

CURRICULUM VITAE

Natasha Benfer, Ph.D.

CONTACT INFORMATION

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EDUCATION

Ph.D.
 2021
Auburn University
Major field: Clinical Psychology (APA Accredited)
Major professor: Joseph Bardeen, Ph.D.
Dissertation title: A network analysis of two conceptual approaches to the etiology of PTSD

Pre-doctoral internship: VA Maryland Health Care System/University of Maryland School of Medicine Psychology Internship Consortium
Track: Trauma Recovery Program (APA Accredited)
Training Director: Moira Dux, Ph.D.

M.S.
 2017
Auburn University
Major field: Clinical Psychology (APA Accredited)
Major professor: Joseph Bardeen, Ph.D.
Thesis title: Experimental manipulation of emotion regulation self-efficacy: Effects on emotion regulation ability, perceived effort in the service of regulation, and affective reactivity

B.S.
 2012
Indiana University
Major: Psychology (Honors)
Certificates: Neuroscience, Business Management
Thesis title: Attentional binding of location and color in 4- and 5-year-old children

PROFESSIONAL LICENSURE

Licensed Psychologist: Virginia Board of Psychology, License #0810007774

HONORS AND SCHOLARSHIPS

- 2020: National Register Associate Credentialing Scholarship, \$150, National Register of Health Services Psychologists

- 2020: Outstanding Doctoral Student Award, Auburn University. Selected as nominee for the Psychology Department and chosen as one of ten doctoral students for university-wide award based on academic excellence.
- 2020: Charles V. Lair Award, \$500, Auburn University. Award is granted to a student who has demonstrated outstanding skills in general domains embodied in the scientist-practitioner model.
- 2020: Departmental Travel Award, \$500, Auburn University
- 2019: Clinical Research Enhancement Award, \$250, Auburn University
- 2019: Graduate Student Council Travel Fellowship, \$250, Auburn University
- 2018: John Clark Kelley Graduate Award, \$1,450, Auburn University. Award is granted to a student to works to decrease stigma and suffering associated with mental illness through their clinical work, research, outreach, or advocacy.
- 2017: Community and Civic Engagement Travel Award, \$400, Auburn University
- 2017: Departmental Travel Award, \$500, Auburn University
- 2017: Clinical Research Enhancement Award, \$250, Auburn University
- 2016: Clinical Research Enhancement Award, \$500, Auburn University
- 2016: Departmental Travel Award, \$500, Auburn University
- 2012: Little 500 Working Student Scholarship, \$500, Indiana University
- 2011: Howard S. 'Howdy' Wilcox Scholarship, \$500, Indiana University
- 2011: Ed Hutton/Walt Robbins Overseas Study Scholarship, \$1,000, Liberal Arts Management Program, Indiana University
- 2010: Founders Scholar, Indiana University
- 2009: Founders Scholar, Indiana University

GRANTS

- 2022: Rehabilitation Promoting Prevention and Improved Resilience REAP Pilot Grant, \$27,511, VA Boston Healthcare System
- 2019: Department of Psychology's Graduate Student Small Grant, \$1,250, Auburn University

PEER-REVIEWED JOURNAL ARTICLES

1. **Benfer, N.**, Grunthal., B., Dondanville, K.A., Young-McCaughan, S., Blankenship, A., Abdallah, C.G., Back, S., Flanagan, J., Foa, E., Fox, P.T., Krystal, J.H., Marx, B.P., McGeary, D.D., McLean, C.P., Pruiksma, K.E., Resick, P.A., Roache, J.D., Shiroma, P., Sloan, D.M., Taylor, D.J.,... & Litz, B.T., for the STRONG STAR Consortium and Consortium to Alleviate PTSD (in press). DSM-5 Criterion-A-based trauma types in Service Members and Veterans seeking treatment for posttraumatic stress disorder. *Psychological Trauma: Theory, Research, Practice, and Policy*.
2. **Benfer, N.**, Howell, M.K., Lucksted, A., Romero, E.G., & Drapalski, A.L. (in press). Self-stigma and PTSD: Knowns, unknowns, and a path towards conceptualization. *Psychiatric Services*.

