

# **Kristen Benson, Ph.D., LMFT**

Appalachian State University  
Department of Human Development & Psychological Counseling  
ASU Box 32075, Boone, NC 28608  
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## **Education**

**Virginia Polytechnic Institute and State University** Ph.D., Human Development (Marriage and Family Therapy), Graduate Certificate in Women's Studies, 2009

**Appalachian State University** M.A., Marriage and Family Therapy, 2001

**Florida State University** B.S., Family and Child Science, 1999

## **Licensure, Memberships**

Licensed Marriage and Family Therapist, North Carolina #1978  
American Association for Marriage and Family Therapy (AAMFT), Clinical Fellow  
AAMFT Approved Supervisor  
North Carolina Association for Marriage and Family Therapy, Clinical Member  
National Council on Family Relations, Professional Member  
Family Therapy Section Member  
Feminism and Family Studies Section Member

## **Academic Experience**

**Assistant Professor.** August 2017- present. Department of Human Development & Psychological Counseling. Core faculty and supervisor in COAMFTE accredited Couple and Family Therapy Program, Appalachian State University. *August 2017- present.* Program Director. *July 2018- present.*

### **Courses Taught**

HPC 5272 Individual and Family Development  
HPC 5331 Inclusive Therapy with LGBTQ Populations  
HPC 6271 Theories of Marriage and Family Therapy III  
HPC 5753 Legal and Ethical Issues in MFT  
HPC 6900 Internship in Marriage and Family Therapy  
HPC 6525 Advanced Systemic Multicultural Counseling

**Associate Professor,** Department of Human Development and Family Science. Core faculty and supervisor in COAMFTE accredited Couple and Family Therapy Program, North Dakota State University. *August 2007- present, Assistant Professor 2009-2015, Associate Professor 2015- present*

### **Courses Taught**

HDFS 894 Couple and Family Therapy Practicum  
HDFS 890 LGBTQ Inclusive Practice and Research in CFT  
HDFS 880 Supervision and Teaching Couple and Family Therapy  
HDFS 794 Couple and Family Therapy Practicum  
HDFS 790 Clinical Applications/CFT III: Working with Diverse Families  
HDFS 783 Dynamics of Parent-Child Relations  
HDFS 780 Ethics and Professional Issues  
HDFS 774 Foundations of Couple and Family Therapy II: Couples Therapy  
HDFS 790 Intro to Qualitative Research (1 credit)  
HDFS 448 Issues in Sexuality  
HDFS 341 Parent-Child Relations

**Invited Visiting Scholar**, Department of Counseling Psychology, Lewis and Clark College, Portland, OR. *July, 2011*  
CPSY 563 Working with Transgender Clients (1 credit)

**Visiting Lecturer**, School of Human Sciences and Humanities, University of Houston- Clear Lake. Core faculty and supervisor in COAMFTE accredited Family Therapy Program. *August 2005- July 2007*

**Courses Taught**

PSYC 5738 Family Therapy Practicum  
PSYC 6534 Couples and Sex Therapy  
PSCY 5236 Family Assessment  
PSYC 5737 Family Therapy Professional Ethics  
PSYC 6137 Research Methods  
ANTH4431/SOCI4431/WMST4931 Women and Society

**Lecturer**, Department of Human Development, Virginia Polytechnic Institute and State University, Blacksburg, Virginia. *July 2002- July 2004*

**Courses Taught**

Introduction to Women's Studies  
Principles of Human Services II

**Graduate Student Lecturer**, Department of Human Development and Psychological Counseling, Appalachian State University, Boone, NC. *1999-2001*

**Courses Taught**

Human Relations and Interaction (Co-taught)  
Life and Career Planning

**Publication in Progress**

Benson, K.E.. (in press). Saliha Bava. In Lebow, J.; Chambers, A.; & Breunlin, D.C. (Eds.) *Encyclopedia of Couple and Family Therapy*. New York, NY: Springer.

McGeorge, C., Walsdorf, A., Edwards, L., Benson, K.E., & \*Coburn, K. Sexual orientation and gender identity. In Wampler, K.S., Miller, R.B., & Blow, A.J. (Eds.) (in press). *Handbook of Systemic Family Therapy*. John Wiley & Sons.

\*Walsdorf, A.; Benson, K.E.; & van Edden-Moorefield, B. (under review). *Between normativity and preferred relationship constructions: Provocations from pre-marriage equality*.

Benson, K.E.; \*Cox, N., Iantaffi, A. & (in process). Transgender Couple Therapy. In Murphy, M. & Harvey, R. (Eds.) *Handbook of LGBT-Affirmative Couple and Family Therapy, Second Edition*. New York, NY: Taylor & Francis.

Hektner, J.M.; \*Rogers, C.; Benson, K.E. (in process). *Links between Momentary Identity and Experiences of Stress and Well-being in Queer Emerging Adults*.

McGeorge, C.; Coburn, K.; Benson, K.; Nguyen, H.; & Walsdorf, A. (in process). Ethics in working with LGBTQ clients.

