

***Dr. Crystal Benjamin, CFLE***  
***Email: crystal.benjamin@untDallas.edu***

**EDUCATION**

- **2015 Doctor of Philosophy in Family Studies** - Loma Linda University, California, USA Concentration: Health Promotion and Education
- **2011 Master of Science in Marital and Family Therapy** - Loma Linda University, California, USA Concentration: Individual, Couple, and Family Therapy
- **2008 Bachelor of Science (magna cum laude) in Behavioural Science**, Andrews University Concentration: Psychology
- **2008 Associate of Science (magna cum laude) in General Business**, Andrews University

**LECTURING EXPERIENCE**

**2022 to Present:** Lecturer at the University of North Texas at Dallas, Child Development and Family Studies Undergraduate Program

**2016 to 2022: Adjunct Instructor** at the University of the Southern Caribbean (Tobago Extension Campus) – B.S. Psychology, Social Work, Behavioural Sciences and Education.

**2013: Contract Instructor** at Loma Linda University, MS. in Counseling, Marital and Family Therapy, and Child Life Specialist programs

**Lectured the following undergraduate level courses:**

- Infant and Toddler Development
- Infant and Toddler Intervention
- Family, School, Communities
- Parenting in Diverse Families
- Marriage and the Family
- Research Methods in Education
- Introduction to Statistics for Social Sciences
- Family Violence across the Life Span
- Emotional Intelligence

**Lectured the following graduate level courses:**

- Research Tools/Methodology: Quantitative

**RESEARCH AND PUBLICATIONS**

**Edited Book**

- **Benjamin, C., & Brossette, A.** (under revision). “Slow down to get ahead”: Using the ACT model as an approach to navigating leadership and promotion in higher education.

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**Journal Article**

- **Benjamin, C.**, Lacy, C., & Colvin, A. (under review). Building bridges: A case study of peer support in enhancing mental health for students at a Hispanic-Serving Institution.
- Colvin, A., & **Benjamin, C.** (forthcoming). Exploring the use of AI avatars by MFT practitioners as a therapeutic intervention. *Family Relations*.

**Encyclopaedia Contribution**

- **2016** Clarke, C. Retreat from Marriage – published in The Wiley Blackwell Encyclopaedia of Family Studies. John Wiley & Sons: USA.
- **2014** Clarke, C., & Tareg, A. Texting – published in The Social History of the American Family: An Encyclopaedia - Sage Publications: USA.

**Conference Proceedings:**

- **2013** Bidart, T., Brown, A., **Clarke, C.**, Dan, E., Denis, M., Esquivel, I., Gallagher, B., Garcia-Quinones, O., Grubel, R., Julien, H., Montes, V., Sembatya, A., Valentino, M., & Vrhovac, M. Reducing sexual and gender-based violence among adolescent girls and boys in a post-emergency situation in Haiti: A United Nations Population Fund facilitated analysis on gender equality and the empowerment of women. Retrieved from [http://www.unog.ch/80256EDD006B8954/\(httpAssets\)/AE8AB71EEE72B8A7C1257AA70057DE37/\\$file/GSP-WGREPORT-2013.pdf](http://www.unog.ch/80256EDD006B8954/(httpAssets)/AE8AB71EEE72B8A7C1257AA70057DE37/$file/GSP-WGREPORT-2013.pdf)

**Dissertation PhD:**

- **2015** **Clarke, C. R.** Prostate Cancer Screening Intention Among Black Men: A Multivariate Analysis ***Objective: Though Black men have an increased risk of developing prostate cancer compared to other men in the general population, health screening among Black men is not consistent. The main objective of this study was to explore how intimacy, in the presence of other contextual factors, relates to Black men's intention to screen for prostate cancer using the Digital Rectal Examination (DRE).***

**Sel-Published Workbook:**

- **2020** **Benjamin C. Dr.** – Self-Discovery Workbook: Workbook to help individuals discover their inner selves and bring greater clarity in life, business and relationships based upon my research and studies in self-discovery.

