

CURRICULUM VITA

Lauren (Benoist) Melamed, PhD NCC LCPC
Associate Professor, Clinical Mental Health Counseling
Adler University
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EDUCATION

Ph.D. Counselor Education and Supervision
The Pennsylvania State University - 2016

M.A. Clinical Mental Health Counseling
Roosevelt University - 2013

B.S. Psychology
Appalachian State University - 2009

LICENSES and CERTIFICATIONS

Licensed Clinical Professional Counselor (LCPC) – Illinois
National Board Certified Counselor (NCC)
Approved Clinical Supervisor (ACS)

ACADEMIC POSITIONS

Clinical Training Director - Clinical Mental Health Counseling Program, Online Modality
Adler University; 2023 - Present

Core Faculty, Associate Professor - Clinical Mental Health Counseling Program, *on-ground and online modalities*
Adler University; 2021 - 2023

Core Faculty, Assistant Professor - Clinical Mental Health Counseling Program
Adler University; 2016 – 2021

Adjunct Lecturer – Art Therapy Program
School of the Art Institute of Chicago; Summers 2016, 2017

Adjunct Professor – Counseling and Human Services Program
Roosevelt University – Spring 2015

CLINICAL POSITIONS

Melamed Counseling, LLC – 2018 - Current

Private practice in Chicago, IL

Provides individual counseling and professional supervision to clinical trainees. Specializing in sexuality concerns, grief and bereavement, interpersonal challenges.

Mental Health Counselor 2016 - 2019

Chicago Academy for the Arts

Provided individual school-based counseling to students and families, coordinates both referrals to in/outpatient services and re-entry from inpatient, IOP and PHP services.

Restorative Practice Coach - Summer 2016

WES Health Systems and Chicago Public Schools

Provides consultation, coaching & technical support around implementation of school-based restorative programs & practices which is created specifically for the culture of the school, implements restorative interventions including peace circles and restorative conversations.

CEDAR Clinic Supervisor: The Pennsylvania State University - 2013 – 2016

CEDAR Clinic, Penn State University

Oversees daily operations of training clinic, including: receptionist staff, incoming referrals, counselor documentation, and supervises all clinic training facilities. Responsible for training new staff and incoming counselors and supervisors.

Clinical Supervisor 2013 – 2016

The Pennsylvania State University

Provides master's level practicum counselors with weekly individual clinical and administrative supervision for a caseload of 10 clients.

Doctoral Intern - 2013 – 2016

The Cedar Clinic, The Pennsylvania State University, University Park, Pennsylvania

Provided individual and group counseling, facilitated outreach services for County Youth Services Bureau

Healing Counselor - 2012-2014

Hands Together Heart to Art, Roosevelt University, Chicago, IL

Provided bereavement group counseling to children and adolescents at therapeutic day camp

Career Counselor - 2014

CEDAR Clinic and Bank of America Career Center

University Park, Pennsylvania

Provided individual, group, and career counseling to undergraduate and graduate students

Clinical Intern 2012 - 2013

Saints Mary and Elizabeth Outpatient Community Behavioral Health Clinic, Chicago, Illinois

PUBLICATIONS

Peer Reviewed Publications

Fulton, C., **Melamed, L.** & Lambert, A. (2024). Ethno-Religious Engagement, Minority Experiences, and Strengthening American Jewish Identity. *Journal of Mental Health Counseling*. 46(3).

Melamed, L. & Fulton, C. (2022) *Responsive Counseling for Jews-by-Choice. Counseling and Values*.

Melamed, L., Casado Pérez, J. F., & Hunt, B. (2020). Teaching Strategies for Incorporating the Multicultural and Social Justice Counseling Competencies. *The Journal of Counselor Preparation and Supervision*, 13(2).

Melamed, L. B., (2020) Is This What Counselors Are? A Narrative Inquiry about Conflict in Multicultural Courses. *Journal of Counselor Preparation and Supervision*.

Non-Peer Reviewed Publications

Benoist, L. N. (2014). Blurred lines: Indigenous Canadians and Globalization of Counseling. *Chi Sigma Iota RAM Report*. Fall 2014.

Benoist, L. N. (2012). Facts vs. Fears: Examining Counselor Attitudes Towards Utilizing Technology. *Counseling Today*. May 2012.

Benoist, L. N. (2011). Counseling Non-Violent Drug Offenders: Innovative Approaches to Therapy. *Roosevelt University Counseling Association Newsletter*. March 2011.

PRESENTATIONS

International

Benoist, L. N. (2015). *Navigating Intercultural Conflict in Counsellor Education*. International Association for Counselling Annual Conference, Verona, Italy.