3. Darnell, B.C., **Benfer, N.**, Vannini, M.B.N., Grunthal, B., Rusowicz-Orazem, L., Fielstein, E., & Litz, B.T. (in press). Expected symptom change trajectories for the early identification of probable treatment non-response in VA PTSD specialty care clinics: A proof-of-concept. *Psychological Services*.
4. **Benfer, N.**, Darnell, B.C., Rusowicz-Orazem, L., Fielstein, E.M., Grunthal, B., Lehavot, K., Marx, B.P., & Litz, B.T. (in press). An examination of the criterion-related validity of varying methods of indexing clinically significant change in PTSD treatment. *Psychological Trauma: Theory, Research, Practice, and Policy*.
5. **Benfer, N.**, Vannini, M.B.N., Grunthal, B., Darnell, B.C., Zerach, G., Levi-Belz, Y., & Litz, B.T. (in press). A network analysis of moral injury symptoms and related problems in service members and Veterans. *Journal of Military, Veteran, and Family Health*.
6. **Benfer, N.**, Litz, B.T. (in press). Assessing and addressing functioning and quality of life in PTSD. *Current Treatment Options in Psychiatry*.
7. **Benfer, N.**, Rusowicz-Orazem, L., Fielstein, E.M., Darnell, B.C., Frankfurt, S.B., Mignogna, J., & Litz, B.T. (in press). Leveraging available metadata in VA PTSD clinics and generating benchmarks for clinically significant change. *Journal of Consulting and Clinical Psychology*.
8. Darnell, B.C., Vannini, M., Grunthal, B., **Benfer, N.**, & Litz, B.T. (in press). Adaptive disclosure: Theoretical foundations, evidence, and future directions. *Current Treatment Options in Psychiatry*.
9. Rogers, T.A., Gorday, J.Y., Bardeen, J.R., **Benfer, N.** (in press). Examining the factor structure and incremental utility of the Contrast Avoidance Questionnaires via bifactor analysis. *Journal of Psychological Assessment*.
10. **Benfer, N.**, Bardeen, J.R., Spitzer, E.G., Rogers, T.A. (2021). A network analysis of two conceptual approaches to the etiology of PTSD. *Journal of Anxiety Disorders*, 84, 102479.
11. Spitzer, E. G., **Benfer, N.**, Zuromski, K. L., Marx, B. P., & Witte, T. K. (2021). Symptom centrality and bridge symptoms in self-injurious thoughts and behaviors and posttraumatic stress disorder: A multi-sample network analysis in trauma-exposed adults. *Psychological Medicine*, 52(4), 664-674.
12. Thomas, K., Bardeen, J.R., Witte, T., Rogers, T.A., **Benfer, N.**, & Clauss, K. (2021). An examination of the factor structure of the multidimensional psychological flexibility inventory. *Assessment*, 0731911211024353.

13. **Benfer N.**, Rogers, T. A., & Bardeen, J. R. Cognitive fusion potentiates negative impact of posttraumatic cognitions on posttraumatic stress symptoms. (2020). *Journal for Contextual Behavioral Science*, 17, 55-61.
14. **Benfer, N.**, Spitzer, E.G., Bardeen, J.R. (2020). Efficacy of third wave cognitive behavioral therapies in the treatment of posttraumatic stress: A meta-analytic study. *Journal of Anxiety Disorders*, 78, 102360.
15. Clauss, K., **Benfer, N.**, Thomas, K., & Bardeen, J. R. (2020). The interactive effect of event centrality and maladaptive metacognitive beliefs on posttraumatic stress symptoms and posttraumatic growth. *Psychological Trauma: Theory, Research, Practice, and Policy*, 13(5), 596-602.
16. Clauss, K., Bardeen, J. R., Thomas, K., & **Benfer, N.** (2020). The interactive effect of emotional reactivity and maladaptive metacognitive beliefs on anxiety. *Cognition and Emotion*, 34(2), 393-201.
17. Rogers, T. A., Bardeen, J. R., Fergus, T. A., & **Benfer, N.** (2020). Factor structure and incremental utility of the distress tolerance scale: A bifactor analysis. *Assessment*, 37, 297-308.
18. Bardeen, J. R., & **Benfer, N.** (2019). Methodological considerations for assessing trauma history via self-report. *Psychological Trauma: Theory, Research, & Practice*, 11(5), 505-512.
19. **Benfer, N.**, Bardeen, J. R., Fergus, T. A., & Rogers, T. A. (2019). The factor structure and incremental validity of the original and modified versions of the Difficulties in Emotion Regulation Scale. *Journal of Personality Assessment*, 101(6), 598-608.
20. Clauss, K., Bardeen, J. R., **Benfer, N.**, & Fergus, T. A. (2019). The interactive effect of happiness emotion goals and emotion regulation self-efficacy on anxiety and depression. *Journal of Cognitive Psychotherapy*, 33, 97-105.
21. **Benfer, N.**, Bardeen, J. R., Cero, I., Kramer, L. B., Whiteman, S. E., Rogers, T.A., Silverstein, M. W., & Weathers, F. W. (2018). Network models of posttraumatic stress symptoms across trauma types. *Journal of Anxiety Disorders*, 58, 70-77.
22. **Benfer, N.**, Bardeen, J. R., & Clauss, K. (2018). Experimental manipulation of emotion regulation self-efficacy: Effects on emotion regulation ability, perceived effort in the service of regulation, and affective reactivity. *Journal of Contextual Behavioral Science*, 10, 108-114.
23. **Benfer, N.**, Bardeen, J.R., & Fergus, T. A. (2017). The role of attention to emotions in the association between emotional distress intolerance and anxiety. *Journal of Cognitive Psychotherapy*, 31, 91-100.

