

APRIL LANE BENSON, PH.D.
300 Central Park West, 1K, NEW YORK, NY 10024 (212-799-3793)
New York State Licensed Clinical Psychologist Lic. No. 005514

Psychotherapist with thirty-five years of experience, specializing in the treatment of compulsive buying disorder. Co-founded (1979) Center for the Study of Anorexia and Bulimia, a division of the Institute for Contemporary Psychotherapy.

Education:

- 1972, B.A., Cum Laude, Barnard College, Columbia Univ.
- 1973, M.A., in Counseling Psychology, Teachers College, Columbia Univ.
- 1977, Ph.D. in Educational Psychology, Ferkauf Graduate School, Yeshiva University
- 1980, Certificate in Psychoanalytic Psychotherapy, Institute for Contemporary Psychotherapy
- 1983, Certificate in Psychoanalysis, Institute for Contemporary Psychotherapy
- 1985, Certificate in Psychotherapy of Eating Disorders, Center for the Study of Anorexia and Bulimia
- 1992, Training in Cognitive-Behavioral Therapy, Center for the Study of Anorexia and Bulimia
- 1998-1999, Training Program in Spirituality and Psychotherapy, Blanton-Peale Institute
- 2003-2004, Advanced Training in Cognitive Behavior Therapy, Center for the Study of Anorexia and Bulimia
- 2006 Training in Dialectical Behavior Therapy and Motivational Interviewing
- 2010 Training in Motivational Interviewing

Current Positions:

Private Practice of psychoanalytic psychotherapy, cognitive-behavioral therapy and psychoanalysis, NY, NY since 1976

Board of Directors, Institute for Contemporary Psychotherapy, NY, NY 2002

Founder, Stopping Overshopping, LLC, since 2006

Leadership Council, Athena Center for Leadership Studies, 2009.

Publications:

Benson, April L. "What are we shopping for?: shopping, connection and the process of search," in *The Renfrew Perspective*, 1995, Vol. 1, Issue 3.

Benson, April L. (Ed.) *I Shop, Therefore I Am: Compulsive Buying and the Search for Self*, Jason Aronson, Northvale, New Jersey, 2000.

Benson, April L. "When Shopping Heals," in *Barnard Magazine*, Fall 2000.

Benson, April L. and Gengler, Marie. "Treatment of Compulsive Buying," in *Handbook of Addictive Disorders: A Practical Guide to Diagnosis and Treatment Handbook*, Robert Coombs, (ed.), Wiley (2004).

Benson, April L. *Stopping Overshopping: A Comprehensive Program to Help Eliminate Compulsive Buying*. New York: Stopping Overshopping LLC., 2006.

Benson, April L. *To Buy or Not to Buy: Why We Overshop and How to Stop*, Trumpeter Books, Boston, 2008.

Benson, April L. "To Buy or Not to Buy: You Can Never Get Enough of What You Don't Really Need" in *The Psychotherapy Networker*, March-April, 2009

Benson, April L., Dittmar, H.E., and Wolfsohn, R. "Compulsive Buying: Cultural Contributors and Consequences" in *Impulse Control Disorders: A Clinical Guide*, Lorrin Koran and Elias Aboujoudé, (eds.), Cambridge University Press, 2010.

Benson, April L. "Amanda" in "Case Examples", Chapter 10, *Compulsive Buying: Clinical Foundations and Treatment*, James Mitchell and Astrid Mueller (eds.), Routledge, 2011

Benson, April L. "Have a Good, Not a Goods Holiday" in *Together*, November-December, 2010.

Benson, April L. and Eisenach, David. "Stopping Overshopping: An Approach to the Treatment of Compulsive Buying Disorder" in *Journal of Groups in Addiction and Recovery*, (forthcoming, Volume 8, Number 1).

Benson, April L. "Amanda: An Overshopper's Recovery Story" in *Journal of Groups in Addiction and Recovery*, (forthcoming, Volume 8, Number 1).

