

Charles C. Benight, Ph.D.

## **CHARLES C. BENIGHT, Ph.D.**

---

Professor

Director CU: Trauma, Health, & Hazards Center

President's Teaching Scholar

### **ACADEMIC APPOINTMENTS**

2015-2017	Director of Clinical Training, Department of Psychology: Ph.D. APA Approved Clinical Program
2006-Present	Professor of Psychology, University of Colorado at Colorado Springs
2003	Interim Co-Chair Department of Psychology
1999-Present	Founder and Director of the CU-Trauma, Health & Hazard Center
2002	Interim Director of the CU-Colorado Springs Counseling Center
1996-2004;	Director of Clinical Training, Department of Psychology
2015-Present	University of Colorado at Colorado Springs
2001	Visiting Scholar University of Queensland, Psychology Department (July)
2000- 2006	Associate Professor of Psychology, Department of Psychology, University of Colorado at Colorado Springs
1993-2000	Assistant Professor of Psychology, Department of Psychology, University of Colorado at Colorado Springs
1992-1993	National Heart Lung & Blood Institute Post Doctoral Fellow, University of Miami, Coral Gables, FL
1989-1991	National Heart Lung & Blood Institute Pre Doctoral Fellow, Stanford University, Stanford, CA
1985-1986	Fulbright Scholar, University of Freiburg, Germany

### **EDUCATION**

Ph.D.	<b>Stanford University</b> , August 1992, Counseling Psychology (APA Approved). Specialization: Health Psychology; Minor Psychology.
M.C.	<b>Arizona State University</b> , December 1986, Counseling Psychology (Summa Cum Laude)
B.S.B.A.	<b>Arizona State University</b> , May 1983, Management (Summa Cum Laude)

### **LICENSURE**

Psychologist, State of Colorado, License no. 1904. 1994-Present

### **AWARDS AND HONORS**

2018	Awarded the Distinguished Mentorship Award from the International Society for Traumatic Stress Studies
2017	Nominated for Robert Laufer Award for Outstanding Scientific Achievement International Society for Traumatic Stress Studies
2015	5 Million Dollar Club
2013	CU: President's Teaching Scholar
2012/2017	Nominated for Distinguished Mentorship Award: International Society for Traumatic Stress Studies
2012	Psychological Society of the Pikes Peak Region Cornelia Sabine Award for Outstanding Contribution to Psychology

Charles C. Benight, Ph.D.

2010	Million Dollar Club
2009	Faculty Award for Excellence in Research.
2009	University of Colorado at Colorado Springs Inventor of the Year
2002	Emerging Leaders System Wide Program
1999	Letters Arts & Sciences Extraordinary Merit Award
1999	Letters Arts & Sciences Outstanding Teacher of the Year
1992-1993	National Heart Lung & Blood Institute: Post-Doctoral Fellow
1989-1991	National Heart Lung & Blood Institute: Pre-Doctoral Fellow
1990	American Psychological Association Travel Grant
1989	Stanford School of Education Travel Grant
1985-1986	Fulbright Research Scholar to West Germany: Cardiac Care
1984-1985	Regents Scholarship for Academic Excellence

## **EDITORIAL ACTIVITIES**

### Peer-Reviewed Journals

2013	Guest Co-Editor: <i>Psychological Services</i>
2012	Guest Editor: <i>Trauma Psychology: Theory, Research, Practice, Policy</i>
2003-2007	Associate Editor: <i>Journal of Traumatic Stress</i>
2007-present	Editorial Board <i>Anxiety Stress and Coping</i>
2012-	present Editorial Board <i>Stress &amp; Health</i>
2006-present:	Referee: <i>Psychological Bulletin</i>
2005-present:	Referee: <i>Journal of Social and Clinical Psychology</i>
2005-present:	Referee: <i>Journal of Nervous and Mental Disease</i>
1995-present	Referee: <i>Health Psychology</i>
1996-present	Referee: <i>International Journal of Behavioral Medicine</i>
1996-present	Referee: <i>Journal of Applied Social Psychology</i>
1998-present	Referee: <i>Psychosomatic Medicine</i>
1998-present	Referee: <i>Brain Behavior and Immunity</i>
1998-present	Referee: <i>Journal of Traumatic Stress</i>
2000-present	Referee: <i>Death Studies</i>
2000-present	Referee: <i>Clinical Psychology Review</i>
1998-present	Referee: <i>Anxiety Stress and Coping</i>

### National Meetings Reviewer

2013	Deputy for Clinical Intervention Abstracts for the 2013 International Society for Traumatic Stress Studies Meeting.
2009	National Institute for Public Health and the Environment, Netherlands
2004	Deputy for Early Intervention and Disaster Abstracts for the 2004 International Society for Traumatic Stress Studies Meeting.
2001-2012	Conference Abstract Reviewer International Society for Traumatic Stress Studies
1998	Conference Abstract Reviewer Society of Behavioral Medicine
1997	Conference Abstract Reviewer: Society of Behavioral Medicine
1996	Conference Abstract Reviewer: Society of Behavioral Medicine

Charles C. Benight, Ph.D.

#### Granting Agency Review Panels

2018	National Science Foundation Panel Reviewer
2018	National Institute for Mental Health Panel Reviewer
2013	National Science Foundation Reviewer Risk and Decision Making
2012	National Institute of Mental Health: STTR/SBIR Study Section
2007	National Institute of Mental Health
2003-2006	National Science Foundation
1995	Referee: <u>National VA Research Grant Program</u>

**AREA OF SCHOLARLY INTEREST:** My research has focused on the interaction of social cognitive theory and the mechanisms of trauma recovery and coping with chronic disease. I am particularly interested in the cognitive appraisal processes of victims of trauma and how these processes influence physical and emotional health.

#### **PUBLICATIONS IN REFEREED JOURNALS (\* names represent current or previous students)**

Felix, E., D., Binmoeller, C., Nylund-Gibson, K., Benight, C. C., Benner, A., & Terzieva, A. (in press). Addressing Disaster Exposure Measurement Issues with Latent Class Analysis. *Journal of Traumatic Stress*.

Lo Schiavo, M., Prinari, B., Saito, I., Shoji, K., & Benight, C. C. (in press). A Dynamical Systems Approach to Triadic Reciprocal Determinism of Social Cognitive Theory. *Mathematics and Computers in Simulation*. <https://doi.org/10.1016/j.matcom.2018.10.006>.

Mahoney, C. & Benight, C. C. (in press). The Temporal Relationship between Coping Self-Efficacy and Dissociation in Undergraduate Students. *Journal of Trauma & Dissociation*.

Benight, C. C., Shoji, K., \*Yeager, K. M., \*Weisman, P. M., & Boulton, T. E. (2018). Changes in Coping Self-Efficacy Predicting Change in Posttraumatic Distress Utilizing My Trauma Recovery<sup>©</sup>. *Journal of Medical Internet Research: Mental Health*, 5, e10309. doi:10.2196/10309

Benight, C. C., Harwell, A. & Shoji, K. (2018). Self-Regulation Shift Theory: A Dynamic Personal Agency Approach to Recovery Capital and Methodological Suggestions. *Frontiers in Psychology*, 9, 1738. doi: 10.3389/fpsyg.2018.01738 <https://doi.org/10.3389/fpsyg.2018.01738>.

\*Streeb, N., Shoji, K., & Benight, C. C. (2018). The Capability for Suicide in Firefighters. *Suicide and Life Threatening Behavior*. doi: 10.1111/sltb.12500

Charles C. Benight, Ph.D.