**Refereed Book Chapters/ Encyclopedia Entries**

Iantaffi, A. & Benson, K.E. (2018). Sex is for Every Body: Trans Affirming Sex Therapy. In Greene, S. & Flemons, D. *Quickies: The Handbook of Brief Sex Therapy, Third Edition*. New York, NY: W.W. Norton & Company, Inc.

- Benson, K. (2016). Transgender youth and family relationships. In Goldberg, A. (ed), *The SAGE Encyclopedia of LGBTQ Studies*. Thousand Oaks, CA: Sage.
- van Eeden-Moorefield, B. & Benson, K.E. (2015). Queers Doing Family: Navigating Family in a Heteronormative World. In Pasley, K. & Brown, S. (Eds.), *Understanding and Treating Contemporary Families: Translating Research into Practice*. New York, NY: Routledge.
- van Eeden-Moorefield, B. & Benson, K.E. (2014). We're Here, We're Queer, and We Count: Perspectives on Queer Families. In Arditti, J.A. (Ed.), *Family Problems: Stress, Risk, & Resilience*. Hoboken, NJ: Wiley/Blackwell.

### **Refereed Journal Publications**

- Benson, K.E., \*Westerfield, E.M, & van Eeden-Moorefield, B. (2018). Transgender People's Reflections on Identity, Faith, and Christian Faith Communities in the U.S. *Journal of Sex and Relationship Therapy*. doi: 10.1080/14681994.2018.1472375
- \*Bible, J.; \*Bermea, A.; van Eeden-Moorefield, B.; Benson, K.E.; & Few-Demo, A.L. (2017). *A Content Analysis of the First Decade of the Journal of GLBT Family Studies*. *Journal of GLBT Family Studies*. doi:10.1080/1550428X.2017.1349626
- van Eeden-Moorefield, B., Few-Demo, A.L., Benson, K.E., & \*Lummer, S. (2017). Research on LGBT-headed families: A content analysis of top family journals 2000-2015. *Journal of Family Issues*. doi: 10.1177/0192513X17710284
- Secor-Turner, M., \*Schmitz, K., & Benson, K.E. (2016). Adolescent Girls' Menstruation Management and Meaning in Rural Kenya. *Nursing Research*. 65(4), doi: 10.1097/NNR.0000000000000161
- van Eeden-Moorefield, \*B., Malloy, K., & Benson, K.E. (2015). Queering Spaces of (Non)Monogamy in Gay Men's Ideal and Actual Relationship Constructions. *Sex Roles*. doi:10.1007/s11199-015-0566-x
- van Eeden-Moorefield, B. & Benson, K.E. (2014). A Conditional Process Model Explaining the Perceived Stability of Gay Couples. *Family Relations*, 63, 469-481. doi: 10.1111/fare.12078
- \*Johnson, S. & Benson, K.E. (2014). "It's Always the Mother's Fault": Secondary Stigma of Mothering a Transgender Child. *Journal of GLBT Family Studies*, 10(1-2), 124-144. Co-published In Bertone, C. & Pallotta-Chiarolli, M. (Eds.). *Queering Families of Origin*. New York, NY: Routledge. [book chapter]
- Blodgett Salafia, E.H., & Benson, K.E. (2013). Differences in Emerging-Adult Women's Body Image and Sexuality Outcomes According to BMI and Dating Status. *International Journal of Sexual Health*, 25, 225-239.
- Benson, K.E. (2013). Seeking support: Transgender client experiences with mental health services. *Journal of Feminist Family Therapy*, 25(1), 17-40.
- \*Lemer, J.L., Blodgett Salafia, E.H., & Benson, K.E. (2013). The relationship between American college women's sexual attitudes and sexual activity: the mediating role of body image. *International Journal of Sexual Health*. 25 (2), 104-114.
- Piercy, F. & Benson, K. (2005). Aesthetic forms of data representation in qualitative family therapy research. *Journal of Marital and Family Therapy*. 31, 107-119.

- Hertlein, K., Lambert-Shute, J., & Benson, K. (2005) Postmodern influence in family therapy research: Reflections of graduate students. *The Qualitative Report*. 9, 538-561.
- Matheson, J.L., Benson, K., & Walsh, S.R. (2004). Flattening the hierarchy: The co-creation of a feminist informed family therapy course in an MFT doctoral program. *Journal of Feminist Family Therapy*, 15, 45-74.
- Hicks, M., McWey, L., Benson, K., & West, S. (2004). Using what we know to inform marriage education: Integration of a Gottman model perspective. *Contemporary Journal of Family Therapy*. 26, 97-113.
- Meszaros, P. & Benson, K. (2003). Benchmarking human development programs. *Journal of Family and Consumer Sciences*, 95(4), 95- 96.
- Benson, K. (2002). Internet therapeutics, website reviews. *Journal of Clinical Activities, Assignments, and Handouts in Psychotherapy Practice*, 13, 101-102.

