

THERAPIST & CONSULTANT

Art Bennett

PROFILE

Over 30 years in mental health and community leadership and direct services and 18 years of integrating services and leadership with the Catholic Faith.

EXPERIENCE

BENNETT CONSULTING AND THERAPY LLC, ALEXANDRIA, VA 2021-PRESENT

Provide mental health therapy and consultation for individuals, couples and families and leadership consultation and training.

AUTHOR, ARLINGTON, VA. 2015-PRESENT

Co-author, with my wife, Laraine, of 6 books integrating the Catholic Faith with mental health and relationship building.

- *Tuned In, The Power of Pressing Pause and Listening* 2017 (Our Sunday Visitor)
- *The Temperament God Gave You*, 2005 (Sophia Institute Press)
- *The Temperament God Gave Your Spouse*, 2008 (Sophia)
- *The Emotions God Gave You*, 2011 (Word Among Us)
- *The Temperament God Gave Your Kids*, 2012 (Our Sunday Visitor)
- *Catholic and Married: Leaning into Love*, 2014 (Our Sunday Visitor)

PRESIDENT & CEO, CATHOLIC CHARITIES DIOCESE OF ARLINGTON, VA. – 2010-2021

Led Catholic Charities 20 programs in the 21 counties of the Diocese of Arlington.

Core Values:

- 1) Integrating the Catholic Faith in all areas
- 2) Helping the disadvantaged and poor of any faith or no faith
- 3) Providing transformative services
- 4) Strengthening resources by doubling in size the past decade

FOUNDER AND DIRECTOR, ALPHA OMEGA CLINICS, FAIRFAX, VA. & BETHESDA, MD.

2002-2010

Outpatient mental health clinics in Virginia and Maryland integrating clinical practice, psychology, consultation and mental health with the wisdom of the Catholic Faith.

Outpatient counseling, training, workshops.

VICE PRESIDENT & DIVISION MGR. SCIENCE APPLICATIONS INTERNATIONAL

SERVICES (SAIC) , HEIDELBERG & STUTTGART, GERMANY & MCLEAN, VA 1987-2002.

Created, managed and developed successful international mental health programs for the military and international firms in Europe and Asia.

EDUCATION

Santa Clara University - MA Counseling Psychology, 1985

Santa Clara University - BA Philosophy, 1975

SKILLS

- Licensed marriage and family therapist in Virginia and California.

REFERENCES: AVAILABLE UPON REQUEST