\*Yeager, C. E. & Benight, C. C. (2018). If we build it, will they come? Issues of engagement with digital health interventions for trauma recovery. *mHealth*, 4, 1-18. <http://dx.doi.org/10.21037/mhealth.2018.08.04>

Stearns, S., Shoji, K., & Benight, C. C. (2018). Burnout Among U.S. Military Behavioral Health Providers. *Journal of Nervous and Mental Disorders*, 206, 398–409. doi: 10.1097/NMD.0000000000000823

\*Yeager, C. M., Shoji, K., Luszczynska, A., & Benight, C. C. (2018). Understanding engagement with a trauma recovery eHealth intervention explained with the Health Action Process Approach (HAPA). *Journal of Medical Internet Research Mental Health* doi:10.2196/mental.9449

Benight, C. C., Shoji, K., & Delahanty, D. (2017). Self-Regulation Shift Theory: A Dynamic Systems Approach to Traumatic Stress. *Journal of Traumatic Stress*, 30(4), 333-342. doi: 10.1002/jts.22208

Bosmans, M. W. G., Komproe, I. H., van Loey, N. E., van der Knaap, L. M., Benight, C. C., & van der Velden, P. G. (2017). Assessing perceived ability to cope with trauma: A multigroup validity study of a 7-item Coping Self-Efficacy Scale. *European Journal of Psychological Assessment*, 33(1), 55-64. <http://dx.doi.org/10.1027/1015-5759/a000266>

\*Smith, A. J., Felix, E., Benight, C. C., & Jones, R. T. (2017). Protective factors, coping appraisals, and social barriers predict mental health following community violence: A prospective test of social cognitive theory. *Journal of Traumatic Stress*, 30(3), 245-253. doi: 10.1002/jts.22197

Cieslak, R., Benight, C. C., Rogala, A., Smoktunowicz, E., Kowalska, M., Zukowska, K., Yeager, C., & Luszczynska, A. (2016). Effects of Internet Based Self Efficacy Intervention on Secondary Traumatic Stress and Secondary Posttraumatic Growth among Health and Human Services Professionals Exposed to Indirect Trauma. *Frontiers in Psychology: Organizational Psychology*, 7, 1009. <https://doi.org/10.3389/fpsyg.2016.01009>

Rogala, A., Shoji, K., Luszczynska, A., Kuna, A., \*Yeager, C., Benight, C., & Cieslak, R. (2015). From exhaustion to disengagement via self-efficacy change: Findings from two longitudinal studies among human services workers. *Organizational Psychology*, 6, 2032. <http://doi.org/10.3389/fpsyg.2015.02032>

Shoji, K., Lesnierowska, M., Smoktunowicz, E., Bock, J., Luszczynska, A., Benight, C. C., & Cieslak, R. (2015). What comes first, job burnout or secondary traumatic stress? Findings from two longitudinal studies from the U.S. and Poland. *PLOS ONE*. 10(8):e0136730 doi: 10.1371/journal.pone.0136730

Smoktunowicz, E., Baka, L., Cieslak, R., \*Nichols, C. F., Benight, C.C., & Luszczynska, A. (2015). Explaining Counterproductive Work Behaviors Among Police Officers: The Indirect

Charles C. Benight, Ph.D.

Effects of Job Demands are Mediated by Burnout and Moderated by Job Control and Social Support. *Human Performance*, 28:4, 332-350. doi: 10.1080/08959285.2015.1021045

Benight, C. C., Shoji, K., James, L. E., \*Waldrep, E. E., Delahanty, D. L., & Cieslak, R. (2015). Trauma coping self-efficacy: A context-specific self-efficacy measure for traumatic stress. *Psychological Trauma: Theory, Research, Practice, and Policy*, 7(6), 591–599. doi:10.1037/tra0000045

Shoji, K., Cieslak, R., Smoktunowicz, E., Rogala, A., Benight, C., & Luszczynska, A. (2015). Associations Between Job Burnout and Self-Efficacy: A Meta-Analysis. *Anxiety, Stress, & Coping*. doi:10.1080/10615806.2015.1058369

Shrira, A., Shmotkin, D. Palgi, Y., Soffer, Y., Raz, Y. H., Tal-Katz, P., Ben-Ezra, M., & Benight, C. C. (2014). How do meaning in life and positive affect relate to adaptation to stress? The case of firefighters following the Mount Carmel forest fire. *Israel Journal of Psychiatry*

Shoji, K., Bock, J., Cieslak, R., Zukowska, K., Luszczynska, A., & Benight, C. C. (2014). Cultivating secondary traumatic growth among health care workers: The role of social support and self-efficacy. *Journal of Clinical Psychology*. 70, 831-846. doi: 10.1002/jclp.22070

Bosmans, M. W. G., Benight, C. C., van der Knaap, L. M., Winkel, F. W. & van der Velden, P. (2013). The associations between Coping Self-Efficacy and Posttraumatic Stress Symptoms 10 years post-disaster: Differences between Men and Women. *Journal of Traumatic Stress*, 26, 184-191. DOI: 10.1002/jts.21789

\*Smith, A., Benight, C. C., & Cieslak, R. (2013). Social support and post-deployment coping self-efficacy as predictors of distress in combat veterans. *Military Psychology*, 25, 452-461.

Cieslak, R., Anderson, V., Bock, J., Moore, B., Peterson, A., & Benight, C. C. (2013). Secondary traumatic stress among mental health providers working with the military: Prevalence and its work- and exposure related correlates. *Journal of Nervous and Mental Disease*. 201(11), 917-925.

Cieslak, R., Shoji, K., \*Douglas, A., \*Melville, E., Luszczynska, A., & Benight, C. C. (2013). A meta-analysis of the relationship between job burnout and secondary traumatic stress among workers with indirect exposure to trauma. *Psychological Services*. Advance online publication. doi:10.1037/a0033793

Cieslak, R., Shoji, K., Luszczynska, A., \*Taylor, S., Rogala, A., & Benight, C. C. (2013). Secondary trauma self-efficacy: Concept and its measurement. *Psychological Assessment*, 25, 917–928. doi:10.1037/a0032687

Lambert, J., Benight, C. C., \*Wong, T., & \*Johnson, L. (2012). Cognitive bias, coping self-efficacy, and psychological distress following intimate partner violence. *Psychological Trauma: Theory, Research, Practice, and Policy*. doi: 10.1037/a0029307

Charles C. Benight, Ph.D.

van der Velden, P., van Loon, P., Benight, C. C., & Eckhardt, T. (2012). Mental health problems among search and rescue workers deployed in the Haiti earthquake 2010: A pre–post comparison. *Psychiatry Research*, *198*, 100-105.

\*Steinmetz, S., Benight, C. C., Bishop, S., & James, L. (2012). My Disaster Recovery: A pilot randomized controlled trial of an internet intervention. *Anxiety, Stress & Coping*, *25*, 593-600.

Benight, C. C. (2012). Understanding human adaptation to traumatic stress exposure: Beyond the medical model. *Psychological Trauma: Theory, Research, Practice, and Policy*, *4*, 1-8.

Winters, L., Qureshi, L., Brown, N., Mello, Z. R., & Benight, C. C. (2011). Impact of Trauma on Adolescents: Screening for Symptoms and Help-seeking Behaviors in Response to Traumatic Experiences Using the Wellness Assessment for Teens to get Organized (WAY2GO!) Online Survey. *Journal of Adolescent Health*, *02/2012*; *50(2)*:S5.  
DOI:10.1016/j.jadohealth.2011.10.030

Kesebir, P., Luszczynska, A., Pyszczynski, T., Benight, C. (2011). Posttraumatic Stress Disorder Involves Disrupted Anxiety-Buffer Mechanisms. *Journal of Social and Clinical Psychology*, *30*, 819-841.

Cieslak, R., Benight, C. C., Luszczynska, A. & Laudenslager, M. (2011). Longitudinal relationships between self-efficacy, post-traumatic distress and salivary cortisol among motor vehicle accident survivors. *Stress & Health*, *27*, e261–e268; DOI: 10.1002/smi.1379

Lambert, J., Benight, C. C., \*Harrison, E., & Cieslak, R. (2011): The Firefighter Coping Self-Efficacy Scale: measure development and validation, *Anxiety, Stress & Coping*, DOI:10.1080/10615806.2011.567328.

Schultz, D. M., Grunfest, E. C., Hayden, M. H., Benight, C. C., Drobot, S., & Barnes L. R.. (2010). Decision making by Austin, Texas residents in hypothetical tornado scenarios. *Weather, Climate, and Society*, *2*, 249-254.

Reilly, K., Clark, R., Schmidt, N., Benight, C., & Kissinger, P. (2009). The effect of post-traumatic stress disorder on HIV disease progression following hurricane Katrina. *AIDS Care*, *21(10)*, 1298-1305.

Luszczynska, A., Benight, C., Cieslak, R., Kissinger, P., Reilly, K.H., Clark, R.A. (2009). Self-efficacy mediates effects of exposure, loss of resources, and life stress on posttraumatic distress among trauma survivors. *Applied Psychology: Health and Well-Being*, *1*, 73-90.

Lis-Turlejska, M., Luszczynska, A., Plichta, A., Benight, C. C. (2008). Jewish and non-Jewish World War II child and adolescent survivors at 60 years after war: Effects of parental loss and age at exposure on well-being. *American Journal of Orthopsychiatry*. *78(3)*, 369-377.

Charles C. Benight, Ph.D.

Cieslak, R., Benight, C., Schmidt, N., Luszczynska, A., Curtin, E., Clark, R., et al. (2009). Predicting posttraumatic growth among Hurricane Katrina survivors living with HIV: the role of self-efficacy, social support, and PTSD symptoms. *Anxiety, Stress, and Coping*, 22(4), 449-463.

Luszczynska, A., Benight, C., & Cieslak, R. (2009). Self-efficacy and health-related outcomes of collective trauma: A systematic review. *European Psychologist*, 14(1), 51-62.