Benoist, L. N., Chang, H. (2014). *Intersections in Identity: Counseling practices that address the postmodern shift in identity development* – Breakout Session Canadian Counselling Association Annual Research Conference, Moncton, NB

National

Boyd-Layne, M., Johnson, B. & **Melamed, L. B.** (2023). *Social Justice Mixer: Radical Decisions for Effective Inclusive Relationships*. American Counseling Association (ACA). Toronto, Ontario.

Melamed, L. B., Fulton, C. & Lambert, A. (2023). *Understanding American Jewish Identity: What Sustains it? What Challenges it?* American Counseling (ACA). Toronto, Ontario.

Melamed, L. B., & Thompson, J. (2020, 2021). *Sexual Competency is Missing: Incorporating Sexuality into Clinical Training*. American Counseling Association (ACA). San Diego, CA.

Benoist, L. N. (2017). *Conflict Stories in Multicultural Counseling Classrooms: Results of a Narrative Analysis*. Association for Counselor Education and Supervision Conference (ACES).

Kostohryz, K., Daniels, A., **Benoist, L. N.** (2017). *Multicultural and Accessibility Considerations for University Training Clinics*. Association for Counselor Education and Supervision Conference (ACES).

Benoist, L. N. & Hunt, B. H. (2015). *A Primer On the Use of Intersectionality In Multicultural Counselor Education*. Association for Counselor Education and Supervision Conference (ACES)

Benoist, L. N., Calandriello, K., Perez, J., & Kostohryz, K. (2015) *Creating a Collaborative Counselor Education Training Clinic: The Real World Model*. Association for Counselor Education and Supervision Conference (ACES).

Benoist, L. N. (2014). *Intersectionality: Models of Identity Development and Implications for Practice, Curriculum, and Instruction*- Roundtable Discussion Association for Lesbian, Gay, Bisexual and Transgender Issues in Counseling National Conference (ALGBTIC), New Orleans, LA

Benoist, L. N. (2008). *Dare to Keep Punishment Just: Alternatives to Corrections for Drug Addicted Offenders* – Poster Presentation American Correctional Association (ACA) Annual Conference, New Orleans, LA

State and Regional

Melamed, L. B., (2019) *Critical Incidents and Shared Experiences of Jewish People*. Poster Presentation at Illinois Counseling Association (ICA) Annual Conference, Skokie IL

Daniels, A., **Benoist, L. N.**, Kostohryz, K. (2018). *I Want to See a Counselor Who is More Like Me': Ethical Issues in a Training Clinic*. North Central Association for Counselor Education and Supervision (NCACES) in Cincinnati, OH.

Ravitz, A., & **Benoist, L. N.** (2017). *Client-Oriented Spaces: The Therapeutic Value of Inpatient Facility Design*. Poster Presentation- Illinois Counseling Association, Lisle, IL.

Benoist, L. N. (2014). *Intersectionality, Identity, and Culturally-Critical Counseling* – Breakout Session Chi Sigma Iota Pennsylvania Conference, University Park, PA

Benoist, L. N., Mack, C. (2012). *Counseling LGBTQ People of Color: New Models in Identity Formation* – Poster Presentation Illinois Counseling Association (ICA) Annual Conference, Springfield, IL

Benoist, L. N. (2012). *Queers of Color: Identity Development Models and Implications for Counselors* – Poster Presentation Illinois Association for Lesbian, Gay, Bisexual, and Transgender Issues in Counseling (IALGBTIC) Conference, Chicago, Illinois.

Benoist, L. N. (2008). *Alternatives to Corrections for Drug Addicted Offenders*. Breakout-Session- Appalachian State University Research Symposium. Boone, NC

Speaking Invitations and Non-Refereed Presentations

Melamed, L. B., Poly-aware and Kink-affirming counseling. University workshop. Adler University.

Benoist, L. N. (2019). Workshop Facilitator. Cornerstone Counseling Center of Chicago. *Narrative Clinical Interventions for Multicultural Counseling*. Chicago, IL

Benoist, L. N. (2015). Invited Speaker for Statewide Conference. *Infusing Intersectionality in Multicultural Counselor Education* State College, Pennsylvania.

Benoist, L. N. (2013). Invited Speaker for Northside Literacy Coalition meeting: *Advocating and communicating with/for clients with disabilities*. Chicago, Illinois.