### **Professional Publications**

- Benson, K.E. (June 21, 2016). How to be a Helpful Therapist in the Aftermath of the Orlando Shootings. *AAMFT Blog*. Retrieved from <http://blog.aamft.org/2016/06/how-to-be-a-helpful-therapist-in-the-aftermath-of-the-orlando-shootings.html>
- Benson, K.E. (2013). Handbook of LGBT-Affirmative Couple and Family Therapy. *Journal of Marital and Family Therapy*. [book review].
- Benson, K.E. (2012). The Queer Affirmative Caucus: 25 years of affirming sexual orientation and gender identity. *Family Therapy Magazine*, 11 (4), 30.
- Benson, K. (2006). T is for transgender. *Family Therapy Magazine*. 4 (6), 39-40.
- Adams, A. & Benson, K. (2006). Considerations for gay and lesbian families. *Family Therapy Magazine*. 20-23.

### **Invited Speaker and Keynote Addresses**

- Benson, K.E. (May 2019). Social Justice Scholarship. Family Science and Human Development Ph.D. program. Montclair State University, Montclair, NJ. [Invited Presentation]
- Benson, K.E. (2017). *Social Justice Scholarship and Community Organizing*. Invited workshop at the National Council on Family Relations Conference. Orlando, FL. [Invited Presentation]
- Benson, K.E. (2017). *Serving Transgender and Gender Diverse Veterans*. Fargo VA Health Care System. Fargo, ND. [Invited Presentation]
- Benson, K.E. (2017). *A Series on Gender Identity, Family, and Faith*. Holden Village Retreat Center. Chelan, WA. [Workshop series]
- Benson, K.E. (May 2014). *The We in T-Care: On Being a Gender Affirmative Provider*. TransOhio Trans & Ally Symposium: Provider Day. Columbus, OH. [Keynote Address]
- Benson, K.E. (2014). *On Being a Gender Affirmative Provider*. TransOhio Trans & Ally Symposium: Provider Day. Columbus, OH. [Workshop]

- Benson, K.E. (2014). *The Accidental Activist: Parents Advocating for Transgender and Gender Creative Kids*. TransOhio Trans & Ally Symposium. Columbus, OH. [Workshop]
- Benson, K.E. (March, 2014). *Gender Identity in Children and Youth*. North Dakota Family Based Conference. Fargo, ND. [Workshop]
- Benson, K.E. (March, 2014). *Supporting LGBTQ Youth in In-Home Settings*. North Dakota Family Based Conference. Fargo, ND. [Workshop]
- Benson, K.E. (July, 2013). *Earning an A in Transgender Inclusion: Higher Ed's Role as Ally, Advocate, and Academic*. Texas Transgender Non-Discrimination Summit. Houston Texas. [Keynote Address]

### **Peer Reviewed Presentations**

- Addison, S.; Heiden-Rootes, K.M.; Hartwell, E.; Benson, K.E.; Edwards, L.; & Iantaffi, A. (Accepted for presentation). *A Place at the Table: Queer Relationships*. Submitted to American Association for Marriage and Family Therapy 2019 Annual Conference.
- Benson, K.E.; Otero-Vargas, F.; Smith, K; Gray, C.; Adams, H.; Randolph, C.; van Eeden-Moorefield, B. (2018). *Gender Identity Discourse in the Wake of North Carolina HB2*. National Council on Family Relations. San Diego, CA.
- McGeorge, C.; Benson, K.E.; & Coburn, K. (2018). *Helping Parents of LGBTQ Youth: Affirming and Inclusive Practices*. American Association for Marriage and Family Therapy. Louisville, KY.
- Heiden-Rootes, K.; Hartwell, E.; Addison, S.; Benson, K.; Edwards, L.; Karel Martin, T. (2018). *Ask the Experts: A Queer Consultation*. American Association for Marriage and Family Therapy. Louisville, KY.
- Benson, K.E. (2017). *Unexpectedly Queer: Families with Trans and Gender Expansive Children*. National Council on Family Relations Conference. Orlando, FL.
- Hartwell, E.; Benson, K.E.; Heiden-Rootes, K.; & Edwards, L. (2017). *Cutting Edge Research & Practice with LGBTQ Families*. American Association for Marriage and Family Therapy. Atlanta, GA.
- Baldwin, D. & Benson, K.E. (2016). *Parent experiences with transgender children in schools*. National Council on Family Relations. Minneapolis, MN.
- Sharstrom, K. & Benson, K.E. (2016). *Transgender Couple's Beliefs and Experiences of Couple and Family Therapy*. National Council on Family Relations. Minneapolis, MN.
- Bible, J., Bermea, A., van Eeden-Moorefield, B., Few, A., & Benson, K. (2016). *Analysis of Queer Family Scholarship in the Journal GLBT Family Studies*. National Council on Family Relations. Minneapolis, MN.
- Schofield, S. & Benson, K.E. (2016). *Supporting Parents of Gender Nonconforming and Transgender Youth*. MCCA/MNJDA Youth Worker Conference. Brainerd, MN.
- Benson, K.E.; Addison, S.; Edwards, L.; Hartwell, E.; & Heiden Rootes, K. (2016). *Cutting Edge LGBTQ Research and Practice: Informed Therapy*. The American Association for Marriage and Family Therapy. Indianapolis, IN.