### CONFERENCE PRESENTATIONS

- **2023** Lacy, C., & Benjamin, C. Building Blazers Behavioral Health Peer Support Network: A Mental Health Promotion Pilot Project. *Symposium session presented at the Engagement Scholarship Consortium, East Lansing, Michigan*
- **2015** Clarke, C. R., Distelberg, B., Fox, C., Wilson, C., Montgomery, S., & Casiano, C. "Prostate Cancer Screening Intentions Among Black Men". *Paper presented at the Counselling and Family Sciences Student Research Conference: Families, Communities, and Health, Loma Linda, CA.*
- **2013** Clarke, C. R., & Moses, B. M. C. "Coping with Prostate Cancer among African American Males; A Systemic Perspective". *Poster session presented at the American Association of Marriage and Family Therapist-Southern California Chapter Student Conference, Loma Linda, CA.*
- **2013** Clarke, C., Wray, W., Lyles, L., Castillo, N., & Fider, C. "To Help Reform and Improve Vulnerability in Education (THRIVE): A Path Analysis Model" *Paper presented at the National Council on Family Relations Annual Conference, San Antonio, TX.*
- **2013** Moses, B. M. C. & Clarke, C. R. "A Collaborative Approach to Working with Prostate Cancer Patients" *Workshop presented at the American Association for Marriage and Family Therapy Student Research Conference, Loma Linda, CA.*
- **2012** Clarke, C. R., & Moses, B. M. C. "Coping with Prostate Cancer among African American Males; A Systemic Perspective". *Poster session presented at the American Association of Marriage and Family Therapist-Northern California Chapter Student Conference, Peasantville, CA.*

### SERVICE TO UNIVERSITY

- 2024 – Search Committee Member**, Assistant Professor, MS in Clinical Counseling Program
- 2024 – Search Committee Member**, Assistant Professor, BS in Human Services and Leadership Program
- 2023 – Search Committee Member**, Assistant Professor, MS in School Counseling Program
- 2023 – Present:** University Program Assessment Committee Member
- 2022 – Present:** Co-PI of Peer Support Network Pilot Project at University of North Texas at Dallas
- 2022 - 2023:** TrailBlazer Elite Faculty Mentor

### **SERVICE TO PROFESSION**

**2025 – Present:** Certified Family Life Educator, **Academic Review Committee**, National Council on Family Relations (NCFR)

**2024– Present:** Certified Family Life Educator, **Exam Committee**, National Council on Family Relations (NCFR)

**2024:** External Reviewer, Human Development and Family Relations Program, SUNY Plattsburgh

### **SERVICE TO COMMUNITY**

**2020** - Gap Analysis of the National Roadmap to Recovery (post-Covid19) – Trinidad and Tobago (Tobago component); Review and analyses of socio-economic interventions to ensure effective capture of targeted recipients

**2017 - 2018** Secretary to Research Ethics Committee (Trinidad and Tobago)

**2016 - 2018** Facilitated collaboration between International Agencies (United Nations, ILO etc) and the Tobago House of Assembly through policy interpretation, communication strategies and cultural appreciation

**2016** - Planned, implemented and successfully facilitated Community Outreach Programmes geared toward reducing crime and violence among youth via Cognitive Behavioural Therapy strategies in collaboration with the University of the Southern Caribbean

**2014 – 2015** First Marriage and Family Therapist Intern at the Loma Linda University Cancer Centre

**2012** - Provided post-HIV screening counselling and health promotion services to residents of the Republic of Cameroon

### **GRANTS**

**2024** – Center for Socioeconomic Mobility through Education at University of North Texas at Dallas (\$15,000) funded Artificial Intelligence Integration into Psychotherapy Practice

**2013 - 2015**, Riverside County Office of Education Foster Youth Services Strategic Tutoring Program, Loma Linda University (\$45,000 – \$91,000 respectively).

### **AWARDS**

- **2019** - Trinidad and Tobago 40 under 40 Youth Influencer
- **2015** - Most Outstanding Ph.D. Family Studies Student, Loma Linda University.
- **2014 - 2015** - Selma Andrews Scholarship, Loma Linda University.

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- **2011 - 2014** - The Republic of Trinidad and Tobago's First-Class Honours Scholarship.
- **2009 - 2011** - The Republic of Trinidad and Tobago's First-Class Honours Scholarship.

**CERTIFICATIONS & PROFESSIONAL DEVELOPMENT**

- 2023 The Gottman Institute:** Gottman Method Couples Therapy Level 2
- 2021 Managing Remote Employees:** Arthur Lok Global School of Business
- 2020 The Gottman Institute:** Treating Affairs and Trauma: Helping Couples Heal and Rebuild Trust
- 2018 The Gottman Institute:** Gottman Method Couples Therapy Level 1
- 2018 to Present: National Council on Family Relations:** Certified Family Life Educator (CFLE)
- 2018 Saving Your Marriage Before It Starts:** Certified Pre-Marital Counselor
- 2017 Caribbean Public Health Agency (CARPHA):** Workshop on Research Ethics
- 2015 Inter-American Development Bank via edX -** Project Management Techniques for Development Professionals
- 2013 Provalis Research -** Qualitative Data Analysis Software (QDA Miner)
- 2013 United Nations 51st Graduate Study Programme, Geneva -** Gender Equality and the Empowerment of Women.
- 2010 Prepare/Enrich:** Building Strong Marriages, Life Innovation.
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