Benight, C. C., Ruzek, J., & Waldrep, E. (2008). Internet Interventions for Traumatic Stress: A Review and Theoretically-Based Example. *Journal of Traumatic Stress*, 26, 513-520.

Benight, C. C., Cieslak, R., Molton, I. R., & Johnson, L. E. (2008). Self-evaluative appraisals of coping capability and posttraumatic distress following motor vehicle accidents. *Journal of Consulting and Clinical Psychology*, 76, 677-685.

Cieslak, R., Benight, C. C., & Lehman, V. C. (2008). Coping self-efficacy mediates the effects of negative cognitions on traumatic distress. *Behaviour Research and Therapy* 46(7) 788-798

Hyre, A. D., Benight, C. C., Tynes, L. L., Rice, J., DeSalvo, K. B., & Mutner, P. (2008). Psychometric Properties of the Hurricane Coping Self-Efficacy Measure Following Hurricane Katrina. *Journal of Nervous and Mental Disease*, 196(7), 562-567

Benight, C. C., Grunfest, E., Hayden, M., & Barnes, L. R. (2007). Trauma and short-fuse weather warning perceptions. *Environmental Hazards*, 7, 220-226.

Hayden, M., Drobot, S., Radil, S., Benight, C. C., Grunfest, E., & Barnes, L. (2007). Information Sources for Flash Flood Warnings in Denver, CO and Austin, TX. *Environmental Hazards* 7, 211-219.

Drobot, S., Benight, C. C., & Grunfest, E. (2007). Risk factors for driving into flooded roads. *Environmental Hazards*, 7, 227-234.

Barnes, L. R., Grunfest, E. C., Hayden, M. H., Schultz, D. M. & Benight, C. C. (2007). False Alarms and Close Calls: A Conceptual Model of Warning Accuracy. *Weather and Forecasting*, 22, 1140-1147.

Benight, C., & McFarlane, A. (2007). Challenges for disaster research: Recommendations for planning and implementing disaster mental health studies. *Journal of Loss & Trauma*, 12(5), 419-434.

Benight, C. C. (2005). Clinical implications of coping self-efficacy in early interventions for trauma. *Guidance and Counselling*, 21, 6 – 12.

Benight, C. C. (2004). Collective efficacy following a series of natural disasters. *Anxiety Stress and Coping*, 17, 401-420.

Charles C. Benight, Ph.D.

Benight, C. C., \*Harper, M., Lowery, M., Sanger, J., & Laudenslager, M. (2004). Immunological and Neuroendocrine Implications of Repression Following a Series of Natural Disasters. *Psychology and Health*, 19, 337-352.

Benight, C. C., \*Harding-Taylor, A., \*Midboe, & Durham, R. (2004). Psychometric Validation of a Domestic Violence Coping Self-Efficacy Measure. *Journal of Traumatic Stress*, 17, 505-508.

Coolidge, F. L., Segal, D. L., Benight, C. C., & Danielian, J. (2004). The Predictive Power of Horney's Psychoanalytic Approach: An Empirical Study. *American Journal of Psychoanalysis*, 64, 363-374.

Qualls, S. H., Segal, D. L., Benight, C. C., & Kenney, M. P. (2005). Geropsychology Training in a Specialist Geropsychology Doctoral Program. *Gerontology and Geriatrics Education*. 25, 21-40

Benight, C. C. & Bandura, A. (2004). Social cognitive theory of posttraumatic recovery: The role of perceived self-efficacy. *Behaviour Research and Therapy*, 42, 1129-1148

\*Johnson, L. & Benight, C. (2003). Effects of trauma-focused research on recent domestic violence survivors. *Journal of Traumatic Stress*, 16, 567-571.

Benight, C. C., Yamazaki, G., Gilfillian-Morton, L. A., Kawasaki, D. M., \*Martinez, L., Lynch, W. L., Morton, M. L., & Coolidge, F. L. (2002). Personality Dysfunction and the Management of Chronic Medical Illness: A community health sample. *Clinical Psychology in Medical Settings*, 9, 77-95

Benight, C. C & \*Harper, M. (2002). Coping self-efficacy as a mediator for distress following multiple natural disasters. *Journal of Traumatic Stress*, 15, 177-186.

Benight, C. C., \*Flores, J., & \*Tashiro, T. (2001). Bereavement coping self-efficacy in cancer widows. *Death Studies*, 25, 97-125.

Benight, C. C. \*Freyaldenhoven, R, \*Hughes, J., \*Ruiz, J. M., Zoesche, T. A., & Lovallo, W. (2000). Coping self-efficacy and psychological distress following the Oklahoma City Bombing: A longitudinal analysis. *Journal of Applied Social Psychology*, 30, 1331-1344.

Benight, C. C., \*Swift, E., Sanger, J., Smith, A., & \*Zeppelin, D. (1999). Coping self-efficacy as a prime mediator of distress following a natural disaster. *Journal of Applied Social Psychology*, 29, 2443-2464.

Benight, C. C., Ironson, G., & Durham, R. (1999). Psychometric properties of a hurricane coping self-efficacy measure. *Journal of Traumatic Stress*, 12, 379-386.

Benight, C.C., Ironson, G., Klebe, K., Carver, C., Wynings, C., Greenwood, D., Burnett, K., Baum, A., & Schneiderman, N. (1999). Conservation of resources and coping self-efficacy



Charles C. Benight, Ph.D.

predicting distress following a natural disaster: A causal model analysis where the environment meets the mind. *Anxiety Stress and Coping*, 12, 107-126.

Benight, C. C., Segall, G. M., Ford, M.E., Goetsch, V. E., Hays, M. T., Taylor, C. B. (1997). Differential effects of anger to anger and helplessness on coronary artery perfusion in coronary artery disease patients and healthy controls. *Journal of Psychosomatic Research*, 42,(2) 137-144.

Benight, C.C., Antoni, M. H., Kilbourn, K., Ironson, G., Kumar, M.A., Fletcher, M.A., Schneiderman-Redwine, L., Baum, A., & Schneiderman, N. (1997). Coping self-efficacy buffers psychological and physiological disturbances in HIV+ men following a natural disaster. *Health Psychology*, 16, 248-255.

Ironson, G., Wynings, C., Schneiderman, N., Baum, A., Rodriguez, M., Greenwood, D., Benight, C.C., Antoni, M., LaPerriere, A., Huang, H., Klimas, N., & Fletcher, M.A. (1997). Post traumatic stress symptoms, intrusive thoughts, loss, and immune function after Hurricane Andrew. *Psychosomatic Medicine*, 59, 128-141.

Burnett, K., Ironson, G., Benight, C.C., Wynings, C., Greenwood, D., , Carver, C., Baum, A., & Schneiderman, N. (1997). Chronic disruption and family strain following Hurricane Andrew: The secondary disaster. *Journal of Traumatic Stress*. 10, 673-681

Benight, C.C., & Kinicki, A. (1985). Interaction of Type A behavior and perceived controllability of stressors on stress outcomes. *Journal of Vocational Behavior*, 33, 50-62.

## **ELECTRONIC PUBLICATIONS**

Benight, C. C., Grunfest, E., & Sparks, K. (2004, April). Colorado Wildfires 2002. [On-line], Available <http://www.colorado.edu/hazards/qr/qr167/qr167.html>

Benight, C.C. (1996, August). Coping self-efficacy and psychological distress following the Oklahoma City Bombing. [On-line], Available: <http://adder.colorado.edu/~hazctr/Home.html>

Benight, C. C. & Harper, M. (1997, August). Buffalo Creek Fire and Flood Report. [On-line], Available: <http://adder.colorado.edu/~hazctr/Home.html>

## **NON-REFEREED PUBLICATIONS**

Benight, C. C., Grunfest, E., & Sparks, K. (2004, April). Colorado Wildfires 2002. [On-line], Available <http://www.colorado.edu/hazards/qr/qr167/qr167.html>

Benight, C. C. (2001). Traumatic stress recovery: A researcher's coping model. *American Psychosomatic Society*, 12 (3), 7-8.

Benight, C. C. & Harper, M. (1997, August). Buffalo Creek Fire and Flood Report. [On-line], Available: <http://adder.colorado.edu/~hazctr/Home.html>

Charles C. Benight, Ph.D.

Benight, C.C. (1996, August). Coping self-efficacy and psychological distress following the Oklahoma City Bombing. [On-line], Available: <http://adder.colorado.edu/~hazctr/Home.html>

Benight, C. C. (1994). Geriatric Research and Cybernetics. *Health Psychologist, 17*, 7.

## BOOKS

Benight, C. C. (2016). *Secondary Trauma and Burnout in Military Behavioral Health Providers: Beyond the Battlefield*. Palgrave/Macmillan, NY.

