

Provider Information Form



Contact Information

Name	Denita Benyshek, PhD, MA, MFA, LMHC, Offices on Mercer Island, Snoqualmie Valley/North Bend, and telehealth to residents of Washington state.
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WA Provider License No.	LH60945856 LMHC Licensed Mental Health Counselor

Service(s) Provided

Medical Professional, please specify:

Counseling/Therapy

Educational Testing/Assessment

Occupational Therapy

Physical Therapy

Consulting/Coaching – Mentoring gifted/artistic/creative students; mentoring/coaching graduate students in humanities.

Tutoring

Other, please specify: PTSD, complex trauma

Do you have experience working with gifted individuals? Do you typically work with children, teens, adults, and/or families?

Yes. I worked as an arts educator 18 years. Private practice counseling practice specializing with gifted teens (age 12 up, including work with parents) and adults.

My adult clients are entrepreneurs creating new businesses, visionary CEOs and senior VPs, artists (writers, journalists, film makers, dancers, visual artists, designers, musicians, animators, game designers, etc.), healers (doctors, counselors, and social change makers), attorneys, architects. Gifted teens may be challenged by expectations of high performance, feeling different than peers, experience problems in friend groups, and anxiety around transitioning into college and adulthood.

Do you have a specialty or preferred area of expertise? Do you have additional certifications or training that may be of interest to families with gifted children?

PhD Psychology, Saybrook University
Graduate certificate in Psychology of Creativity, Saybrook University
MA Psychology, Marriage and Family Therapy, Saybrook University
MFA Painting, University of Washington
BFA Painting, Magna cum Laude, Wichita State University
Jazz/blue vocalist. Training in modern dance. Experience in multi-media performance art, murals, radio plays (directing/acting). Extensive exhibit record. Research publications.
CEUs in progress:
The Development of Giftedness and Talent Across the Life Span, American Psychological Association.
Malleable Minds: Guiding the Development of Talent Among the Gifted, American Psychological Association.
Certificate in providing telehealth remote counseling via internet video or phone app.

Have you worked with twice-exceptional children/teens and their families?

Yes, including Asperger's Syndrome, high functioning autism, learning disabilities, PTSD, performance anxiety, suicidality, mood disorders, self-harm, phobias, victims of sexual, emotional, physical abuse and bullying, war refugees, recent suicidality, family dysfunctional patterns, epigenetic trauma, divorce adjustment, LGBTQ.

Briefly state how your understanding of the needs of gifted/2e individuals and families inform your approach?

As an intellectually gifted, artistically talented, creative, and high achieving individual, I understand that we inhabit a different world than our more neurotypical peers. I see how traits that contribute to extraordinary achievement are both a blessing and a curse – depending on the context. I've personally experienced working with conventional counselors where my gifted traits were interpreted as psychopathology as well as the frustration of seeing a counselor that could not keep up, go as deep, or see as many connections and underlying patterns as what came easily to me. Gifted children and teens can feel like misfits in conventional settings, like aliens left behind by the mother ship, longing for a return to the home planet where they belong and will be understood and supported. Giftedness isn't uniform across all dimensions and gifted folks can experience difficulties doing what comes easily to others, requiring attention to learning skills and coping mechanisms. There can be extra sensitivity to emotions, sensations, experience which can be overwhelming. Negative experiences, including trauma, can negatively impact creativity and benefit from trauma treatment.

Please list any professional organizations in which you are affiliated.

American Psychological Association
Society for the Psychology of Aesthetics, Creativity and the Arts.
National Association for Gifted Children, professional membership.
International Society for Academic Research on Shamanism, Athens, Greece.
International Dance Council, UNESCO, Paris, France.

About NWGCA

The Northwest Gifted Child Association (NWGCA) is a support and advocacy organization for parents of gifted children. Organized in 1963, NWGCA provides support and information to parents of gifted children. It continues to help parents enhance and hone their parenting skills and gives them tools to speak out for an appropriate gifted education and deal with this learning difference we call giftedness. NWGCA works with individual families, talking with them by phone and through emails, providing appropriate referrals and resources through our website. Thank you for completing this application form and for supporting the gifted and talented families of Washington State. Please email completed form to providers@nwgca.org.