- Benson, K.E.; Perez, C.R.; Phillips, J.; & Roberts, N. (2016). *Engaged Pedagogy: Becoming a Social Justice CFT Trainer*. The American Family Therapy Academy. Denver, CO.
- Boe, J.; Woods, R.; & Benson, K. (2016). *Parents, Babies, & Gendered Toys: Clinical Implications*. The American Family Therapy Academy. Denver, CO.
- van Eeden-Moorefield, Benson, K.E., & Malloy, K. (2015). *Variations of (Non)monogamy Ideals and Lived Experience among Gay Men*. The National Council on Family Relations. Vancouver, B.C.
- Baldwin, D. & Benson, K.E. (2015). *Parental Advocacy of Transgender Children in Schools: Clinical Implications*. The National Council on Family Relations. Vancouver, B.C.
- Boes, L. & Benson, K.E. (2015). *Identifying Factors of Nontarget Confrontation of Prejudice*. The National Council on Family Relations. Vancouver, B.C.
- Walsdorf, A., Benson, K.E., & van Eeden-Moorefield, B. (2015). *Partnered Gay Men's Negotiation of Hetero- and Homonormativity*. The National Council on Family Relations. Vancouver, B.C.
- Benson, K.E. & Johnson, S. (2015). *Secondary Stigma of Mothering a Transgender Child in the U.S.* European Sociological Association. Prague, Czech Republic. [paper]
- Secor-Turner, M., Schmitz, K., & Benson, K.E. (2015). *Adolescent Girls' Menstruation Management and Meaning in Rural Kenya*. European Sociological Association. Prague, Czech Republic. [paper]
- Secor-Turner, M.; Schmitz, K., & Benson, K.E. (2015). *Mentation and menstrual hygiene management in rural Kenya*. Sanford Health. [Traveling poster presentation].
- Benson, K.E. & Baldwin, D.\* (2015). *Parenting Transgender Children: Experiences with Extended Family*. American Family Therapy Academy. Portland, OR. [Poster].
- van Eeden-Moorefield, B., Few-Demo, A.L., Benson, K.E., & \*Lummer, S. (2014). *Research on LGBT-Headed Families: A Content Analysis of Top Family Journals 2000-2013*. National Council on Family Relations. Baltimore, MD. [Paper].
- \*Boes, L.; Benson, K.E., & van Eeden-Moorefield, B. (2014). *Confronting Prejudice: Factors of Nontarget Confrontation*. National Council on Family Relations. Baltimore, MD. [Paper].
- McGeorge, C.R., Carlson, T.S., & Benson, K.E. (2014). *Affirmative Therapy Practices with Parents of LGBT Youth*. American Association for Marriage and Family Therapy. Milwaukee, WI. [Workshop].
- Benson, K.E.; \*Schofield, S., & van Eeden-Moorefield, B. (2013). *Activist Parenting: Raising Transgender and Gender Creative Youth*. National Council on Family Relations. San Antonio, TX. [Paper].
- \*Westerfield, E. & Benson, K.E. (2013). *A Part of God's Plan: Gender Identity and Religion*. National Council on Family Relations. San Antonio, TX. [Paper].
- \*Erickson, S.M., Blodgett Salafia, E.H., & Benson, K.E. (2013). *Contraception and Sexuality in Heterosexual Emerging Adult Women*. National Council on Family Relations. San Antonio, TX. [Paper].
- \*Johnson, S. & Benson, K.E. (2012). *Parental Perceptions of Raising a Gender Nonconforming Child: Therapy Implications*. National Council on Family Relations. Phoenix, AZ. [Poster]

- van Eeden-Moorefield, B. & Benson, K.E. (2012). *A Conditional Process Model Explaining the Perceived Stability of Gay Couples*. National Council on Family Relations. Phoenix, AZ. [Poster]
- Benson, K. (2011). *A Qualitative Exploration of Transgender Perspectives of Therapy*. National Council on Family Relations. Orlando, FL. [Paper]
- Benson, K. & Blodgett Salafia, E.H. (2011). *The Bi-Directional Nature of Women's Body Image and Sexual Experiences*. National Council on Family Relations. Orlando, FL. [Poster]
- Addison, S.M. & Benson, K. (2011). *Queer Science: History & Research Implications on Families*. American Association for Marriage and Family Therapy, Fort Worth, TX. [Workshop]
- \*Lemer, J.L., Blodgett Salafia, E.H., & Benson, K. (2011). *Women's sexuality: The roles of attitude and body image*. American Association for Marriage and Family Therapy, Fort Worth, TX. [Poster]
- \*Meyhuber, K., Benson, K. & Blodgett Salafia, E.H. (2011). *Women's religiosity according to sexual activity and beliefs*. American Association for Marriage and Family Therapy, Fort Worth, TX. [Poster]
- Blodgett Salafia, B. & Benson, K. (2011). *The Roles of Dating Status and BMI in Late Adolescent Girls' Body Image and Sexuality*. Society for Research in Child Development. Montreal, Québec. [Poster]
- \*Lemer, J., Blodgett Salafia, B. & Benson, K. (2010). *Women's Body Image, Attitudes, and Sexual Frequency: A Mediation Analysis*. National Council on Family Relations. Minneapolis, MN. [Poster]
- Benson, K. (2010) *Aesthetic Representation of Transgender Identity Disclosure*. American Association for Marriage and Family Therapy. Atlanta, GA. [Poster]
- Blodgett Salafia, B. & Benson, K. (2010). *Relationship status and contraception use in college women*. American Association for Marriage and Family Therapy. Atlanta, GA. [Poster]
- Bischof, G., Benson, K., \*Thompson, E. & \*Wagner, H. (2010). *Transgender Couples: Issues & Clinical Implications for CFTs*. American Association for Marriage and Family Therapy. Atlanta, GA. [Workshop]
- McGuire, J., Anderson, C., Benson, K., McGeorge, C., Carlson, T., & Thomas, V. (2009). *Perspectives on Therapy Use within Sexual Minority Populations*. National Council on Family Relations. San Francisco, CA. [Round Table]
- Benson, K. (2009). *A Qualitative Study of Transgender Relationships and Therapy*. American Association for Marriage and Family Therapy. Sacramento, CA [Poster]
- Benson, K., McGuire, J.K., Russell, S., \*Toomey, R., & McGeorge, C. (2008). *Addressing Transgender Issues in Family Studies*. National Council on Family Relations, Little Rock, AK. [Symposium]
- Benson, K. & Levin, S. (2006). *Postmodern Theory and Practice Today*. Texas Association for Marriage and Family Therapy Annual Conference. Houston, TX. [Poster]
- Benson, K. (2006). *Transgender Issues in Families*. Invited presentation for the Houston Gay, Lesbian, Bisexual and Transgender Behavioral Health Coalition. Houston, TX.[Workshop]