24. Naifeh, J. A., Ursano, R. J., **Benfer, N.**, Wu, H., Herman, M., Benedek, D. M., Russell, D. W., Benevides, K. N., Kao, T.-C., Ng, T. H., Aliaga, P. A., Wynn, G. H., Zhang, L., Forsten, R. D., & Fullerton, C. S. (2017). PTSD symptom severity and sensitivity to blood, injury, and mutilation in U.S. Army special operations soldiers. *Psychiatry Research, 250*, 78-83.
25. Ursano, R. J., Wang, J., Ramsawh, H., Russell, D., **Benfer, N.**, Gifford, R. K., Cohen, G. H., Galea, S., & Fullerton, C.S. (2016). Post-traumatic stress disorder, depression and binge drinking in the reserve component of the U.S. Armed Forces. *Military Medicine, 181*, 1287-1293.

MANUSCRIPTS UNDER REVIEW

1. Gorday, J. Y., Bardeen, J. R., Rogers, T. A., & **Benfer, N.** (2022). *A prospective examination of the role of psychological (in)flexibility in posttraumatic stress: A cross-lagged panel design*. [Manuscript submitted for publication].

CONFERENCE PRESENTATIONS

1. Brown, S.E., Benfer, N., Rusowicz-Orazem, L., Vannini, M.B.N., Darnell, B.C., & Litz, B.T. (2023, April) *Does Compassion for the Self and Others Moderate the Association Between Exposure to Potentially Morally Injurious Events and Reports of Moral Emotions?* Poster accepted for presentation at the 2023 Anxiety & Depression Association of America Annual Conference, Washington D.C.
2. Vannini, M.B.N., **Benfer, N.**, Grunthal, B., Darnell, B.C., Zerach, G., Levi-Belz, Y., & Litz, B.T. (2023, April) *A Network Analysis of Moral Injury Symptoms and Related Problems in Service Members and Veterans*. Poster accepted for presentation at the 2023 Anxiety & Depression Association of America Annual Conference, Washington D.C.
3. **Benfer, N.**, Rusowicz-Orazem, L., Darnell, B., Lehavot, K., & Litz, B. (2022, July). *Indexing clinically significant change of PTSD symptoms to quality of life and functioning*. Poster presented at the 53rd Annual International Meeting for the Society for Psychotherapy Research, Denver, CO.
4. Grunthal, B., **Benfer, N.**, Dondanville, K. A., Young-McCaughan, S., Blankenship, A., Abdallah, C. G., Back, S. E., Flanagan, J., Foa, E. B., Fox, P. T., Krystal, J. H., Marx, B. P., McGeary, D., D., McLean, C., Pruiksmas, K. E., Resick, P. A., Roache, J. D., Shiroma, P., Sloan, D. M., Taylor, D. J., Wachen, J. S., López-Roca, A. L., Nicholson, K. L., Schobitz, R. P., Schrader, C. C., Sharrieff, A.-F. M., Yarvis, J. S., Mintz, J., Keane, T. M., Peterson, A. L., & Litz, B. T., for the STRONG STAR Consortium and the Consortium to Alleviate PTSD. (2022, May). *DSM-5 Criterion-A-based trauma types in service members seeking treatment for*

posttraumatic stress disorder Poster session accepted to the Annual convention of the Association for Psychological Science, Chicago, IL.