EDITORIAL BOARD & REVIEWER ACTIVITIES

Editorial Board Member - Journal of Counseling Sexology and Sexual Wellness - Since 2020

Editorial Board Member - Journal of Feminist Family Counseling - Since 2020

ACADEMIC PROGRAM DEVELOPMENT

Instructional Designer (Subject Matter Expert) – Human Sexuality Course Development for CMHC Program at Adler University

Instructional Designer (Subject Matter Expert) – Qualitative Research Course Development for DCES Program at Adler University

COURSES TAUGHT

Adler University (both on-ground and online/hybrid formats):

- Practicum and Internship Seminar Courses (*online and on-ground modalities*)
- Qualitative Research (*online and on-ground modalities*)
- Research Methods and Program Evaluation (*online and on-ground modalities*)
- Professional Development Seminar
- Counseling Skills (*online and on-ground modalities*)
- Treatment Planning and Intervention
- Legal and Ethical Issues in Counseling
- Human Sexuality (Developed and launched hybrid and online course for program)
- Foundations in CMHC (*online and on-ground modalities*)
- Diagnosis and Maladaptive Behavior
- Couples and Family Counseling
- Counseling Theories
- Human Growth and Development
- Child and Adolescent Counseling (*online modality*)

School of the Art Institute of Chicago

- Processing: Narrative Therapy and New Media

Roosevelt University

- Clinical Skills
- Interventions to Youth Violence

UNIVERSITY SERVICE

Leadership Roles

- Campus Diversity and Inclusion Committee (co-chaired 2019-2020, 2020-2021)
- Faculty Research Seed Grant Committee (chaired 2019-2020, 2020-2021)
- Faculty Council Executive Committee (secretary 2020-2021)
- Faculty Council Executive Committee (member-at-large 2019-2020)
- Program Curriculum Committee (chair 2017-2018)
- Department Newsletter Editor (2017-2020)

Additional Service to University

- Individual supervision to counseling trainees (2016-present)
- SDC Committee (2022-Present)
- Faculty Advisor to Student Counseling Organization (since 2016)
- COVID Curriculum and instructional design taskforce
- SJP Supervisor for student placement on Diversity and Inclusion Committee

Developed mentorship program for CMHC master's students
Organized faculty anti-racist group (2016-2017)
Department newsletter creator and editor (since 2016)
Thesis and dissertation committee members for both master's and doctoral students

AWARDS AND HONORS

2020 - Alfred Adler Social Justice Award - Adler University

2019 – Illinois Counselor Educator of the Year - Illinois Counseling Association

2019 – Seed Grant Award Recipient – Research Project: Adopting Trauma: *How Jews by Conversion Experience the Inheritance of Jewish Historical Trauma Narratives*

2017 – Faculty Member of the Year - Adler University Student Government Awards

COLLABORATIONS WITH SCHOOLS AND COMMUNITY AGENCIES

- Collaboration with Cook County Clerk's Office for Voter Registration Day on Adler University Campus: *Ongoing collaboration assists with voter registration for local and national elections.*
- Conducted mental health needs assessment - Chicago Academy for the Arts: *Conducted a needs assessment for local high school to pursue revenue funding for increased mental health services.*
- Collaboration with Carrie Jameson, LCSW: Developed series of sex-positive workshops for Adler Students on Kink-Awareness and Poly-Affirming Counseling
- Fostered University partnership with Chicago Urban League: Exchanged services to facilitate Adler University Common Hour Programming
- Fostered University Partnership with Anti-Defamation League to offer Anti-Semitism training to all faculty and staff

SERVICE TO COMMUNITY AGENCIES AND ORGANIZATIONS

- Member of Open-Path Collective: Connects underinsured and economically vulnerable individuals to my private practice for low cost therapy
- Jewish Council on Urban Affairs – Member of the Grassroots Alliance for Police Accountability
- Mental Health Volunteer to clergy and community at Anshe Emet Synagogue – Facilitator of process groups for community members

- Chartered local chapter of Illinois Counseling Association via Adler Counseling Student Organization

ACTIVE MEMBERSHIPS IN PROFESSIONAL ASSOCIATIONS

- American Counseling Association (ACA)
- Association for Counselor Education and Supervision (ACES)
- Illinois Counseling Association (ICA)
- Illinois Counselor Educators and Supervisors (ICES)
- Association for Lesbian, Gay, Bisexual, and Transgender issues in Counseling (ALGBTIC)
- Kink and Poly Aware Counselors and Therapists (KPACT)
- Sexual Health Alliance (SHA)
- National Coalition for Sexual Freedom (NCSF)
- Chi Sigma Iota – Rho Chi Alpha chapter

SERVICE TO PROFESSION

- ACES Qualitative Interest Network: Teaching subcommittee (2017-2019)
- Counselors for Social Justice Task Force: Ethics subcommittee (2017)
- CICO/ICES Liaison (2017-2018)
- Member at Large for Illinois Association for Assessment and Research in Counseling and Education (IAARC)
- President/Founding member: Rho Chi Alpha Chapter of Chi Sigma Iota at Roosevelt University