Book Reviews:

I Shop, Therefore I Am: Compulsive Buying and the Search for Self:

- Psychology and Marketing, Vol.18, #9, Sept., 2001, pp. 985-997, reviewed by Morris Holbrook, Ph.D.
- Manhattan Psychological Association Newsletter, Mar. 2001, reviewed by Bonnie Kellen, Ph.D.
- National Study Group for the Chronically Disorganized, *Chronical*, Jan, 2009, reviewed by Andrea Sharb.

To Buy or Not to Buy: Why We Overshop and How to Stop:

- *Barnard Magazine*, Winter, 2009, p. 17, reviewed by Stephanie Shestakow
- *New England Psychologist*, Vol. 17, #10, Nov. 2009, reviewed by James Luiselli, Ed.D.
- National Study Group for the Chronically Disorganized, *Chronical*, Fall 2010, reviewed by Andrea Sharb
- About.com, March, 2011, revised by Elizabeth Hartney, Ph.D.

Media, Print:

Quoted about eating disorders and compulsive buying in numerous magazines and newspapers including *New York Times Magazine*, *Wall Street Journal*, *Los Angeles Times*, *Chicago Tribune*, *Christian Science Monitor*, *Toronto Star*, *Denver Post*, *Cosmopolitan*, *The Washington Post*, *Daily News*, *Redbook*, *Money Magazine*, *Harper's Bazaar*, *Marie Claire*, *Kiplinger's Personal Finance*, *Barnard*, *Real Simple*, *Ladies Home Journal*, *Monitor on Psychology*, *So. Florida Magazine*, and a variety of internet publications.

Media, Broadcast:

Maureen O'Boyle (6/1997) "Shopping and Society," Documentary for Dutch Public Television (1/2000), "Your Money and Your Life" (3/2001), "Money Scope" ABC News (9/2004), Fox News Affiliate WTVT Tampa (11/2004), "Body and Soul" Swedish National Public Radio (12/2005), "Love

and Money” radio show (5/2005), “The Today Show” (5/2005), “Good Morning America” (2005/2006), “Top Priority” ABC News (8/2005), “Business Shrink” radio show (9/2005), CBS Morning News (1/2006), BBC World News (3/2006), Pilot TV Show with Maria Bartiromo CNN (7/2006), “The Jean Chatzky Show” Oprah and Friends Radio (9/2006), WWDB Philadelphia “Money Harmony” (10/2006), CBS Evening News (12/2006), Project Health Radio “Soft Addictions” (1/2007), Fox News (2/2007), Danish Public Radio(2/2007), Columbia News Tonight (3/2007), “The Peter Walsh Show” Oprah and Friends Radio (5/2007) WebMD (5/2007), State of Affairs on NPR “Compulsive Shopping” (6/2007), Air America Radio “Marc Sussman’s Money Message” (7/2007 and 11/2007), Paula Zahn Now on CNN (7/2007), Retirement Living TV Dailing Café Live (7/2007), The Today Show (9/2007), ABC National Radio Australia “Life Matters: Compulsive Shopping Talkback” (12/2007), KDKA Radio Pittsburgh, PA “Now You Know” (1/1008), 98FM Radio Dublin, Ireland “The Inbox” (3/2008), Sunrise-Australia (4/2008), NBC30-Hartford (5/2008), Radio Health Journal “Sadness and Spending” (5/2008). Featured in Morgan Spurlock’s full length documentary “What Would Jesus Buy?”, release date (11, 2007), The Morning Show with Mike and Juliet June, 2008, October, 2008 , Brian Lehrer Show, NPR December, 2008, the Today Show, December 2008., CNBC “Money Trends: Shopaholics”(Feb., 2009), WCBSTV, New York (May, 2009), CNN) “Addicted to Shopping”, October, 2009, The Bank of Mom and Dad -Episode 5, (October 28, 2009), “The Secret Lives of Women: Shopping Addicts” (Nov, 2009), “My Strange Addiction” (May 5, 2010), “Mary Talks Money” (August 17, 2010), “Teen Shopping” CBS Evening News (September, 2010).