5. Rogers, T. A., Bardeen, J. R., & **Benfer, N.** (2021, November). *An independent validation of the Contrast Avoidance Questionnaires via bifactor analysis*. Poster session presented at the 55th Annual Convention of the Association for Behavioral and Cognitive Therapies, New Orleans LA. Virtual Meeting.
6. **Benfer, N.**, Rogers, T.A., & Bardeen, J.R. (2020, November). *A network analysis of two conceptual approaches to the etiology of PTSD*. Poster presented at the 54th annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
7. Thomas, K., Bardeen, J.R., Witte, T., Rogers, T.A., **Benfer, N.**, & Clauss, K. (2020, November). *An examination of the factor structure of the multidimensional psychological flexibility inventory*. Poster presented at the 54th annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
8. Spitzer, E.G., **Benfer, N.**, Zuromski, K. L., Marx, B.P. & Witte, T. K. (2020, November). Examining Unique and Prospective Relationships Among Posttraumatic Stress Disorder and Self-Injurious Thoughts and Behaviors Using Network Analysis. In M. Price (Chair), *Beyond the Basics: Using Advanced Analytic Techniques to Examine the Relation Between PTSD and Comorbid Conditions*. Symposium conducted at the 36th meeting of the International Society for Traumatic Stress Studies, Atlanta, GA.
9. **Benfer, N.**, Spitzer, E. G., & Bardeen, J. R. (2019, November). *Efficacy of third wave cognitive behavioral therapies in the treatment of posttraumatic stress: A meta-analytic study*. Poster presented at the Trauma and PTSD SIG at the 53rd annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
10. **Benfer, N.**, Bardeen, J. R., & Conboy, N. (2019, November). *Cognitive fusion moderates the relationship between posttraumatic beliefs and posttraumatic stress disorder*. Poster presented at the 53rd annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
11. **Benfer, N.** & Bardeen, J. R. (2019, March). *A network analysis of associations among emotion regulation difficulties, specific emotion regulation strategies, and posttraumatic stress symptoms*. In A. Jones (Chair), Emotional impact of trauma: Informing models of emotional experience and emotion regulation within posttraumatic stress disorder. Symposium presented at the meeting of the Anxiety and Depression Conference, Chicago, IL.
12. **Benfer, N.**, Bardeen, J. R., Rogers, T. A., & Clauss, K. (2018, November). *Internal and external regulation strategies modify the relationship between metacognitive*

beliefs and psychological distress. Poster presented at the 52nd annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

13. **Benfer, N.**, Cero, I., Kramer, L. B., Whiteman, S., Silverstein, M. W., & Weathers, F. W. (2018, November). *Network models of posttraumatic stress symptoms across trauma types*. Poster presented at the 34th annual meeting of the International Society for Traumatic Stress Studies, Washington, DC.
14. Clauss, K., Bardeen, J. R., Rogers, T., & **Benfer, N.** (2018, November). *Testing the factor structure of the original and modified attentional control scale*. Poster presented at the 52nd annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
15. Conboy, N., **Benfer, N.**, & Bardeen, J. R. (2018, November). *The interactive effect of cognitive fusion and experiential avoidance on generalized and social anxiety symptoms*. Poster presented at the Association for Cognitive and Behavioral Therapies' 52nd Annual Convention, Washington, DC.
16. Rogers, T. A., Daniel, T.A., **Benfer, N.**, Clauss, K., & Bardeen, J. R. (2018, November). *An eye-tracking study of attentional biases for uncertainty and generalized anxiety*. Poster presented at the 52nd annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
17. **Benfer, N.**, Rogers, T.A., Swaine, V., & Bardeen, J. R. (2017, November). *Experimental manipulation of emotion regulation self-efficacy: Effects on emotion regulation ability and affective reactivity*. Poster presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies Annual Conference, San Diego, California.
18. **Benfer, N.**, Rogers, T. A., Farmer, K., Fergus, T. A., & Bardeen, J. R. (2017, November). *The factor structure and incremental validity of the original and modified versions of the Difficulties in Emotion Regulation Scale*. Poster presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
19. Rogers, T. A., **Benfer, N.**, Fergus, T. A., & Bardeen, J. R. (2017, November). *Factor structure and incremental validity of the Distress Tolerance Scale: A bifactor analysis*. Poster presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, California.
20. **Benfer, N.** & Bardeen, J. R. (2017, May). *A confirmatory factor analysis of the Modified Difficulties in Emotion Regulation Scale*. Poster presented at the Alabama Psychological Association Annual Meeting, Orange Beach, Alabama.
21. Bardeen, J.R., Daniel, A., **Benfer, N.**, & Rogers, T. A. (2016, October). *A longitudinal examination of the role of attentional control in the relationship between*