- Benson, K. & Garces, D.(2006). *Transgender Impact on Families: Therapeutic Considerations*. Texas Association for Marriage and Family Therapy. Houston, TX. [Institute]
- Benson, K. (2005). *Issues of Gender Identity: Thoughts for Family Therapists*. Invited presentation at the Houston Galveston Institute Theoretical Seminar Series. Houston, Texas. Workshop]
- Benson, K. (2005). *Transgender Emergence in Marriage and Family Therapy*. Texas Association for Marriage and Family Therapy. Plano, TX. [Workshop]
- Meszaros, P. & Benson, K. (2002). *Benchmarking Human Development Programs*. Presented at the American Association for Family and Consumer Sciences Annual Convention. Dallas, Texas. [Workshop]
- Benson, K. (2002). *Benchmarking in Human Development Departments*. Presented at Quint State Southeastern Symposium on Child and Family Development. Blacksburg, Virginia. [Workshop]
- Benson, K. & Lambert-Shute, J. (2002). *So You're Still Single? Societal Expectations of Women in Their 20's and 30's*. Presented at Quint State Southeastern Symposium on Child and Family Development. Blacksburg, Virginia.[Workshop]
- Denton, W., Rodriguez, C., Benson, K., & Cox, G. (2001). *Fundamentals of Medical Family Therapy*. American Association for Marriage and Family Therapy. Nashville, TN. [Workshop]
- Denton, W., Rodriguez, C., Benson, K., & Cox, G. (2001). *Fundamentals of Medical Family Therapy*. North Carolina Association for Marriage and Family Therapy. Raleigh, NC. [Workshop]
- Cox, G., Walsh, S., Benson, K., & Falkner, J. (2001). *Using Emotionally Focused Couples Therapy in a Medical Family Therapy Clinic*. North Carolina Association for Marriage and Family Therapy Annual Conference. Raleigh, NC. [Poster]
- Benson, K. & Winek, J. (2001). *Components of Systemic Anger Management*. North Carolina Association for Marriage and Family Therapy Annual Conference. Raleigh, NC. [Workshop]
- Benson, K. (2000). *They Want to Stay Together: A New Approach to Anger Management and Domestic Violence Treatment with Families*. Appalachian State University Graduate Student Research Day. Boone, NC. [Poster]
- Benson, K. (2000). *They Want to Stay Together: A New Approach to Anger Management and Domestic Violence Treatment with Families*. North Carolina Association for Marriage and Family Therapy Annual Conference. Charlotte, NC. [Poster]

### **Research Presentation Presider**

- Benson, K.E. (2013). Presider for research paper session titled *Working with LGBT Clients from an Affirmative Therapeutic Framework*. National Council on Family Relations Annual Conference, San Antonio, TX.
- Benson, K.E. (2012). Presider for research paper session titled *Transgender Children and Health*. National Council on Family Relations Annual Conference, Phoenix, AZ.

### **Invited Community Presentations**

- Benson, K.E. (February, 2017). *Experiences of Parents Raising Transgender and Gender Creative Children*. American Association of University Women, Fargo Chapter. Fargo, ND.



