions with military families*. Paper presented at the American Counseling Association Conference and Expo, Cincinnati, OH.

Schmidt, C., Benoit, E. N., & Griffin, D. (2007). *Insiders' View of an In-House Clinic: Service and Training Amidst Student Leadership*. (Poster Presentation). 2007 Association for Counselor Education and Supervision (ACES) Conference, Columbus, OH.

***State***

Dukes, A., & Benoit, E.N. (2020, November). *Couples vs. Relational? The need for an inclusive rebrand of relational counseling programs*. Paper presented at Virginia Counseling Association (VCA) Conference, Virtual, Virginia.

Benoit, E.N., Gaspard, D. (2016, November). *Symbols & Metaphor: Working with Military Families*. Paper presented at Virginia Counseling Association (VCA) Conference, Williamsburg, Virginia.

Heyward, K. J., Honderich, E.M., Benoit, E.N., & Bailey, C. L. (November, 2016). *The many faces of counselor education and supervision*. Paper presented at the Annual Virginia Counseling Association (VCA) conference, Williamsburg, Virginia, USA.

Benoit, E.N., & O'Keefe, A. (November, 2014). *Movement and metaphor: Using creative interventions to enhance family counseling*. Paper presented at the Annual Virginia Counseling Association (VCA) conference, Williamsburg, VA.

Benoit, E. N., & Logan, A. (2008). *Two Steps Back: Working with Parent Resistance in Family Therapy*. (Workshop Presentation) 2008 Virginia Association for Counselor Education and Supervision (VACES) annual conference, Roanoke, VA.

Benoit, E. N. (2008). *Structural Family Therapy: An Overview of Theory and Practice*. Invited presentation to master's-level family, community and school counseling students. College of William and Mary, Williamsburg, VA.

Benoit, E. N., & Logan, A. (2008). *The Power of Meditation in Facilitating Client Self-Awareness: Implications for Clinical Practice*. Invited presentation to doctoral-level family counseling interns, The College of William and Mary, Williamsburg, VA.

Logan, A., & Benoit, E. N. (2007). *Two Steps Back: Working with Parent Resistance in Family Therapy*. (Workshop Presentation) 2007 Virginia Counseling Association (VCA) annual conference, Portsmouth, VA.

Benoit, E. N. & Logan, A. (2007). *Family Sculpting: Bringing Family Structure to Life*. (Workshop Presentation) 2007 Virginia Association for Counselor Education and Supervision (VACES) annual conference, Williamsburg, VA.

Meek, G. & Benoit, E. N. (2007). *Gender and Counseling*. (Invited Presentation) Peninsula Counseling Association (PCA) bi-annual meeting, Newport News, VA.

Benoit, E. N., Brunk, L., Carter, D., Cothorn, K., & Edins, J. (2006). *Family Counseling: Working in a Student Run Clinic*. (Workshop Presentation) 2006 Virginia Association for Counselor Education and Supervision (VACES) annual conference, Williamsburg, VA.

### ***Webinars and Guest Lectures***

Benoit, E. (2024, February 28). *Research in Practice* [Guest Lecture]. Research and Program Evaluation Course. St. Joseph's University.

Benoit, E., Dominello, N., Heyward, K., & MacCarty, T. (2020, July 8). *Talking with Students in Difficult Times* [Webinar]. Southern New Hampshire University.

### **Grants and Reports**

Williamsburg Health Foundation supported grant. Support Group for Women with Domestic Violence History (2016). Lead six-week group at Natasha House, Transitional Home for women and children. Yorktown, Virginia.

Breaking the Cycle of Youth Aggression, Williamsburg Community Health Foundation Grant (2009-2013). Group and Family Counselor, Grant Contributor. New Horizons Family Counseling Center, Williamsburg, Virginia.

Annual Report and Grant Re-Submission. New Horizons Family Counseling Center and New Horizons Regional Education Center. 2007-2009. The College of William and Mary, Williamsburg, VA.

Student Activities Conference Grant (2007). College of William and Mary, Williamsburg, VA.

### **Leadership and Service**

**Editorial Board Member** 2012- current  
The Family Journal

**Editorial Board Member** 2013- current  
Virginia Counselors Journal

**Editor** 2007-2009  
Virginia Association of Marriage and Family Counselors Newsletter

**Counselor Education Advisory Committee (CEAC)** 2021- 2023  
School of Education, The College of William and Mary

**CMHC CACREP Curriculum Committee** 2019-2024  
Southern New Hampshire University



<b>School of Counseling Curriculum and Academic Policy Committee</b> Walden University	<b>2013- 2016</b>
<b>Faculty Excellence Award Selection Committee</b> Walden University	<b>2013- 2017</b>
<b>Assessment Committee Chair</b> Walden University, School of Counseling	<b>2014-2017</b>
<b>Faculty Advisory Council Chair</b> Walden University, School of Counseling	<b>2015-2017</b>
<b>Residency Committee</b> Walden University, School of Counseling	<b>2012- 2016</b>
<b>Student Development Committee</b> Walden University, School of Counseling	<b>2012- 2016</b>
<b>Field Experience Committee and Lead Faculty</b> Walden University, School of Counseling	<b>2013- 2015</b>
<b>Primary Lead Faculty</b> Southern New Hampshire University Field Experience (COU 670/680/690/695) Group Counseling COU 660/SME	<b>2018- 2024</b>  <b>2018-2024</b> <b>2018-2020</b>
<b>Primary Lead Faculty</b> Walden University, School of Counseling Foundations in Counselings COUN 6101 Ethics COUN 6306 Introduction to Marriage and Family Counseling COUN 6201 Internship B COUN 6682B	  <b>2012-2017</b> <b>2016-2017</b> <b>2012-2017</b> <b>2012-2017</b>
<b>Dissertation Committee Member</b> Foster, V. F. (Chair), Ward, T. J., & McAdams, C. R.. <i>Children Serve Too: An Investigation of Military Family Life on Adult Relationships</i> . Heyward, K. (PhD Candidate).	<b>2011- 2012</b>
<b>Board Member</b> York Poquoson Social Services Board (appointed April 4, 2011)	<b>2011-2013</b>
<b>Parent Education Group Leader</b> Natasha House Transitional Home for Women and Children	<b>2013- 2017</b>

**President**

Virginia Association of Couples and Family Counselors (VACFC) **2009-2011**

**Newsletter Committee Member**

Association for Creativity in Counseling **2015- 2017**

**Student Member at Large**

Virginia Association of Couples and Family Counselors (VACFC) **2007-2009**

**Professional Organizations**

American Counseling Association Professional Member (ACA) 2008-present

Association for Creativity in Counseling Professional Member (ACC) 2012-present

Association for Counselor Education and Supervision (ACES) 2009-present

International Association of Marriage and Family Counselors (IAMFC) 2012-present