

Esther N. Benoit PhD, LPC, ACS, NCC
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Education

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

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, Since 2012- current
Texas License #91852, Since 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

2024- current

Associate Professor of Practice

St. Joseph's University
Clinical Mental Health Counseling Program
Philadelphia, Pennsylvania

2017- 2024

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

2012 – 2017 School of Counseling
Minneapolis, Minnesota
Core Faculty
Walden University
Marriage, Couples, and Family Counseling Program
School of Counseling
Minneapolis, Minnesota

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

Supervisory Positions

2019-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

- Haight, M. & Benoit, E.N. (2023). Personality Disorders and Interconnectedness. Russo, J., Coker, K., & King, J. (Eds.), *DSM-5 and Family Systems: An Applied Approach (2nd Ed.)*. New York, New York: Springer Publishing Company.
- Hermann-Turner, K. M., & Benoit, E. N. (2023). Working with families. In A. Vernon & C. Schimmel (Eds.) *Counseling children and adolescents (6th Ed.)*. San Diego: Cognella Academic Publishing.
- 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 (5th 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

School of Counseling Curriculum and Academic Policy Committee Walden University	2013- 2016
Faculty Excellence Award Selection Committee Walden University	2013- 2017
Assessment Committee Chair Walden University, School of Counseling	2014-2017
Faculty Advisory Council Chair Walden University, School of Counseling	2015-2017
Residency Committee Walden University, School of Counseling	2012- 2016
Student Development Committee Walden University, School of Counseling	2012- 2016
Field Experience Committee and Lead Faculty Walden University, School of Counseling	2013- 2015
Primary Lead Faculty Southern New Hampshire University Field Experience (COU 670/680/690/695) Group Counseling COU 660/SME	2018- 2024 2018-2024 2018-2020
Primary Lead Faculty 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	 2012-2017 2016-2017 2012-2017 2012-2017
Dissertation Committee Member 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).	2011- 2012
Board Member York Poquoson Social Services Board (appointed April 4, 2011)	2011-2013
Parent Education Group Leader Natasha House Transitional Home for Women and Children	2013- 2017

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