## BOOK CHAPTERS

Rogala, A., Shoji, K., Luszczynska, A., Kuna, A., Yeager, C., Benight, C. C., & Cieslak, R. (2018). From Exhaustion to Disengagement via Self-Efficacy Change: Findings from Two Longitudinal Studies among Human Services Workers. In R. Pisanti, A. Montgomery, & J. Quick (Eds.), *Psychosocial Job Dimensions, and Distress Well/Being: Issues and Challenges in Occupational Health Psychology*. Frontiers in Psychology, DOI 10.3389/978-2-88945-408-2.

Smoktunowicz, E., Lesnierowska, M., Cieslak, R., & Benight, C. C. (2016). Effects of Contextual and Personal Resources on Work–Family Interface: Responding to Psychological Crisis and Critical Events. In A. Stamatios Antoniou and C. Cooper (Eds.), *Coping, Personality and the Workplace: Responding to Psychological Crisis and Critical Events*. Gower Publishing, Ltd., England.

Benight, C. C. & Cieslak, R. (2013). Professional burnout. In B. A. Moore & J. E. Barnett (Eds.), *Military Psychologists Desk References*. Oxford University Press.

Smoktunowicz, E., Cieslak, R., & Benight C.C. (2013). Social support in times of economic stress. In A. Antoniou & C. Cooper (Eds.), *The Psychology of the Recession on the Workplace*. Edward Elgar Publishing.

Benight, C. C. & Cieslak, R. (2011). Cognitive Factors and Resilience: How Self-Efficacy Contributes to Coping with Adversities. In S. Southwick, D. Charney, M. Friedman, and B. Litz (Eds.), *Biopsychosocial aspects of Resilience*. Cambridge University Press.

Benight, C. C., Cieslak, R., & Waldrep, E. (2009). Theoretical Frameworks for Understanding Mental Health Consequences of Disasters. In Y. Neria, S. Galea and F. Norris (Eds.), *Mental Health Consequences of Disasters*, Cambridge University Press.

Benight, C. C., McFarlane, A., & Norris, F. (2007). Formulating questions about post-disaster mental health. In F. Norris, S. Galea, M. Friedman, P. Watson (Eds.), *Research methods for studying mental health after disasters and terrorism*. New York, NY: Guilford Press.

Charles C. Benight, Ph.D.

Qualls, S. & Benight, C. C. (2006). Role of Clinical Health GeroPsychology in the Health Care of Older Adults. In C. Aldwin, C. I. Park, & A. Spiro III (Eds.), *Handbook of Health Psychology and Aging: New Directions*.

Benight, C. C. (1996). Coping self-efficacy following natural and human made disasters. In E. Gruntfest (Ed), *Twenty years later: What we have learned since the Big Thompson Flood*, pp. 65-74., Natural Hazards Research and Applications Information Center, University of Colorado, Boulder, CO.

Benight, C.C. & Taylor, C.B. (1994). The effects of exercise on improving anxiety, depression, emotional well-being, and elements of Type A behavior. In D. Elliot and L. Goldberg (Eds.), *Exercise for Prevention and Treatment of Illness*, pp. 319-332.

### **GRANTS and CORPORATE SUPPORT**

Principal Investigator. “Coping in Families Affected by California Wildfires and Flooding”. **National Science Foundation**. April 1, 2018 to March 30, 2019. \$158,604.00. Rapid #1827230

Co-Principal Investigator. “Collaborative Research: Learning and Sensory-based Modeling for Adaptive Web-Empowerment Trauma Treatment”. August 1, 2014 to July 31, 2018. \$1,493,590. IIS-1418520

Principal Investigator “Web-based empowerment program for disaster survivors (supplement for first responders). **National Institute of Mental Health**. December 2012 to December 2013. \$148,913.00. 3R42MH082498-04S1

Principal Investigator, “SupportNet, for Frontline Behavioral Health Providers.” **Army Telemedicine and Advanced Technology Research Center**. June 2011-July 2014. \$2,097,000.00. W81XWH-11-2-0153.

Principal Investigator, “Web-based Empowerment Program for Disaster Survivors.” **National Institute of Mental Health**. March 2011-January 2014. \$450,000.00 #2R42MH082498-03.

Co-Principal Investigator. “Disaster Resilient Rural Communities: The Effect of Information Access on Rural Collective Efficacy.” **National Science Foundation**, September 2010-August 2013. \$399,997.

Co-Principal Investigator. “Jail Diversion for Veterans with Trauma Spectrum Disorders”. **Substance Abuse Mental Health Services Administration**, October 2008-October 2013. Sub-contractor for evaluation. (\$350,000.00; UCCS portion).

Charles C. Benight, Ph.D.

Principal Investigator, "Web-based Empowerment Program for Disaster Victims and First Responders. **National Institute of Mental Health**, March 2008-August 2009. \$249,000.00.

Principal Investigator, "Advanced Mentorship Program: **National Institute of Mental Health**, June 2007-July 2008, \$15,000.00.

Co-Principal Investigator, "National Institute for Science, Space, and Security Centers". **Air Force Office of Sponsored Research**. July 2006-July 2010, \$319,000.00

Co-Principal Investigator, "Toward Improved Understanding of Warnings for Short-Fuse Weather Events". **National Science Foundation**, \$422,000.00. Start date July 1, 2003-2008.

Co-Principal Investigator: REU: The Warning Project. National Science Foundation. January 2005-January 2006. \$12,000.00

Principal Investigator: Empowerment Dynamics During Extreme Stress: A Social Cognitive Theory Application Phase II. **Network Information and Space Security Center Grant** related to Homeland Security and Homeland Defense, January 2005-January 2006. \$20,400.00.

Principal Investigator: Empowerment Dynamics During Extreme Stress: A Social Cognitive Theory Application. **Network Information and Space Security Center Grant** related to Homeland Security and Homeland Defense, June 2004-January 2005. \$20,400.00.

Principal Investigator: Trauma Intervention for First Responders: **Network Information and Space Security Center Grant** related to Homeland Security and Homeland Defense, January 2004-January 2006. \$13,800.00

Principal Investigator: Trauma Intervention for First Responders: A proposal for **Network Information and Space Security Center Grants** related to Homeland Security and Homeland Defense, June 2003-January 2004. \$7,000.

Co-Principal Investigator with Dr. Edward Chow: Enhancing the Security and Effectiveness of Collaborative Software for First Responders: A proposal for **Network Information and Space Security Center Grants** related to Homeland Security and Homeland Defense. June 2003-December 2003. \$7,000.00

Principal Investigator, "Coping Self-efficacy and Evacuation from Wildfire". Quick Response Grant: Natural Hazards Research and Applications Center, **National Science Foundation**: \$3,200.00. 2002.

Principal Investigator, "Coping Self-efficacy in Response to Motor Vehicle Accident Trauma". **National Institute of Mental Health**: Violence and Traumatic Stress Division. \$99,200.00. 1999-2003.

Charles C. Benight, Ph.D.

Principal Investigator: "Coping Self-efficacy as a Mediator in Treatment Effectiveness with Female Victims of Domestic Violence"., **Domestic Violence Early Response Team Colorado Springs Police Department**. \$15, 800.00. 1999-present.

Principal Investigator, "Coping Self-Efficacy Assessment with Victims of Domestic Violence. Received an \$8,100.00 grant through the **Domestic Violence Early Response Team program sponsored by the National Institute of Justice and the Colorado Springs Police Department**. 1998

Principal Investigator, "Coping Self-efficacy in Older Adults Following a Natural Disaster". National Science Foundation. 1998 \$3,000.00

Principal Investigator, "Coping Self-Efficacy, Depression, Anxiety, and the Early Re-Admission Congestive Heart Failure Patient". The Penrose Foundation and University of Colorado at Colorado Springs Matching Grant: 1997-1998, \$4,000.00

Principal Investigator, "Buffalo Creek Fire and Flood Disaster: Follow-up Study". University of Colorado at Colorado Springs CRCW grant. \$5,000.00, 1997-1998.

Principal Investigator, "Buffalo Creek Fire and Flood Disaster". National Science Foundation \$1,000.00

Principal Investigator, "Oklahoma City Bombing Study: Risk and Protective Factors Study. National Science Foundation \$2,800.00. 1995

Deans Support Grant for Oklahoma City Bombing: \$1,100.00. 1995

Principal Investigator, "Postmenopausal Women's Reactions to Spouses' Surgery" University of Colorado at Colorado Springs, CRCW grant \$5,000, 1994.