Selected Professional Presentations:

- Renfrew Center New York, “When Shopping Heals,” 11/1994
- Center for the Study of Anorexia and Bulimia, “When Shopping Heals,” 3/1995
- Center for the Study of Anorexia and Bulimia, Minicourse on Compulsive Shopping, 10/1998
- Postgraduate Center for Mental Health, Case Conference on Compulsive Shopping, 11/ 1998
- William Alanson White Institute, “Eat, Shop and Be Merry” with Diane Barth, CSW, 3/1999
- Center for the Study of Anorexia and Bulimia, “I Shop, Therefore I Am,” 5/2000
- Training Institute for Mental Health, Carole Dillings Memorial Conference Series, “I Shop, Therefore I Am: Compulsive Buying and the Search for Self,” 4/2001
- Barnard College, Furman Counseling Center. “Compulsive Buying Among College Students” 3/2002
- Center for the Study of Anorexia and Bulimia, “Impulsivity/Compulsivity: Sex, Drugs, and Money,” 4/2003
- United Jewish Appeal of Greenwich, Connecticut, “What are We Shopping For?” 4/2004
- National Association of Professional Organizers, New York Chapter, “What Every Professional Organizer Needs to Know About Compulsive Buying,” 10/2004
- Freedom Institute, “Treatment of Compulsive Buying,” 10/2004
- Invited Colloquium Speaker, City University Graduate Program in Clinical Psychology, “Compulsive Buying, Theory, and Treatment,” 11/2004
- Renfrew Center Foundation, “When Eating and Shopping are Companion Disorders,” 11/2004
- Makor/Steinhardt Center of the 92nd Street Y, “What Are You Shopping For?” 11/2004
- City University of New York, Doctoral Program in Clinical Psychology 2/2005
- Makor/Steinhardt Center of the 92nd Street Y, New York 3/2005
- Association for Consumer Research Conference, “New Perspectives on Compulsive Buying: It's Roots, Measurement and Physiology,” San Antonio, Texas, 9/2005
- National Association of Professional Organizers, New York Chapter, “Holding on for Dear Life Hoarding: Causes, Therapies, Legal & Social Services Every Organizer Should Know,” 2/2006
- Employee Assistance Professionals of America, NY Chapter, “New Shoes Chase the Blues,” 4/2006
- Office of the State Comptroller, New York, NY, 10/2006
- Federal Bureau of Investigation, New York, NY, 11/2006
- William Alanson White Institute, invited Faculty, 3/2007
- Freedom Institute and Hazelden, New York, NY, 5/2007

- Urban Academy High School, New York, NY, 9/2007
- Life Skills Workshop for the NFL Player Development Directors “Money Plays: 1st Downs or Fumbles?” Tampa, FL 3/2008
- The Meadows, New York Workshop 2/2009
- National Study Group for the Chronically Disorganized, teleclass, 9/2009
- Keynote speaker, Association for Financial Counseling, Planning and Education Annual Conference, 10/2009
- Green Path Debt Solutions, New York City 10/2010
- Keynote, Canadian Association of Consumer Credit Services, Financial Fitness Forum 10/2010
- Grand Rounds, University of Iowa Medical Schooo. 10/2010
- Full-day training at the Illinois Institute for Addiction Recovery, October, 2010
- Panelist, Texas Conference for Women, November, 2010
- Panelist, Massachusetts Conference for Women, November, 2010
- Inter-Care, New York, New York March, 2011
- Presenter, Financial Therapy Association, Athens, Georgia, September 2011
- Keynote, Institute for Challenging Disorganization Conference, Raleigh, North Carolina, October 2011.