

Shawna M. Benson, PsyD, LP, a Licensed Clinical Psychologist with Soul Work Counseling

Get to know Licensed Clinical Psychologist Dr. Shawna M. Benson, who serves patients in Champlin, Minnesota.



New York City, Jul 9, 2020 ([Issuewire.com](https://www.issuewire.com)) - Being a licensed clinical psychologist, Dr. Benson provides psychotherapy for men, women, all adults of all ages, as well as individual and family psychotherapy for pre-teens and older adolescents. She also conducts pre-bariatric weight loss surgery psychological evaluations in addition to psychotherapy and counseling before and after surgery as

needed. She practices at Soul Work Counseling in Champlin, Minnesota.

Recognized for her interactive and solution-focused approach, Dr. Benson strives to help her patients efficiently and effectively meet their individual goals. Her professional specialties include depression and anxiety, grief and loss struggles and life transitions, parenting teens, perinatal/postpartum mood disorders and adjustments for new parents, self-esteem and identity issues, bipolar disorder, eating disorders, body image difficulties, crisis and trauma therapy, development and sexuality issues, dual diagnoses (mental health difficulties along with substance abuse and dependency struggles), disability adjustment, wellness achievement, and wholeness-of-the-self psychological care.

In addition to face to face consultation, she is trained and competent at using teleconferencing technology for on-line telehealth appointments when desired and appropriate. She is also a clinical supervisor for doctorate-level mental health providers working toward their license in clinic psychology (LP), and she is a board-approved supervisor for Licensed Professional Clinical Counselors (LPCC) in Minnesota.

Before embarking on her professional journey, Dr. Benson received her Doctor of Psychology (PsyD) degree from the Minnesota School of Professional Psychology in 2003. She completed her pre-doctoral internship in psychology at the University of Manitoba and Victoria Hospital in Winnipeg, Manitoba, Canada. This was followed by a postdoctoral position at the Range Mental Health Center in Virginia, Minnesota training in general rural psychological assessment and intervention strategies, with a focus on substance abuse and dependency treatment in addition to pre-surgical evaluations.

To advance her professional efforts, Dr. Benson remains a member of the American Psychological Association, the American Society for Metabolic and Bariatric Surgery, the National Register of Health Service Psychologists, the Minnesota Psychological Association, and Minnesota Women in Psychology.

Clinical psychology is a broad branch of psychology that focuses on diagnosing and treating mental, emotional, and behavioral disorders. Some of the more common disorders that might be treated include mood disorders like depression, anxiety, or bipolar disorder, in addition to trauma influenced problems such as personality disorders and behavioral difficulties like eating disorders. Licensed clinical psychologists meet with patients to identify problems - emotional, mental, and behavioral - occurring within their lives. Through observation, interviews, and psychological tests, they aim to diagnose any existing disorders or difficulties for their patients.

Outside of the office, Dr. Benson enjoys walking, riding her bike with her children, and reading detective novels. Her favorite professional publication is the Journal of Health Service Psychology.

Learn More about Dr. Shawna M. Benson:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/1562951-Shawna-Benson-Neuropsychologist> or through Soul Work Counseling, <https://www.soulworkcounseling.com/shawna-m-benson/>

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