attentional bias to threat and posttraumatic stress symptoms: An eye tracking study. Poster presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, New York.

22. **Benfer, N.**, Bardeen, J. R., Fergus, T. A., & Toledo, T. (2016, October). *The role of attention to emotions in the association between emotional distress intolerance and anxiety.* Poster presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, New York.
23. Wang, J., Ursano, R., Fullerton, C., Ramsawh, H., Russell, D., **Benfer, N.**, Cohen, G., Sampson, L., & Galea, S. (2015, April). *Mediation of deployment preparedness on the association between augmentee status and PTSD symptoms in Reserve and National Guard members.* Poster presented for the Anxiety and Depression Association of America Annual Conference, Miami, FL.
24. Fisher, J.E., Ortiz, C. D, Harrington-LaMorie, J., La Flair, L., Niemeyer, M., **Benfer, N.**, Grein, K., & Cozza, S. J. (2013, November). *Demographics of deceased service members: Understanding those who served and their families.* Poster presented at the 29th annual meeting of the International Society for Traumatic Stress Studies Annual Meeting, Philadelphia, PA.

RESEARCH EXPERIENCE

Postdoctoral Research Associate, 2021-Present

Massachusetts Veterans Epidemiology Research and Information Center (MAVERIC), VA Boston Health Care System

Supervisor: Brett Litz, Ph.D.

- Manage ongoing projects
- Prepare manuscripts and conference presentations
- Mentor lab personnel

Intern, 2020-2021

VISN 5 Mental Illness Research, Education, and Clinical Center (MIRECC)

Supervisor: Alicia Lucksted, Ph.D.

- Assisted in the conceptualization, writing, and submission of a grant proposal focused on ending self-stigma in Veterans with PTSD
- Collaborated with team members in conducting secondary data analyses and preparing manuscripts for submission

Trauma Recovery Program

Supervisor: Tiffany Bruder, Ph.D.

- Evaluated needs of the Intensive Outpatient Program in order to improve engagement and implementation of massed evidence-based psychotherapies for PTSD and deploy subsequent program improvement initiative
- Conducted needs assessment, met with individual providers, and currently engaging in chart review to meet the above aims

Graduate Research Assistant/Project Coordinator, 2015-2018*Trauma and Anxiety Research Lab, Auburn University*

Project title: “A Longitudinal Examination of a Dual-process Model of Attentional Bias in PTSD”

Principal Investigator: Joseph R. Bardeen, Ph.D.

Agency: National Institute of Mental Health

Type and Number: R21 MH112929

Period: April 15, 2017-March 31, 2020

Total Costs: \$361,797

- Recruited and assessed trauma-exposed members of the community for participation using the Clinician Administered PTSD Scale (CAPS)
- Trained research assistants on study protocols
- Administered study protocols including use of Eyelink eyetracking equipment and administration of a computerized cognitive battery (e.g., Posner task)
- Managed and analyzed data

Project Coordinator/Research Assistant Coordinator, 2012-2015*Center for the Study of Traumatic Stress, Uniformed Services University*Supervisors: Carol Fullerton, Ph.D., Robert Ursano, M.D.

Project titles: National Military Family Bereavement Study; Traumatic Stress and Biomarkers; Mental Health & Service Utilization Among Reserve & National Guards Forces

- Supervised and managed distribution of work for 11 research assistants who supported 21 research grants exceeding \$90 million
- Collected and managed data from military service members
- Conducted qualitative evaluation of organizational and individual resilience based on semi-structured interviews
- Prepared briefing presentations for Army leadership

Research Assistant**September 2010-May 2012***Developmental Cognitive Neuroscience Lab, Indiana University*Supervisor: Bennett Bertenthal, Ph.D.