Eveready Battery Corporation: Supplied 280 batteries for psychophysiological study estimated value \$1,120.00

Hewlett Packard Corporation: Donation of a palmtop Hp 95LX computer for ambulatory studies, Estimated value at \$800.00

## **INVITED ADDRESSES**

Benight, C. C. (2018, November). Behind Resilience: First Responders Need for Emotional Fitness. Invited Presentation to Resilience in our First Responder Community. Conference held at Ent Center for the Performing Arts University of Colorado at Colorado Springs.

Charles C. Benight, Ph.D.

Benight, C. C. (2017, September). Self-Regulation Shift Theory: Time for a New Approach to Trauma Adaptation. Invited Presentation to University of Colorado at Denver Center for Neuroscience Brown Bag Series.

Benight, C. C. (2015, Summer). Challenges & Opportunities for Web-Interventions for Disaster Recovery. Invited Presentation at the Behavioral Disaster Management Conference. Kyoto, Japan.

Benight, C. C. (2014, Summer). [Social cognitive theory to traumatic stress recovery: Scientific development and clinical applications](#). Invited Workshop at the Warsaw School for Social Psychology and the Humanities. Warsaw, PL

Benight, C. C. (2014 Summer). Web-based Mental Health Interventions: Harnessing the Power of the Worldwide Web. Invited lecture at the Warsaw School for Social Psychology and the Humanities. Warsaw, PL

Benight, C. C. (2014). Human Agency in Disaster Recovery: The Application of Social Cognitive Theory from Impact to Intervention. First Disaster Mental Health Conference, Tokyo Japan.

Benight, C. C. (2013). Evidence based trauma treatments: Exposure to the Internet and beyond. Plenary talk at the Cesar Chavez Annual Conference. Phoenix, AZ

Benight, C. C. (2012). Peer Support Program and Internet Empowerment. The Ohio State Medical Center Psychiatry Department. Columbus, Ohio.

Benight, C. C. (2012). The Application of Social Cognitive Theory for an Online Program for Trauma Empowerment. Health One Children's Hospital. Columbus, Ohio.

Benight, C. C. (2012). Web interventions for trauma an application of self-efficacy. Café Scientifique. University of Colorado at Colorado Springs.

Benight, C. C. (2012). Rules, disasters, and websites. Mountain Lion Research Day. University of Colorado at Colorado Springs.

Benight, C. C. (2012). Faculty-student relationships and the depth of learning. Teaching and Learning Center. University of Colorado at Colorado Springs.

Benight, C. C. (2010). Web interventions for trauma an application of self-efficacy. University of Zurich, Zurich Switzerland.

Benight, C. C. (2010). Web interventions for trauma an application of self-efficacy. Warsaw School for Social Psychology and the Humanities. Warsaw Poland.

Charles C. Benight, Ph.D.

Benight, C. C. (2009). Peer support program: A collaboration between the Colorado Springs Fire Department and the CU: Trauma, Health, & Hazards Center. Presented at the Penrose St. Francis Trauma Symposium. Colorado Springs, CO.

Benight, C. C. (2008). The importance of perceptions of coping capability in survivors of domestic violence—clinical implications. Presented at the 7<sup>th</sup> Annual Domestic Violence Summit, Colorado Springs, CO.

Benight, C. C. (2007). Trauma planning and recovery. NORAD-USNORTHCOM Command Surgeon's Conference "Catastrophic Incident Response" Conference in Colorado Springs, CO.

Benight, C. C. (2006). Disaster mental health: theoretical approaches. Stress and Anxiety Research Society meeting. Crete, Greece. Part of an invited symposium.

Benight, C. C. (September 2005). Finding Gold in Disaster Research: Lessons Learned and Opportunities for the Future. Paper will be presented at the Innovations in Disaster Psychology 2005: Research Strategies and Methodology Conference at the Disaster Mental Health Institute in South Dakota.

Benight, C. C. (2005, July). Role of Social Cognitive Theory in Warning Perceptions for Flash Flooding. 30<sup>th</sup> Annual Workshop on Hazards Research and Applications. Boulder, CO.

Benight, C. C. (2004, July). Disaster Mental Health Research and Practice. 29<sup>th</sup> Annual Workshop on Hazards Research and Applications. Boulder, CO.

Benight, C. C. (2002, August). Coping Self-Efficacy and Coping with Trauma. Annual Meeting of the American Psychological Association, Division 38, Chicago, ILL.

## **MEETING PRESENTATIONS & PUBLISHED SCIENTIFIC ABSTRACTS (\* names represent current or previous students)**

### **2018**

Benight, C. C., & Shoji, K. (2018, November). *Evaluation of non-linear shifts in functioning during a web-based trauma recovery program: Getting better may not be linear*. Symposium presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C.

\*Yeager, C. M., Shoji, K., & Benight, C. C. (2018, November). *Influence of trauma intensity and treatment self-efficacy on eHealth intervention engagement: A moderated mediation analysis*. Poster presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C.

\*Weisman, P., Shoji, K., & Benight, C. C. (2018, November). *The effect of coping self-efficacy on posttraumatic stress symptoms following discriminatory police harassment*. Poster

Charles C. Benight, Ph.D.

presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C.

Shoji, K., Sano, R., & Benight, C. C. (2018, November). *Vulnerable at birth? Premature baby's DNA methylation*. Poster presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C.

\*Harwell, A., Shoji, K., Kasza, D., & Benight, C. C. (2018, November). *Longitudinal associations between coping self-efficacy and sleep impairment in treatment-seeking trauma survivors*. Poster presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C.

\*Devane, A., Shoji, K., Dominicci, S., Boulton, T. E., & Benight, C. C. (2018, November). *Managing physiological arousal as a mastery experience increasing trauma coping self-efficacy and reducing PTSD symptoms in vulnerable populations*. Poster presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C.

\*Yeager, C. M., Shoji, K., Devane, A., & Benight, C. C. (2018, November). *Increased heart rate variability predicts reduction in dissociation while using a digital health intervention for trauma survivors*. Poster presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C.

Shoji, K., & Benight, C. C. (2018, November). *Recurrence of skin conductance and engagement and arousal ratings in a web intervention for trauma survivors*. Poster presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C.

\*Webb, S., Shoji, K., & Benight, C. C. (2018, November). *The effects of childhood and adulthood trauma on coping self-efficacy across the therapy process*. Poster presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C.

\*Yeager, C., Shoji, K., & Benight, C. (2018, April). *Role of Trauma Type and Self-Efficacy on eHealth Intervention Engagement*. Poster session presented at the American Psychological Association Technology, Mind and Society conference, Washington, DC.

\*Devane, A., Shoji, K., Boulton, T., & Benight, C. C. (2018). *Predicting the Improvement of PTSD in eHealth using a Machine Learning Approach*. Poster session presented at the annual conference of the American Psychological Association conference on Technology, Mind, and Society, Washington D. C.

Mahoney, C. T., Lynch, S. M., & Benight, C. C. (2018, May) Coping Self-Efficacy Moderates the Relationship between Sexual Trauma and PTSD symptoms. *Protective Factors Following Interpersonal Trauma*. Symposium to be conducted at the 30th annual convention of the Association for Psychological Science, San Francisco, CA.

Mahoney, C. T., Benight C. C., & \*Melville, E. E. (2018, May) The Temporal Relationship between Coping Self-efficacy and Dissociation following Trauma in Undergraduate



Charles C. Benight, Ph.D.

Students. *Protective Factors Following Interpersonal Trauma*. Symposium to be conducted at the 30th annual convention of the Association for Psychological Science, San Francisco, CA.

## 2017

Benight, C. C. & Shoji, K. (2017). *Self-Regulation Shift Theory: A New Perspective on Trauma Adaptation Across Time*. Poster presented at the annual meeting of the 33<sup>rd</sup> International Society for Traumatic Stress Studies. Chicago, Ill.

\*Zumba, M., Shoji, K., Bryan, L., & Benight, C. (2017, November). *The Mediating Role of Coping Self-Efficacy Between Trauma Exposure and Social Functioning*. Poster presented at the 33<sup>rd</sup> Annual Meeting of the International Society for Traumatic Stress Studies, Chicago, IL.

\*Devane, A., Shoji, K., Boulton, T., & Benight, C. C. (2017). *Role of coping self-efficacy on parasympathetic response to an online intervention*. Poster session presented at the 33<sup>rd</sup> annual conference of the International Studies of Traumatic Stress Society, Chicago, Ill. (Student Award Poster Finalist)

\*Devane, A., Shoji, K., Miranda, N., Boulton, T., & Benight, C. C. (2017). *Heart rate as a predictor of change in trauma coping self-efficacy in an online intervention*. Poster session presented at the annual conference of the International Studies of Traumatic Stress Society, Chicago, IL.

Shoji, K., \*Devane, A., Dhamija, S., Boulton, T. E., & Benight, C. C. (2017, November). *Recurrence of heart rate and skin conductance during a web-based intervention for trauma survivors*. Poster session presented at the 33<sup>rd</sup> annual conference of the International Society for Traumatic Stress Studies, Chicago, IL.

