

Benjamin S. Myers
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EDUCATION

Doctor of Philosophy, Counseling Psychology & School Psychology Expected: August 2030
Florida State University

Master of Science, Clinical Mental Health Counseling August 2025
Jacksonville University

Bachelor of Arts, Psychology December 2016
Clemson University

RESEARCH EXPERIENCE

Graduate Research Assistant August 2025 – Present
Lifestyle, Environment, and Flourishing (LEAF) Lab
PI: Austen Anderson, PhD, Florida State University

- Contribute and lead research on lifestyle behaviors and well-being.

Co-Author August 2024 – August 2025
Cultural Experiences of Black Counseling Students
PI: Michelle Ellis, PhD, Jacksonville University

- Worked with Dr. Ellis on refining, revising, and preparing for publication a phenomenological study on the experiences of black counseling graduate students.

Co-Author June 2024 – June 2025
Wellness among Aviation Students
PI: LaTonya Summers, PhD, Jacksonville University

- The project aimed to assess wellness among aviation students by examining quality of life, drug and alcohol use, and sensation-seeking behaviors.

Graduate Research Assistant August 2023 – May 2024
Sports Counseling and Media Project
PI: Michelle Ellis, PhD, Jacksonville University

- Worked with Dr. Ellis on academic research and an online sports media project. The project aimed to spread awareness of mental health topics.

Undergraduate Research Assistant

August 2013 – December 2014

Attention and Search Conspicuity Lab

PI: Benjamin Stephens, PhD, Clemson University

- The project investigated conspicuity and hazards in real-life scenarios. The research team developed methods for assessing object conspicuity and environmental features.

Undergraduate Research Assistant

August 2012 – December 2014

Model of Caregiver Stress

PI: Mary Anne Taylor, PhD, Clemson University

- The project investigated caregiver stress to leverage existing data for research on caregiver issues and relief strategies.

Undergraduate Independent Researcher

September 2012 – May 2013

Sociability, Social Confidence, Self-Esteem, & Social Media

PI: Benjamin Stephens, PhD, Clemson University

- Conducted an independent research project investigating the interrelationships between sociability, social confidence, self-esteem, and Facebook use among college students.

Undergraduate Research Assistant

August 2012 – May 2013

Assessment of Learning Outcomes in General Education Social Science Courses

PI: Janice Murdoch, PhD, Clemson University

- The project studied the assessment of learning outcomes in general education.

CLINICAL EXPERIENCE**Graduate Counseling Intern**

August 2024 – August 2025

Jacksonville University Student Counseling Center

- Provide individual counseling to students with various presenting concerns.
- Conduct intake assessments and crisis interventions.
- Develop individualized treatment plans.
- Administer and interpret assessments to understand clients' needs and progress.
- Plan and facilitate workshops and outreach events on mental health and wellness topics.

TEACHING EXPERIENCE**Co-Instructor**

August 2024 – May 2025

Freshman Seminar, Jacksonville University

Instructor: Jennifer Weldon, PhD, Licensed Psychologist

Undergraduate Teaching Assistant
Hybrid Introduction to Psychology, Clemson University
Instructor: Mary Anne Taylor, PhD

August 2013 – May 2014

PREVENTION & OUTREACH EXPERIENCE

Graduate Assistant August 2025 – Present
Center for Health Advocacy and Wellness (CHAW), Florida State University

- Support prevention initiatives and student programming on power-based violence and campus well-being.

PEER-REVIEWED PUBLICATIONS

Ellis, M., Heard, N., **Myers, B.**, Petion, A., Richelle, J. (In Review, 2025). *The colored section: The cultural experiences of black counseling students.*

Taylor, M. A., Atkinson, T., **Myers, B.**, Boucher, E., & Wituk, E. (In Review, 2025). *The impact of caregiving on employee stress and employment outcomes: Organizational support as a buffer.*

MANUSCRIPTS IN PROGRESS

Summers, L., **Myers, B.**, (Manuscript Development, 2025). *Assessing wellness among aviation students.*

PRESENTATIONS

Ellis, M., **Myers, B.** (2025) *Ethical Challenges in the Digital Age: Balancing Technology and Boundaries.* Oral presentation at the annual UCF Counseling Conference, Orlando, FL.

Myers, B., Espino, C., McCrosky, J. (2024) *Effects of a social media abstinence intervention on mental health outcomes in millennials: A randomized controlled trial.* Poster presented at the annual Jacksonville University Research Symposium, Jacksonville, FL.

Angeloff, G., **Myers, B.**, Ramsey, A., Glaze, K., Pacek, M., & Stephens, B. (2014). *Attention and search conspicuity for skylight fall hazards.* Presented at the annual meeting of the Southeastern Psychological Association, Nashville, TN.

Mitchel, M., **Myers, B.**, Kistler, C., Jacob, C., Helton, J., Noyes, H., Wiley, K. (2013) *The state of social science general education: An analysis.* Oral presentation at the Clemson University Council of Undergraduate Studies, Clemson, SC.

FEATURED ARTICLES

Myers, B. (2025, January 19). Striving for Excellence: Tackling Perfectionism in Student Athletes. Duval Sports. <https://www.duvalsports.com/?p=65246>

Myers, B. (2024, September 29). Sports counseling: How to manage the post-competition blues. Duval Sports. <https://www.duvalsports.com/?p=63527>

Myers, B. (2024, July 28). Gold medal recovery: Navigating emotional challenges of athletic injuries. Duval Sports. <https://www.duvalsports.com/?p=62756>

Myers, B. (2024, June 23). Inside out 2: Hurdling performance anxiety in sports. Duval Sports. <https://www.duvalsports.com/?p=62610>

Myers, B. (2024, January 27). The game-changer: The power of mindfulness to enhance performance and reduce stress. Duval Sports. <https://www.duvalsports.com/?p=61310>

WORKSHOPS

Co-Facilitator

November 2024

Understanding Sleep and Mental Health
Jacksonville University

- Co-facilitated an interactive workshop to enhance clinicians' understanding of the complex relationship between sleep and mental health.

Co-Facilitator

September 2024

Wellness Seminar: Integrating the Medical and Wellness Models in Counseling
Chi Sigma Iota, Jacksonville University

- Led discussion on counselor identity development, interdisciplinary research trends, and how medical research can support a wellness approach in clinical practice.

CERTIFICATIONS

Psychological First Aid (PFA)
National Child Traumatic Stress Network (NCTSN)

August 2024

Question, Persuade, Refer (QPR) Gatekeeper
QPR Institute

July 2024

Counseling on Access to Lethal Means
Zero Suicide Institute

July 2024

HONORS & AWARDS

Outstanding Leadership Award Clinical Mental Health Counseling, Jacksonville University	August 2025
Florida Blue Foundation Mental Wellbeing Fellowship Jacksonville University	August 2024
Undergraduate Dean's List Clemson University	2012 & 2013

LEADERSHIP & COMMUNITY ENGAGEMENT

Chapter Development Co-Chair Chi Sigma Iota, Jacksonville University	June 2024 – June 2025
Peer Mentor Psychology Club, Clemson University	September 2012 – December 2014

PROFESSIONAL AFFILIATIONS

APA Division 38: Society of Health Psychology	September 2025 - Present
APA Division 17: Society of Counseling Psychology	September 2024 – Present
American Counseling Association (ACA)	August 2024 – Present
Florida Mental Health Counselors Association (FMHCA)	May 2024 – Present
American Psychological Association (APA)	May 2024 – Present