- Designed and conducted an independent honors thesis in order to gain an understanding of preschool children’s ability to encode spatial features
- Collected, coded, and analyzed experimental data for 50 subjects
- Conducted experiments with children 4 months – 4 years in age in preschool and lab settings

SUPERVISED CLINICAL EXPERIENCE

Pre-Doctoral Intern, 2020-2021*VA Maryland Healthcare System**Trauma Recovery Program*Clinical Supervisors: Jessica Grossmann, Ph.D., Jacqueline Mahoney, Ph.D.

- Deliver individual evidence-based psychotherapies for PTSD (CPT, PE) via telehealth
- Co-facilitate a virtual skills group for women who experienced military sexual trauma
- Conduct brief and comprehensive assessments (using CAPS and SCID) to clarify diagnoses and inform treatment planning
- Use measurement-based care and shared decision making to promote effective and collaborative recovery from PTSD

Substance Abuse Treatment Program

Clinical Supervisors: Arthur Sandt, Ph.D., Shayla Thrash, Ph.D.

- Provide tiered supervision to a doctoral-level extern
- Supervise cases that use ACT, motivational interviewing, and general CBT techniques to address a range of substance use disorder presentations
- Engage in didactics and group supervision to learn about and apply models of supervision
- Provide individual psychotherapy for individuals experiencing substance use difficulties using ACT and mindfulness-based relapse prevention

Health Professional Trainee, 2019-2020

Posttraumatic Stress Disorder (PTSD) Clinical Team, Central Alabama Veterans Healthcare System

Clinical Supervisor: Jacqueline Lefebvre, Psy.D.

- Completed VA-sponsored CPT rollout
- Delivered individual therapy for PTSD (CPT, PE, STAIR) in-person and via telehealth
- Co-facilitated a CPT group
- Conducted intakes and assessments (using CAPS, MMPI-2, PAI) to aid in treatment planning

Harrison School of Pharmacy Clinician, 2018-2019

Auburn University Harrison School of Pharmacy

Clinical Supervisor: Tracy Witte, Ph.D.

- Provided outpatient individual psychotherapy to pharmacy graduate students presenting with concerns including generalized anxiety disorder, major depressive disorder, PTSD, substance use, eating disorder symptoms, and obsessive-compulsive disorder
- Utilized a mix of empirically supported treatments (e.g., behavioral activation, cognitive behavioral therapy) and supportive therapy
- Managed a caseload of approximately 25 clients, including writing treatment and summary reports, scheduling clients, and maintaining client records

Graduate Clinician, 2016-2018

Auburn University Psychological Services Center

Clinical Supervisors: Tracy Witte, Ph.D., Chris Correia, Ph.D., Joseph Bardeen, Ph.D.

- Provided individual outpatient psychotherapy to adults and adolescents from the community using empirically supported treatments (cognitive behavioral therapy [e.g., behavioral activation, exposure and response prevention], motivational interviewing, mindfulness)

- Conducted comprehensive attention-deficit/hyperactivity disorder and learning disorder assessments including measures of intelligence, achievement, learning deficits, and personality pathology

Assessment Intern, 2016-2017

Mt. Meigs, Alabama Department of Youth Services

Clinical Supervisor: Karyn Swinson, Ph.D.

- Conducted comprehensive pre- and post-treatment psychosocial and diagnostic assessments and risk assessments for juveniles adjudicated for illegal sexual behavior
- Wrote reports and developed presentations used to aid in treatment planning and assess risk levels upon discharge

OTHER CLINICAL EXPERIENCE

Clinical Interviewer, 2017-2018

Trauma and Anxiety Research Lab

Supervisors: Frank Weathers, Ph.D., Joseph Bardeen, Ph.D.

Services provided: Conducted CAPS interviews for over 50 research participants as part of a larger study protocol

Health Behavior Assessment Center Clinician, 2017-2018

Auburn University Psychological Services Center

Supervisor: Chris Correia, Ph.D.

Services provided: Brief substance use assessment and intervention for individuals mandated to receive services following a substance-related incident

On-call Suicide Risk Assessor, 2016-2017

Suicide Prevention Laboratory

Supervisor: Tracy Witte, Ph.D.

Population served: College students

Services provided: Risk assessments for undergraduate students at risk for suicidal behavior

Crisis Counselor, 2013-2016

D.C. Rape Crisis Center

Services provided: Brief intervention and referrals via a 24-hour hotline for survivors of sexual abuse

INVITED GUEST LECTURES

- **Benfer, N.** (2018, September). *Trauma and emotion regulation*. Invited lecture for Developmental Psychology undergraduate course, Auburn University, Auburn, AL.