\*Yeager, C., Shoji, K., & Benight, C. C. (2017, November). *Influence of PTSD symptom clusters on engagement with an eHealth trauma recovery intervention*. Poster session presented at the 33<sup>rd</sup> annual conference of the International Society for Traumatic Stress Studies, Chicago, IL.  
**Frank W. Putnam Trauma Research Scholar Award**

\*Weisman, P., Shoji, K., & Benight, C. C. (2017, November). *Development of a scale to assess complex police harassment trauma*. Poster session presented at the 33<sup>rd</sup> annual conference of the International Society for Traumatic Stress Studies, Chicago, IL.

\*Yeager, C., Shoji, K., & Benight, C. C. (2017, November). *eHealth readiness moderates the effectiveness of an eHealth intervention in reducing posttraumatic stress symptoms: A moderated mediation analysis*. Poster session presented at the 33<sup>rd</sup> annual conference of the International Society for Traumatic Stress Studies, Chicago, IL.

Wulf, T. M., Girard, J. M., Bruni, P. T., Cohn, J. F., Boulton, T., & Benight, C. C. (2017). *Emotion Expression Varies with PTSD Symptom Severity*. Poster presented at the annual meeting of the 33<sup>rd</sup> International Society for Traumatic Stress Studies. Chicago, Ill.

Charles C. Benight, Ph.D.

Smoktunowicz, E., Rogala, A., Michalak, N., \*Yeager, C., Lesnierowska, M., Cieslak, R., & Benight, C. (2017, October). *Effectiveness of web- and app-based interventions at work: Systematic review with meta-analysis*. Poster session presented at the annual conference of the International Society for Research on Internet Interventions (ISRII). Berlin, Germany.

Benight, C. C. (2017, June). *Theoretical frameworks for trauma adaptation: Change is how we look at it*. Paper presented at the 15th European Society for Traumatic Stress Studies. Odense, Denmark.

## 2016

Benight, C. C. (2016). *Deployment of My Trauma Recovery for the Planned Parenthood Shooting*. Paper presented at the annual meeting of the 32<sup>nd</sup> International Society for Traumatic Stress Studies. Dallas, TX.

Benight, C. C. (2016). *Changes self-appraisal and mood utilizing a web-based recovery system on posttraumatic stress symptoms: A laboratory experiment*. Paper presented at the 32<sup>nd</sup> annual meeting of the International Society for Traumatic Stress Studies. Dallas, TX.

\*Yeager, C., & Benight, C. (2016, November). *Predictors of engagement with a trauma recovery web intervention*. Paper presented at the annual conference of the *International Society of Traumatic Stress Studies*, Dallas, TX.

\*Yeager, C., Shoji, K., & Benight, C. (2016, November). *The role of cognitive appraisals on the Effectiveness of a trauma recovery eHealth Intervention for reducing symptoms of posttraumatic distress*. Poster session presented at the annual conference of the *International Society of Traumatic Stress Studies*, Dallas, TX. [**Theory SIG endorsed poster**]  
doi: 10.13140/RG.2.2.10443.39200

\*Yeager, C., & Benight, C. (2016, April). *Understanding trauma recovery eHealth intervention engagement using the health action process approach (HAPA) framework*. Poster session presented at the scientific meeting of the International Society for Research on Internet Interventions, Seattle, WA.

Shoji, K., Benight, C. C., \*Devane, A., Stearns, S., & Boulton, T. (2016, Nov). Fractal properties of heart rate variability in a web-intervention for trauma survivors. Poster presented at the 32<sup>nd</sup> annual meeting of the International Society for Traumatic Stress Studies. Dallas, TX.

Shoji, K., Benight, C. C., & Boulton, T. (2016, Nov). Changes in peritraumatic dissociation and PTSD symptoms in a web-based recovery system. Poster presented at the 32<sup>nd</sup> annual meeting of the International Society for Traumatic Stress Studies. Dallas, TX.

\*Mullings, A., \*Weisman, P., Shoji, K., Boulton, T., & Benight, C. C. (2016, Nov). Public health utilities of a web-based intervention for trauma survivors. Poster presented at the 32<sup>nd</sup> annual meeting of the International Society for Traumatic Stress Studies. Dallas, TX.

\*Devane, A., Shoji, K., Boulton, T., & Benight, C. C. (2016, Nov). The role of coping self-

Charles C. Benight, Ph.D.

efficacy on parasympathetic response to an online intervention. Poster presented at the 32<sup>nd</sup> annual meeting of the International Society for Traumatic Stress Studies. Dallas, TX.

\*Streeb, N., Shoji, K., & Benight, C. C. (2016, Nov). The capability for suicide in firefighters. Poster presented at the annual meeting of the 32<sup>nd</sup> International Society for Traumatic Stress Studies. Dallas, TX.

\*Streeb, N., Shoji, K., & Benight, C. C. (2016, Nov). Suicide capability and self-stigma for seeking help in firefighters. Poster presented at the 32<sup>nd</sup> annual meeting of the International Society for Traumatic Stress Studies. Dallas, TX.

Mahoney, C., \*Melville, E., & Benight, C. C. (2016, Nov). The temporal association between coping self-efficacy and dissociation in undergraduate students. Poster presented at the 32<sup>nd</sup> annual meeting of the International Society for Traumatic Stress Studies. Dallas, TX.

Benight, C. C. (2016, Aug). Web-based interventions for trauma: What we don't know can hurt us. Paper presented at the annual meeting for the American Psychological Association, Denver, CO.

Benight, C. C. (2016, Aug). Technology transfer: One faculty member's successes and challenges. Hospitality suite talk presented at the annual meeting for the American Psychological Association, Denver, CO.

Benight, C. C. (2016, Aug). Self-regulation threshold shift theory. Paper presented at the annual meeting for the American Psychological Association, Denver, CO.

Stearns, S., Shoji, K., & Benight, C. C. (2016, Aug). Moral disengagement and post-traumatic symptoms of those exposed to traumatic events. Poster presented at the annual meeting for the American Psychological Association, Denver, CO.

\*Melville, E., Mahoney, C. T., & Benight, C. C. (2016, April). Relationships between dissociation, coping self-efficacy, & trauma exposure in undergraduate students. Poster presented at the annual meeting of the International Society for the Study of Trauma and Dissociation, San Francisco, CA.

Benight, C. C., Shoji, K., \*Yeager, C., \*Mullings, A., Dhamija, S., & Boulton, T. (2016, March). The importance of self-appraisals of coping capability in predicting engagement in a web intervention for trauma. Poster presented at the International Society for Research on Internet Interventions. Seattle, WA.

Shoji, K., Benight, C. C., \*Mullings, A., \*Yeager, C., Dhamija, S., & Boulton, T. (2016, March). Measuring engagement into a web-intervention by the quality of voice. Poster presented at the International Society for Research on Internet Interventions. Seattle, WA.

## 2015

Benight, C. C., Bryan, L. & Anderson, V. (November 2015). Changes in Trauma Coping

Charles C. Benight, Ph.D.

Self-Efficacy Perceptions as a Predictor of Changes in Post Traumatic Symptoms in Trauma Focused Therapy. Paper presented at the 31<sup>st</sup> annual conference of the International Society for Traumatic Stress Studies. New Orleans, LA.

Benight, C. C. (September 2015). Lessons Learned from Website Development for Trauma Recovery and Burnout. Paper presented at the *European Society for Research on Internet Interventions Conference*, Warsaw Poland.

\*Yeager, C., Stautz, K., \*Mullings, A., \*Nichols, C., \*Streeb, N., Shoji K., & Benight, C. (2015, November). *A meta-analytic review of trauma outcomes and web intervention engagement*. Poster session presented at the annual conference of the International Society for Traumatic Stress Studies (ISTSS), New Orleans, LA.

Stearns, S., Shoji, K. & Benight, C. C. (November 2015). A Meta-Analysis of Interventions Used to Decrease Burnout in Behavioral Health and Medical Providers. Poster presented at *the 31<sup>st</sup> annual conference of the International Society for Traumatic Stress Studies*. New Orleans, LA.

Shoji, K. Waldrep, E., Delahanty, D. E., Cieslak, R., & Benight, C. C. (November 2015). Trauma Coping Self-Efficacy: A context Specific Self-Efficacy Measure for Traumatic Stress. Paper presented at *the 31<sup>st</sup> annual conference of the International Society for Traumatic Stress Studies*. New Orleans, LA.

\*Mullings, A., Shoji, K., Benight, C. C. (2015). *Dynamic Systems Approach for Self-Regulatory Mechanisms in Trauma Coping Process: Catastrophe Cusp*. Poster presented at the annual American Psychological Association Convention, Trauma SIG, August 2015, Toronto, Ontario, Canada.

