

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.

Graduate Research Assistant August 2024 – August 2025
Cultural Experiences of Black Counseling Students
PI: Michelle Ellis, PhD, Jacksonville University

- Revised and prepared for publication, a phenomenological study on the experiences of black counseling graduate students.

Graduate Research Assistant 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

- Contributed to research for 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

- 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

- 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 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 Psychological Trainee**

May 2026 – Present

Assessment, Learning Evaluation, & Counseling Center

- Conduct psycho-educational evaluations, individual psychotherapy, and ADHD coaching.

Graduate Counseling Intern

August 2024 – August 2025

Jacksonville University Student Counseling Center

- Provided individual psychotherapy to students with various presenting concerns.

UNIVERSITY 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

Anderson, A. R., O'Rourke, C., Myers, B., Ostermiller, L., Lemacks, J. (In Review, 2026). Nature engagement and health in black communities in Mississippi. *Journal of Community Health*.

Taylor, M. A., Atkinson, T., **Myers, B.**, Boucher, E. & Wituk, E. (2026). The impact of caregiving on employee stress and employment outcomes: Organizational support as a buffer. *Educational Gerontology*. <https://doi.org/10.1080/03601277.2026.2707300>

ORAL PRESENTATIONS

Myers, B., Ostermiller, L., O'Rourke, C., Anderson, A. R. (2026). *Food insecurity and lifestyle factors in U.S. college students: Parenthood and loneliness as moderators*. Oral presentation at the annual meeting of the Southeastern Psychological Association, New Orleans, LA.

Anderson, A. R., O'Rourke, C., **Myers, B.**, Ostermiller, L., Lemacks, J. (2026). *Natural resources, nature engagement, and health in the southern united states: A stakeholder focus group study*. Oral presentation at the Active Living and Outdoor Health Summit, Minneapolis, MN.

Anderson, A. R., O'Rourke, C., Lastrapes, M., **Myers, B.**, O'Neil, B. (2026). *An experiment to examine whether savoring enhances the emotional and cognitive benefits of passive nature engagement*. Oral presentation at the Active Living and Outdoor Health Summit, Minneapolis, MN.

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.

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.

POSTER PRESENTATIONS

Anderson, A. R., O'Rourke, C., **Myers, B.**, Lemacks, J., Ostermiller, L. (2026) *Stakeholder views on nature engagement and health in the southern U.S.* Poster presented at the annual American Psychological Association Convention, Washington, DC.

O'Rourke, C., O'Neil, B., **Myers, B.**, Linss, H., Anderson, A. R. (2026) *Individual and institutional predictors of college athlete mental health*. Poster presented at the annual American Psychological Association Convention, Washington, DC.

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.

OTHER PUBLICATIONS

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)

August 2024

National Child Traumatic Stress Network (NCTSN)

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

August 2025

Clinical Mental Health Counseling, Jacksonville University

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

June 2024 – June 2025

Chi Sigma Iota, Jacksonville University

Peer Mentor

September 2012 – December 2014

Psychology Club, Clemson University

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