- Benson, K.E. (March, 2014). *Supporting LGBTQ Youth in In-Home Settings*. Annual North Dakota Family Based Conference. Fargo, ND.
- Benson, K.E. (March, 2014). *Gender Identity in Children and Youth*. Annual North Dakota Family Based Conference. Fargo, ND.
- Benson, K.E. (2012). *Gender Identity & Children*. West Fargo School Counselors. West Fargo, N.D.
- Schofield, S. & Benson, K.E. (2012). *Supporting LGBT People in Crisis*. First Link Crisis Hotline. Fargo, ND.
- Benson, K. (2011). *Diversity Awareness and Outreach Committee Seminar: LGBT Issues in the Workplace*. U.S. Department of Agriculture Seminar. Fargo, ND.
- Benson, K. (2011). *Serving LGBT People in Crisis*. First Link Crisis Hotline. Fargo, ND.
- Benson, K. & Whitsel, C. (2010). *Creating a Welcoming Campus for LGBT Faculty and Staff*. North Dakota State University President's Diversity Council. Fargo, ND.
- Benson, K. (2008). *Gender Identity: Who am I? Who are you?* North Dakota State University Social Justice Retreat, Fargo, ND. [Workshop]
- Benson, K. (2007). *The LGBT Community and Mental Health*. North Dakota Human Rights Coalition & Professional Issues Conference. Fargo, ND. [Panel]
- Benson, K. (2007). *I knew My Gender When...* Transgender Day of Remembrance, North Dakota State University, Fargo, ND.
- Benson, K., Kanenburg, H., & Erich, A. (2007). *Ethical Considerations for Mental Health Counselors Working with GLBT People*. Metropolitan Community Center. Houston, TX. [Workshop]
- Benson, K. (2005). *Issues of Gender Identity: Thoughts for Mental Health Professionals*. Houston Gay, Lesbian, Bisexual and Transgender Behavioral Health Coalition.
- Benson, K. (2004). *Healthy Relationships*. Virginia Tech Women's Sports Summit. Blacksburg, VA. [Workshop]
- Wienckowski, J., Benson, K., & Sewell, E. (2003). *Addressing Sexual Orientation on Campus*. Virginia Tech Safe Zone Program. Blacksburg, Virginia. [Panel]

## **Grants and Funded Projects**

### External Funding

- McGeorge, C. (PI), Carlson, T. (Co-PI), & Benson, K. (Co-PI). (2014). *The equal opportunity therapy project III, phase two: Providing affirmative therapy services to LGBT individuals in rural communities*. Otto Bremer Foundation. (\$51,321).
- Benson, K.E. (PI), Secor-Turner, M.A. (Co-PI), & Toomey, R. (Co-PI) (2014, not funded). *"Let's Talk!": Development and Evaluation of a Parent-Focused Comprehensive Sex Education Workshop*. National Council on Family Relations Innovation Grant. (\$10,000)

McGeorge, C. (PI), Carlson, T. (Co-PI), & Benson, K. (Co-PI) (2012). The Equal Opportunity Therapy Project III: Providing Affirmative Services to the LGBT Community. *Otto Bremer Foundation*. (\$60,000).

McGeorge, C. (PI), Carlson, T. (Co-PI), & Benson, K. (Co-PI) (2012). The Equal Opportunity Therapy Project III: Providing Affirmative Services to the LGBT Community. *Fargo Moorhead Foundation*. (\$3,300).

Benson, K. (2010, not funded). Parenting TransKids: Understanding, Supporting and Advocating for Transgender Children and Families. *The Charles R. Williams Institute on Sexual Orientation Law and Public Policy, UCLA School of Law*. (\$3190).

#### Internal Funding

Benson, K.E. (2019). Program Assessment Grant. Appalachian State University. Institutional Research, Assessment, and Planning. (\$1,500).

Benson, K.E. (2019). Non-Recurring Recruitment and Retention Funding. Appalachian State University. Academic Affairs. (\$4,400).

Benson, K.E. (2018, not funded). *Personal Experiences of NC HB2 Legislative Discourse*. Appalachian State University. University Research Council Grant (\$5,000).

Benson, K.E. (2013). Mentor Travel Grant. North Dakota State University ADVANCE/FORWARD. (\$1,300).

Benson, K.E. (2013). Mentor Travel Grant. North Dakota State University ADVANCE/FORWARD. (\$1,000).

McGeorge, C., Benson, K., & Carlson, T. (2012, not funded). The Equal Opportunity Therapy Project: Providing Affirmative Services to the LGBT Community. *President's Office Community Projects Award* (\$19,982.70).

Benson, K.E. (2012). Mentor Travel Grant. *North Dakota State University ADVANCE/FORWARD*. (\$1,300).

Benson, K.E. (2011). Mentor Travel Grant. *North Dakota State University ADVANCE/FORWARD*. (\$1,500).

Benson, K.E. (2009). Mentor Travel Grant. *North Dakota State University ADVANCE/FORWARD*. (\$1,500).

Benson, K.E. (2002). Virginia Tech Graduate Women's Forum Challenges and Triumphs Conference Development. *Virginia Tech Budget Board*, (\$1,500).

#### **Clinical Experience**

**Private Practice**, Fargo, North Dakota. *January 2011- June, 2017*.

**Contract Therapist**, Houston Galveston Institute, Houston, Texas. *September 2005- July 2007*.

**Project Xcite Program Coordinator**, Bering Methodist Church, Houston, Texas. *June 2005- June 2006*.

**Marriage and Family Therapy Pre-doctoral Intern**, Houston Galveston Institute, Houston, Texas. *August 2004- August 2005*. Courses/ Seminars Taught: Sex, Gender, and Relationships: Sexual

Orientation and Gender Identity Issues in Relational Systems and Therapy; Contemporary Therapeutic Perspectives, School of Psychology Post-Graduate Diploma in Discursive Therapies, Massey University, New Zealand.