Benight, C. C. (2015, Summer). Human Agency in Disaster Recovery: The Application of Social Cognitive Theory from Impact to Intervention. Paper Presented at the Japanese Society for Traumatic Stress Studies. Kyoto, Japan.

Cieslak, R., Shoji, K., Lesnierowska, M., Smoktunowicz, E., Bock, J., & Benight, C. (June, 2015). Which Comes First, Job Burnout or Secondary Traumatic Stress? (June, 2015). *The annual conference of the European Society for Traumatic Stress Studies*. Vilnius, Lithuania.

## 2014

Benight, C. C. (2014, November). Self-regulation threshold shift theory. Paper presented at the 30<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Miami, FL

Benight, C. C. (2014, November). Self-regulation: Neuropsychosocial process. Paper presented at the 30<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Miami, FL

\*Boesdorfer, G., \*Nichols, C., Shoji, K., Gibson, F., & Benight, C. (2014, November).

Charles C. Benight, Ph.D.

Sexual assault history on the relationship between secondary traumatic stress, job burnout self-efficacy, and job burnout for military mental health providers. International Society for Traumatic Stress Studies. Miami, FL

Bhalla, A., Durham, R., Yeager, C., \*Luther, E., Gibson, F., Benight, C. (2014, November). The psychometric validation of a readiness scale for participants in an online intervention for burnout and secondary traumatic stress. Poster session presented at the 30<sup>th</sup> annual conference of the International Society of Traumatic Stress Studies, Miami, FL.

Shoji, K., Gibson, F. W., Cieslak, R., Anderson, V., Bock, J., Decker, L., \*Yeager, C., & Benight, C. C. (2014, November). *SupportNet: Preliminary results of a randomized controlled trial*. Poster session presented at the annual conference of the Medicine 2.0. Maui, HI.

Shoji, K., \*Yeager, C., Gibson, F., Cieslak, R., Bock, J., Decker, L., Anderson, V., & Benight, C. C. (2014, October). *SupportNet: for military mental health providers: Website engagement and job burnout*. Poster session presented at the annual International Society for Research on Internet Interventions. Valencia, Spain.

Cieslak, R., Shoji, K., Rogala, A., Smoktunowicz, E., & Benight, C. C. (2014, February). *A meta-analysis of the relationship between self-efficacy and job burnout*. Paper presented at the 11th Scientific Conference of the Australasian Society for Behavioural Health and Medicine, Auckland, New Zealand.

### 2013

Cieslak, R., Shoji, K., Benight, C. C., & Luszczynska, A. (2013, June). *The relationship between secondary traumatic stress and job burnout: A meta-analysis*. Paper presented at the 13th European Conference on Traumatic Stress, Bologna, Italy

Benight, C. C. (2013, November). Deployment of My Trauma Recovery for the Aurora Theater Shooting. 29<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Philadelphia, PA.

Benight, C. C., Cieslak, R., Anderson, V., Moore, B., & Peterson, A. (2013, November). Secondary Traumatic Stress among Army Mental Health Providers: Prevalence and its Work- and Exposure- Related Correlates. 29<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Philadelphia, PA.

\*Douglas, A., Shoji, K., Cieslak, R., & Benight, C. C. (2013, November). Resilience in Pastoral Care Providers: The Mediation Role of Social Support and Secondary Trauma Self-Efficacy between Job Stress and Secondary Traumatic Stress. Shooting. 29<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Philadelphia, PA.

Johnson, B.D., \*Clinton, M., Eden, J.C., James, L.E., & Benight, C.C. (2013, August). *Journey to Disaster Recovery: An online intervention following the Waldo Canyon wildfire*. Poster presented to the Annual Convention of the American Psychological Association, Honolulu, HI.

Charles C. Benight, Ph.D.

Bock, J., Shoji, K., Cieslak, R., Benight, C. C. (2013, August). *Effects of social support and self-efficacy on secondary traumatic growth*. Poster session presented at the annual conference of the American Psychological Association, Honolulu, HI.

Shoji, K., \*Luther, E., Cieslak, R., Smoktunowicz, E., & Benight, C. C. (2013, August). *Indirect effect of job burnout on job engagement*. Poster session presented at the annual conference of the American Psychological Association, Honolulu, HI.

Rogala, A., Cieslak, R., Shoji, K., Luszczynska, A., \*Taylor, S., & Benight, C. C. (2013, July). Secondary Trauma Self-Efficacy scale – psychometric evaluation. Poster presented at the European Health Psychology Society. Bordeaux, France.

Sutton, J., Benight, C. C., Shoji, K., Lambert, J., & Johnson, B. (2013, July). Disaster Resilient Rural Communities: Predictors of Collective Efficacy and the Role of the Internet Following Two Rural Mountain Disaster Events. Annual Natural Hazards Research and Applications Workshop, Boulder, CO.

## 2012

Sutton, J. & Benight, C. C. (2012). Disaster Resilient Rural Communities: Access to Online Information and Perceptions of Collective Efficacy. Washington, D. C.

Benight, C. C. (2012). Web-based Interventions for Disaster: Hurricane Ike, Bastrop, & Home. Paper presented in symposium titled: Using technology to increase access to traumatic stress interventions - lessons learned from low to high technological interventions. 28<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Los Angeles, CA.

Benight, C. C. (2012). The balance of life. Panel presentation at the 28<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Los Angeles, CA.

Benight, C. C. (2012). Web-based Interventions and Disaster Recovery. Paper presented in symposium titled: early interventions for disaster recovery. 28<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Los Angeles, CA.

\*Clinton, M., Benight, C. C., Cieslak, R., Bock, J., & Anderson, V. (2012). The Regressive Coping Scale: Evaluating the Risk Factors for Job Burnout. Poster presented at the 28<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Los Angeles, CA.

\*Douglas, A., Osik, M., Soszynski, F., Benight, C. C., & Cieslak, R. (2012). The Indirect Effect of Role-Related Stressors on Secondary Traumatic Stress and Job Burnout in Clergy. Poster presented at the 28<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Los Angeles, CA.

Anderson, V., Benight, C. C., Bock, J., Cieslak, R., Sagen, D. & Fisher, A. (2012). SupportNet: A Comprehensive Support System for Secondary Trauma and Burnout. American Telemedicine Association Annual Conference. San Jose, CA

Charles C. Benight, Ph.D.

\*Clinton, M. & Benight, C. C. (2012). Mountain Lion Research Day. University of Colorado at Colorado Springs.

\*Taylor, S. & Benight, C. C. (2012). Mountain Lion Research Day. University of Colorado at Colorado Springs.

Benight, C. C., \*Clinton, M., \*Taylor, S. & Cieslak, R. (2012). Faculty-student relationships and the depth of learning. Fourth Annual Presidential Teaching Scholars Conference on Learning and Teaching. Aurora, CO.

Smoktunowicz, E., Cieslak, R., & Benight, C.C. (2012): Perceived social support moderates the mediating effect of job burnout on the relationship between secondary traumatic stress and work engagement. Occupational Health Psychology Conference, Zurich, Switzerland.

## 2011

Benight, C. C. (2011). Theoretical Approaches for Trauma Adaptation: Clinical Research Applications. Chair of the panel discussion presented at the 27<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Baltimore, MD.

Benight, C. C. & Cieslak, R. (2011). Social Cognitive Theory and Trauma Adaptation. Panel presentation at the 27<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Baltimore, MD.

Sutton, J. & Benight, C. C. (2011). Disaster Resilience in two Rural Wildfire Communities. Hazards Workshop, Broomfield, CO.

## 2010

Benight, C. C. (2010). Interpersonal/Social Processes in Trauma Adaptation: Theoretical Approaches. Chair of the symposium presented at the 26<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Montreal, CA.

\*Smith, A. & Benight, C. C. (2010). Post-deployment coping self-efficacy and psychological distress: An evaluation of psychometric properties. Poster presented at the 26<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Montreal, CA.

Benight, C. C. (2010). Individual and collective efficacy through web-based interventions for disasters. Paper presented at the 31<sup>st</sup> annual conference of the Stress Anxiety Research Society. Galway City, Ireland.

\*Steinmetz, S., Benight, C. C., Lambert, J., & Bishop, S. (2010). Evaluation of a Web-Based Intervention Following a Natural Disaster. Poster presented at the annual convention for the American Psychological Association, August, San Diego, CA

## 2009

Charles C. Benight, Ph.D.

Benight, C. C. & Klebe, K. (2009). Research strategies for disaster mental health. Workshop provided at the 3<sup>rd</sup> annual Continental Divide Behavioral Health Conference: Science to Practice-Practice to Science. Colorado Springs, CO.