- **Benfer, N.** (2018, September). *The importance of sleep and sleep hygiene*. Invited lecture for Auburn University's Harrison School of Pharmacy Professional Seminar Series, Auburn University, Auburn, AL.

ORAL PRESENTATIONS & REPORTS

- Young, M.E., Silverstein, M.W., **Benfer, N.** (2018, November) *Promoting Interventions for Racial and Ethnic Minorities: The Role of Institutional Barriers and Supports*. Presentation at the College of Liberal Arts Diversity Symposium, Auburn, AL.
- **Benfer, N.**, Silverstein, M., Nuhu, N., Gray, W. (2018, March). *Scholars Committed to Opportunities in Psychological Education*. Oral presentation presented at the College of Liberal Arts Diversity Symposium, Auburn, AL.
- Flynn, B., Morgenstein, J., Bornemann, J., Kodsy, N., **Benfer, N.**, Benedek, D. (2014). *Resilience: An Assessment of Challenges and Opportunities for the Department of Homeland Security: Phase I*.
- *An Assessment of CAARNG Behavioral Health Outcomes*. (2013, December). Executive brief prepared for California Reserve/National Guard Senior Leadership.
- *An Assessment of GUARNG Mid-Deployment Data*. (2013, November). Executive brief prepared for Guam Reserve/National Guard Senior Leadership.
- *An Assessment of PAARNG Behavioral Health Outcomes*. (2013, October). Executive brief prepared for Pennsylvania Reserve/National Guard Senior Leadership.

TEACHING

Graduate Teaching Assistant, Spring 2020

Auburn University

Course: Cognitive and Academic Achievement Assessment (graduate-level)

Instructor, Fall 2018

Auburn University/Auburn University Prison Arts and Education Program, Elmore State Prison

Course: Introduction to Psychology (undergraduate-level)

Graduate Teaching Assistant, Spring and Summer 2016

Auburn University

Course: Introduction to Psychology (undergraduate-level)

Graduate Teaching Assistant, Fall 2015

Auburn University

Course: Developmental Psychology (undergraduate-level)

PROFESSIONAL AFFILIATIONS

- Association for Behavioral and Cognitive Therapies
- International Society for Traumatic Stress Studies
- National Register of Health Service Psychologists

PROFESSIONAL DEVELOPMENT AND SERVICE

- Student Editorial Board for *Journal of Contextual Behavioral Science* (2020-present)
- Ad-Hoc Reviewer for:
 - *Journal of Traumatic Stress*
 - *Journal of Anxiety Disorders*
 - *Clinical Psychology Review* (co-review; Joseph Bardeen, Ph.D.)
 - *Journal of Personality Assessment* (co-review; Joseph Bardeen, Ph.D.)
 - *Journal of Interpersonal Violence* (co-review; Jacqueline Mahoney, Ph.D.)
 - *Assessment*
- 2018-2020: Association for Psychological Sciences graduate student mentor for students applying for doctoral clinical psychology programs
- 2018: Psychology Graduate Student Organization (PsyGo) Diversity and Outreach Coordinator, Auburn, AL
- 2019, 2018, 2016, 2015: National Alcohol Screening Day volunteer screener, Auburn, AL
- 2018, 2017, 2016: Scholars Committed to Opportunities in Psychological Education (SCOPE) program coordinator and mentor, Auburn, AL
- 2017, 2015: National Depression Screening Day volunteer screener, Auburn, AL
- 2017: Graduate Applicant Interview Weekend coordinator, Auburn, AL

PROFESSIONAL TRAINING

- 2019: Regional Cognitive Processing Therapy for PTSD Training (3 days), Central Alabama Veterans Healthcare System
 - Trainer: Courtney Worley, Ph.D., ABBP, MPH
- 2018: NIH Grant Writing Workshop, Auburn, AL
- 2017: The Summer Institute: Preparing for a Military-Focused Career training, Bethesda, MD
- 2017: Clinician Administered PTSD Scale training, Auburn, AL
 - Trainer: Frank Weathers, Ph.D.

- 2015: Autism Diagnostic Observation Schedule, 2nd Edition (ADOS-2) Workshop, Auburn, AL