**Project SAFE (Sexual Assault Facts & Education) Graduate Assistant**, Women's Center, Virginia Tech, Blacksburg, VA. *August 2003- May 2004.*

**Marriage and Family Therapist**, The Family Therapy Center at Virginia Tech, Blacksburg, Virginia. *July 2002- July 2004.*

**ACCESS Emergency Clinician**, New River Valley Community Services, Blacksburg, Virginia. *May 2002- May 2004.*

**The Family Therapy Center at Virginia Tech Graduate Assistant**, Blacksburg, VA. *August 2002- May 2003.*

**Medical Family Therapy Intern**, Wake Forest University Baptist Medical Center, Department of Psychiatry and Behavioral Medicine, Winston-Salem, North Carolina. *July 2000- June 2001.*

**A.R.M.S. (Anger Reduction, Management, Support) Co-therapist**, Grace Lutheran Church, Boone, North Carolina. *May- October 2000.*

### **Specialized Research Training**

May, 2011 NVivo Qualitative Analysis Data Management Software mentorship with Dr. Jennifer Matheson, Colorado State University

### **Honors and Awards**

May, 2019 Outstanding Inclusive Excellence Award, Reich College of Education, Appalachian State University.

July, 2017 Recognition of Community Support, Tri State Transgender, Fargo-Moorhead Pride Collective and Community Center.

September, 2016 Cleo Cantlon Allied Facility in Women and Gender Studies, North Dakota State University.

September, 2016 "Inspiring Teacher", University Relations, North Dakota State University.

May, 2016 Exceptional Contributions for Collaborative Efforts Award, Department of Human Development and Family Science, North Dakota State University.

November, 2015 2015 Diversity and Inclusion in Men in Families Research Article Award with Brad van Eeden-Moorefield for "A Conditional Process Model Explaining Partnered Gay Men's Perceived Relationship Stability." National Council on Family Relations, Vancouver, BC.

May, 2015 Exceptional Contributions for Collaborative Efforts Award, Department of Human Development and Family Science, North Dakota State University.

August, 2014 Exceptional Contributions as an Emerging Teacher Award, Department of Human Development and Family Science, North Dakota State University.

May, 2014 Exceptional Contributions as an Emerging Teacher Award, College of Human Development and Education, North Dakota State University.

May, 2013 Exceptional Contributions to Service/Outreach Award Nominee, College of Human Development and Education, North Dakota State University.

September, 2012 AAMFT Training Award awarded to the NDSU Couple and Family Therapy Program faculty.

May, 2012 Exceptional Contributions to Service/Outreach Award Nominee, College of Human Development and Education, North Dakota State University.

- April, 2012 NDSU Diversity Impact Award awarded to the Pride Network, North Dakota State University.
- May, 2011 Exceptional Contributions through Creative Approaches to Teaching Award, Department of Human Development and Family Science, North Dakota State University.
- May, 2011 Exceptional Contributions through Creative Approaches to Teaching Award Nominee, College of Human Development and Education, North Dakota State University.
- December, 2010 Inducted into the North Dakota State University Tapestry of Diverse Talents Diversity Award.
- 2009 President's Diversity Council Impact Award awarded to NDSU Couple and Family Therapy Program faculty, North Dakota State University, Fargo, ND.
- 2005 Susan Speight Memorial Award, Houston Galveston Institute scholarship.
- 2003 Graduate Student of the Month, Virginia Tech.
- 2003 Virginia Tech Advancing Women Award, Virginia Tech.
- 2001 First Place Poster Presentation. Cox, G., Walsh, S., Benson, K., & Falkner, J. *Using Emotionally Focused Couples Therapy in a Medical Family Therapy Clinic*. North Carolina Association for Marriage and Family Therapy Annual Conference. Raleigh, NC.
- 2000 North Carolina Association for Marriage and Family Therapy Graduate Student Research Award.
- 2000 Honorable Mention Poster Presentation. Benson, K. *They Want to Stay Together: A New Approach to Anger Management and Domestic Violence Treatment with Families*. North Carolina Association for Marriage and Family Therapy Annual Conference. Charlotte, NC.
- 2000 Alpha Epsilon Lambda Graduate Honor Society, Appalachian State University.
- 1998 Golden Key Collegiate Honor Society, Florida State University.
- 1998 Kappa Omicron Nu Collegiate Honor Society, Florida State University.

