

CU Accelerate Faculty Profile

Brooke Benda, M.S. Clinical Psychology
Resident Faculty of Sociology



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Profile

Brooke Benda has been teaching at Concordia University, Irvine for 8 years. Brooke is passionate about what she does and she hopes to encourage others with her love of teaching. She holds a BA in Sociology with a minor in Psychology and a Master's degree in Clinical Psychology (both from Vanguard University). Before teaching, she was a practicing Marriage and Family Therapist with an emphasis in adolescents. She hopes to write books one day dealing with grief, loss, and hope.

Education

M.S. Clinical Psychology Vanguard University, Costa Mesa, CA 2000

B.A. Sociology, minor-Psychology Vanguard University, Costa Mesa, CA 1998

Professional / Scholarly Presentations

- Written and presented papers on Marriage and Family: Why marriage is still important in the 1990's, Sex Abuse: The emotional, physical, and verbal effects that these victims face, The effectiveness of professional counseling on sex offenders, and The emotional Incest Syndrome
- Presented a generational speech of youth before Southern California College and Newport-Mesa Christian Center (1994)
- Presented on the life-long effects of children and adults with autism (1998)
- Presented own theoretical orientation as a therapist in training and a case study on clients currently being seen at Journeys counseling (2000)
- Spoke at a meeting for women at Newport-Mesa Christian Center (2001)
- Spoke at Vanguard University's Welcome Week for new incoming freshmen about my role of Prevention/Educational Specialist (2001)
- Presented to the faculty/staff at Vanguard University about At-Risk Characteristics for college dropout statistics (2001)
- Guest Lectured on Divorce and Stepfamilies at Concordia University in the undergraduate Behavioral Science/Sociology Program (2001)
- Presented quarterly to different churches and companies about Journeys counseling promoting the program with a detailed packet of information over the phone and in person (2000- 2001)
- Guest Lectured on Clinical Psychology at Concordia University in the undergraduate Behavioral Science/Psychology Program (2003)
- Spoke at several Parents Weekend's, Pre-view Day's, and have hosted dinners for the undergraduate students at Concordia University (2002- present)

Professional Involvement & Accomplishments

- Vanguard Scholarship of Newport-Mesa Christian Center (1994-1998)
- Sociology award from the Dean of the undergraduate program at Vanguard University (1997-1998)
- *Fred Grieve and Director's Honor Roll* scholarship for Vanguard University's Master's Program in Clinical Psychology (1998-2000)
- Member of the American Sociological Association
- Member of the American Academy of Bereavement

- Served as a research assistant for the undergraduate sociology program under Dr. Phil Robinette at Vanguard University (1997- 1998)
- Researched and presented statistical papers in clinical sociology at Southern California College (1997-1999)
- Served an internship with the Harbor Municipal Courthouse interviewing clients for potential litigation (1998)
- Research Assistant for supervisor at *Journeys Counseling* conducting book/video reviews and group/seminar coordinator, making referrals & connecting with other Psychotherapists and Psychiatrists (1999- 2001)

Expertise

- Conducted an eating disorder seminar for the staff at Vanguard University (2001)
- Annually Conduct a 8-hour Child Abuse training seminar for counselors/staff at RFKC, a camp for abused and neglected children at Newport-Mesa Christian Center (2001-present)
- Currently Conducting a 4-Hour Child Abuse training seminar for new counselors/staff at RFKC for churches around Orange County (2003 -present)
- Conducted psycho-educational seminars for college students (2001)
- Currently teaching and serving as a Resident Faculty Member in the Behavioral Science/Sociology Undergraduate program at Concordia University (2002--present)
- -Currently teaching for the School of Professional Studies at Vanguard University (2002- present)
- Currently teaching for the CU Accelerate Program at Concordia University in Irvine and Temecula (2003- present)
- Currently offer RFKC as a Practicum opportunity in the undergraduate Major of Psychology/Behavioral Sciences at Concordia University (2002—present)
- Developed and currently teach on-line courses for the undergraduate program at Concordia University (2003- present)
- Serve as a camp therapist/Social Worker for the Orange County Foster Care System for one week every year at Pincrest Camp (1997- present)
- Served with *Journeys counseling* as an intern/therapist (1999- 2001)
- Started addiction and Grief support groups at Newport-Mesa Christian Center (2001)
- Served as a Prevention/Educational Specialist for Vanguard University conducting seminars, visitations with students and faculty, promoting *Journeys Counseling*, and work with college-age students in personality/career assessments (2001)

Special Interests & Activities

- being a mentor to college-age students
- being a bereavement facilitator
- teaching/ learning about grief and loss.

Courses Taught (2002-2009)

- ALA 302: The Human Dimension
- SOC 101: Introduction to Sociology: Honors
- SOC 331: Marriage and Family
- SOC 351: Theories of Personality
- SOC 361: Social Theory
- SOC 381: Sociology and Grief
- PSY 101: Introduction to Psychology: Honors
- PSY 313: Developmental Psychology: Childhood
- PSY 314: Developmental Psychology: Adolescence
- PSY 345: Social Psychology
- PSY 361: Abnormal Psychology