

Professional-Academic Background: Additional Specialty Certifications, Registrations, Trainings, and Memberships

Sheila Wright, MA, LPC, LAMFT, NCC, E-RYT 500 & RPYT

Masters in Clinical Mental Health Counseling (MA), Licensed Professional Counselor (LPC), Licensed Associate Marriage and Family Therapist (LAMFT), National Certified Counselor (NCC), Experienced Registered Yoga Teacher (E-RYT 500) and Registered Pre/Postpartum Yoga Teacher (RPYT)

EDUCATION

Master of Arts in Counseling, Clinical Mental Health Counseling (CACREP-accredited program)
The College of New Jersey (TCNJ), Ewing, New Jersey

- GPA: 4.0/4.0; Honors: Alpha Epsilon Chapter of Chi Sigma Iota Counseling Academic and Professional Honor Society (CSI)
- Completed all courses for TCNJ's Clinical Mental Health Counseling (CMHC) track; Marriage, Couples and Family Counseling and Therapy (MCFCT) track; Clinical Alcohol and Drug Counselor (LCADC) track; and Student Assistance Counseling (SAC) certification program track.

Bachelor of Arts in English

The College of New Jersey (TCNJ), Ewing, New Jersey

- Graduated *summa cum laude*; Honors: Phi Beta Kappa, Phi Kappa Phi, Sigma Tau Delta (Honor Society for English majors)

PROFESSIONAL ENVIRONMENTS & CLIENT POPULATIONS

Professional counseling and therapy experience includes a variety of clinical mental health counseling/therapy and couples and family counseling/therapy settings: non-profit community agencies, high school student assistance counseling; group practice, and private practice. Diverse population of clients: children, adolescents, adults, seniors, couples, and families. Dual training in Clinical Mental Health (individual counseling and psychotherapy) and Systems Therapy (focused on relational dynamics with couples and families).

PROFESSIONAL RESEARCH PUBLICATIONS

Second Author (Sheila Benton-Wright)

- Kiselica, M. S., Benton-Wright, S., & Englar-Carlson, M. (2016). Accentuating positive masculinity: A new foundation for the psychology of boys, men, and masculinity. In Y. J. Wong & S. R. Wester (Eds.), *APA Handbooks in Psychology Series. APA Handbook of Men and Masculinities* (pp. 123–143). American Psychological Association.

ADDITIONAL CERTIFICATIONS, REGISTRATIONS, & TRAININGS INCLUDE:

Clinical Mental Health Counseling and Psychotherapy; Positive Psychology

- Certificate in Positive Psychology, Tal Ben-Shahar, PhD, program Director, Kripalu

Couples/Relationship Counseling and Therapy; Family Counseling and Therapy

- Gottman Method Level 1 (Couples Counseling), The Gottman Institute
- Infidelity Recovery, NJAMFT

Yoga and Meditation

- E-RYT 500 (Experienced Yoga Teacher/Educator) and RPYT (Pre/Postpartum Yoga Teacher)

Childbirth Education/Pre and Postpartum Depression

- Lamaze Childbirth Educator Training, Lamaze International
- Bringing Baby Home Educator Training, The Gottman Institute
- Preparing Clients for the "Fourth Trimester", NJAMFT

Parenting and Child Development

- Nurtured Heart Approach (NHA) six-hour training, Rutgers University

Substance Use

- Certificate in Naloxone Training for Clinicians; Rutgers Robert Wood Johnson Medical School
- Prescription Opioid Use in New Jersey, NJAMFT
- Non-Medical Opioid use in Clinical Context: What Therapists Need to Know, NJAMFT

Ethics/Law, Social Justice and Diversity

- Ethics and Law: Staying Compliant in the Ever-Changing Landscape of Mental Health, NJAMFT
- Social Justice, Ethics and Multiculturalism Issues for Mental Health Professionals: Clinical Strategies for Inclusivity, Empowerment and Improved Treatment Outcomes, PESI
- Ethics in Action: Applying the 2026 AAMFT Code to Technology, Law, Culture & Advocacy in NJ Practice, NJAMFT
- Cultural Competencies, NJAMFT

Mandatory Reporting

- Certificate for “Mandatory Reporting” of suspected child abuse/neglect, New Jersey Department of Children and Families

Professional Conferences and Counseling Compact Trainings

- COAST Marriage and Family Therapy Conference, COAST
- The Counseling Compact: The First Steps, NBCC

PROFESSIONAL AND ACADEMIC MEMBERSHIPS INCLUDE:

- New Jersey Association for Marriage and Family Therapy (NJAMFT)
- Alpha Epsilon Chapter of Chi Sigma Iota Counseling Academic and Professional Honor Society (CSI), MA, The College of New Jersey
- Phi Beta Kappa Honor Society, *summa cum laude*, BA English, The College of New Jersey