## **University Service**

### University Level

- 2015-2017 Faculty Senate Equity Diversity Committee, Chair, North Dakota State University
- 2015-2017 Institutional Review Board, Qualitative Research Rep, North Dakota State University
- 2016-2017 Equity Diversity Center Advisory Committee, North Dakota State University
- 2012-2016 Faculty Senate Representative, North Dakota State University
- 2011-2015 Institutional Review Board Alternate Member, North Dakota State University
- 2010 Women's Week Presenter, North Dakota State University
- 2008-2017 North Dakota State University Pride Network, Chair and Co-founder
- 2008- 2011 President's Diversity Council, North Dakota State University
- 2007, 2008 Transgender Day of Remembrance Steering Committee, North Dakota State University
- 2007-2017 Safe Zone Alley, North Dakota State University

### College Level

- 2018- present RCOE Diversity and Inclusion Committee, Member, Appalachian State University
- 2017- 2018 RCOE New Faculty Mentoring Group, Member, Appalachian State University
- 2018- Present RCOE Core Revision Advisory Committee, Appalachian State University
- 2011 Dean Evaluation Committee, College of Human Development and Education, North Dakota State University
- 2009- 2011 Work-Life Balance Taskforce, College of Human Development and Education, North Dakota State University
- 2005-2006 Women's Studies Faculty, University of Houston- Clear Lake

### Department Level

2018- Present	Program Director, Marriage and Family Therapy Program, Appalachian State University
2018-Present	HPC Department Chair Search Committee, Appalachian State University
2017- Present	MFT Program Committee, Member, Appalachian State University
Spring 2017	Promotion and Tenure Committee, Member, HDFS, North Dakota State University
Fall 2016	Promotion and Tenure Committee, Chair, HDFS, North Dakota State University
2016-2017	HDFS Undergraduate Committee, North Dakota State University
2015-2017	Gertrude Hinsz Lecture Committee, HDFS, North Dakota State University
Fall 2014	HDFS Department Head Search Committee, North Dakota State University
2012-2017	HDFS Graduate Faculty Committee, North Dakota State University
2011-2013	HDFS Undergraduate Committee, North Dakota State University
2007-2017	Couple and Family Therapy Committee, North Dakota State University
2007-2017	Undergraduate Academic Advisor, North Dakota State University

### **Professional Service**

2016- Present	Social Justice Network, Chair, National Council on Family Relations
2016	Facilitated open discussion on LGBT concerns at the AAMFT conference in Indianapolis, IN.
2016- Present	<i>Journal of Contemporary Family Therapy</i> , Ad Hoc Manuscript Reviewer
2015- Present	<i>Journal of Marital and Family Therapy</i> , Editorial Board Member
2014	Facilitated open discussion on LGBT concerns at the AAMFT conference in Milwaukee, WI.
2014- Present	<i>Journal of Homosexuality</i> , Ad Hoc Manuscript Reviewer
2013	Facilitated open discussion with over 70 participants on <i>LGBT Youth</i> at the AAMFT conference in Portland, OR.
2013- Present	<i>Family Relations</i> , Ad Hoc Manuscript Reviewer
2012- Present	<i>Journal of Couple and Relational Therapy</i> , Editorial Board Member
2011-2013	Student/New Professional Representative, Feminist Family Studies Section National Council on Family Relations
2011- 2016	Sexuality Focus Group, Co-Chair, National Council on Family Relations
2012- 2018	AAMFT Queer Affirmative Caucus, Chair 2009, 2010, 2011, LGBT Caucus Moderator
2011	Invited book reviewer for: Tilsen, J. (2013). <i>Therapeutic Conversations with Queer Youth: Transcending Homonormativity &amp; Constructing Preferred Identities</i> . Jason Aronson Publishing.
2011	Invited book reviewer for: Brooks, J. (2010). <i>The Process of Parenting. 8th edition</i> . McGraw-Hill Higher Education
2011	<i>Routledge/Taylor &amp; Francis</i> , Ad Hoc Book Proposal Reviewer
2011	<i>McGraw-Hill</i> , Ad Hoc Book Proposal Reviewer
2009-2015	<i>Journal of Marital and Family Therapy</i> , Ad Hoc Manuscript Reviewer
2006-2007	Houston Association for Marriage and Family Therapy Board of Directors, Chairperson on Gender Issues
2004- 2007	Houston Gay, Lesbian, Bisexual and Transgender Behavioral Health Coalition, Steering Committee Member
2003- 2004	Women's Resource Center of the New River Valley Montgomery County Coordinating Council for Domestic Violence and Sexual Assault

### **Professional Affiliations**

2018- Present	Licensed Marriage and Family Therapist, North Carolina #1978
2009- 2018	Licensed Marriage and Family Therapist, Minnesota #1983

2009- 2017	Certified Family Life Educator, National Council on Family Relations
2007-Present	National Council on Family Relations, Family Therapy section and Feminist Family Studies section, Member
2007-2018	North Dakota Association for Marriage and Family Therapy
1999- Present	American Association for Marriage and Family Therapy 2007-present, Clinical Member/ Fellow 1999- 2006, Student Member
2004- 2007	Texas Association for Marriage and Family Therapy, Member
2004- 2006	The Center for Lesbian and Gay Studies, The City University of New York
2003- 2004	Virginians Aligned Against Sexual Assault, Student Member
2001- 2004	Virginia Association for Marriage and Family Therapy, Student Member
2000- 2001	Women's Health Care of Excellence Preferred Provider, Wake Forest University
1999- 2001	North Carolina Association for Marriage and Family Therapy, Student Member

\*Indicates student