Benight, C. C. (2009). Web-based Interventions in Disaster: Paper presented at the 3<sup>rd</sup> annual Continental Divide Behavioral Health Conference: Science to Practice-Practice to Science. Colorado Springs, CO

Benight, C. C. & Richardson, Sue (2009). Beyond CISD: Designing and Implementing a Successful Peer Support Program. Workshop presented at the 3<sup>rd</sup> annual Continental Divide Behavioral Health Conference: Science to Practice-Practice to Science. Colorado Springs, CO

## 2008

Benight, C. C. (2008). Social and Cognitive Determinants of Recovery After Trauma. Served as discussant on the symposium presented at the 24<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Chicago, Ill.

Cieslak, R. & Benight, C. C. (2008). Coping self-efficacy mediates the effects of negative cognitions on posttraumatic distress. Paper presented at the 24<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Chicago, Ill.

Luszczynska, A., Benight, C. C., Cieslak, R. (2008). Social-Cognitive Theory and traumatic stress: A systematic review of associations between self-efficacy and health-related outcomes among collective trauma survivors. Paper presented at the 29<sup>th</sup> Stress, Anxiety, Research Society meeting, London, England.

Benight, C. C. (2008). Research 101 for disaster mental health. Workshop provided at the 2<sup>nd</sup> annual Continental Divide Behavioral Health Conference: Science to Practice-Practice to Science. Colorado Springs, CO.

Benight, C. C. (2008). The Co-Divide Behavioral Health Research Network. Workshop presented at the 2<sup>nd</sup> annual Continental Divide Behavioral Health Conference: Science to Practice-Practice to Science. Colorado Springs, CO.

Benight, C. C. (2008). Structural Equation and Latent Growth Curve Modeling: The Australian Bushfire Longitudinal Analysis. Poster presented at the 5<sup>th</sup> Conference on Innovations in Trauma Research Methods, Chicago, Ill.

Lafavor, T., Kronenberg, M., Cross, T., Marques, L., Benight, C. C., Osofsky, H., Osofsky, J., & Masten, A. S. (2008). Perceived Recovery, Agency and Subjective Well Being in Adolescents following Hurricane Katrina. Poster presented at the Biannual Meeting for the Society for Research on Adolescents. Chicago, Ill.

\*Waldrep, E., Benight, C. C., Cieslak, R., & Hughes, J. (2008). Psychometric properties of the meaning self-efficacy scale. . Poster presented at the 24<sup>th</sup> annual conference of the International Society for Traumatic Stress Studies. Chicago, Ill.



Charles C. Benight, Ph.D.

## 2007

Benight, C. C. (2007). Development of an Online Program for Acute Trauma Recovery. Symposium Chair and paper presentation presented at the 23<sup>rd</sup> annual meeting of the International Society for Traumatic Stress Studies. Baltimore, MD.

Benight, C. C. (2007). Coping Self-Efficacy and Interpersonal Resources. Paper presented at the 23<sup>rd</sup> annual meeting of the International Society for Traumatic Stress Studies. Baltimore, MD.

Benight, C. C. , Waldrep, E., & Mitchell, J. (2007). Regressive trauma coping scale: Initial psychometrics. Poster presented at the 23<sup>rd</sup> annual meeting of the International Society for Traumatic Stress Studies. Baltimore, MD.

\*Waldrep, E. & Benight, C. C. (2007). Web based trauma interventions. Poster presented at the 23<sup>rd</sup> annual meeting of the International Society for Traumatic Stress Studies. Baltimore, MD.

Cieslak, R., & Benight, C. C. (2007, November). *Coping with stress mediates the effects of coping self-efficacy on change in PTSD symptoms*. Poster session presented at the 24th meeting of the International Society for Traumatic Stress Studies, Baltimore, Maryland.

Cieslak, R., & Benight, C. C. (2007, November). Social support mediates the effects of PTSD symptoms on change in coping self-efficacy. In K. Kaniasty (Chair), *Who's on first? Reciprocal relations between social support and self-efficacy in coping with trauma*. Symposium conducted at the 24th meeting of the International Society for Traumatic Stress Studies, Baltimore, Maryland.

Drobot, S. Grunfest, E., Barnes, L. R, Benight, C., Schultz, D. M., and Demuth, J. 2007: Driving under the influence of weather: Perceptions of flash floods and vehicle safety. Presented at the 16th Conference on Applied Climatology, San Antonio, TX, 14-18 January.

Schultz, D. M.; Grunfest, E. C.; Benight, C. C.; Drobot, S.; Barnes, L. R.; Hayden, M. H (2007, April). Decision making by Austin, Texas, residents in hypothetical tornado scenarios. Presentation . European Geosciences Union, Vienna, Austria.

## 2006

Benight, C. C. (2006). Antiquities of Disaster Mental Health Research: Time for a Paradigm Theoretical Shift. Paper presented at the International Congress of Applied Psychology. Athens Greece.

\*Chandler, M., Benight, C., Williams, E., Hayden, M., Barnes, L., & Grunfest, E., (2006). Exploring differences between trauma and no-trauma exposed adults using the health

Charles C. Benight, Ph.D.

belief model. Poster presented at the 22<sup>nd</sup> annual meeting of the International Society for Traumatic Stress Studies. Hollywood, CA.

\*Waldrep, E., Benight, C. C. & \*Williams, E. (2006). Efficacy of the MMPI fake good scale on predicting deviant responses with emergency responders. Poster presented at the 22<sup>nd</sup> annual meeting of the International Society for Traumatic Stress Studies. Hollywood, CA.

Benight, C. C. (2006). Acute trauma interventions: A debate. Panel discussion presented at the 22<sup>nd</sup> Annual Meeting of the International Society for Traumatic Stress Studies. Hollywood, CA.

## 2005

\*Kucera, M. & Benight, C. C. (2005). Coping After Natural Disasters: Methodological and Theoretical Concerns. Poster to be presented at the 21st Annual Meeting of the International Society for Traumatic Stress Studies. Toronto, Canada.

\*Balliett, N. & Benight, C. C. (2005). Predicting Coping Self-Efficacy in Firefighters. Poster to be presented at the 21st Annual Meeting of the International Society for Traumatic Stress Studies. Toronto, Canada.

\*Thurman, M., Hayden, M., Barnes, L., Jenkins, C., Grunfest, E., & Benight, C. C. (2005). Traumatic exposure and warning perceptions. Poster to be presented at the 21st Annual Meeting of the International Society for Traumatic Stress Studies. Toronto, Canada.

Benight, C. C., Hayden, M., Barnes, L., \*Thurman, M., Jenkins, C., & Grunfest, E. (2005). Coping Self-Efficacy and Warning Perceptions in Inner City Residents. Paper to be presented at the 21st Annual Meeting of the International Society for Traumatic Stress Studies. Toronto, Canada.

Grunfest, E., Hayden, M., Barnes, L., Thurman, M., Jenkins, C., & Benight, C. C.. (2005). False Alarms and Warning for Short-Fuse Weather Disasters. Paper to be presented at the 21st Annual Meeting of the International Society for Traumatic Stress Studies. Toronto, Canada.

Benight, C. C., Weisse, D., Hobfoll, S. & Schnurr, P. (2005). Panel Discussion for Reviewing Grants and Manuscripts to be presented at the 21st Annual Meeting of the International Society for Traumatic Stress Studies. Toronto, Canada.

Benight, C. C. (2005). Coping self-efficacy, resources, and resilience. Paper to be presented at the 21st Annual Meeting of the International Society for Traumatic Stress Studies. Toronto, Canada.

\*Molton, I., Laudenslager, M., & Benight, C. C. (2005). Relationship among peritraumatic morning cortisol response, coping self-efficacy and the development of post-traumatic avoidance in survivors of motor vehicle accidents. Poster to be presented at the 21st Annual Meeting of the International Society for Traumatic Stress Studies. Toronto, Canada.

Charles C. Benight, Ph.D.

Hayden, M., Barnes, L., Benight, C. C., & \*Thurman, M. (May 2005). The Warning Project. Paper presented at the National Hydrological Warning Council Meeting, Scaramento, CA.

## 2004

Benight, C. C. (2004, November). Post-Disaster Mental Health and Research: Panel Discussion. Chair. Panel Discussion presented at the Annual Meeting of the International Society for Traumatic Stress Studies. New Orleans, LA.

\*Markowski, T., Lewis, J., & Benight, C. C. (2004, November). Trauma research response from first responders. Poster presented at the Annual Meeting of the International Society for Traumatic Stress Studies. New Orleans, LA.

Benight, C. C. & \*Markowski, T. (2004, November). Coping self-efficacy for first responders: A psychometric evaluation. Poster to be presented at the Annual Meeting of the International Society for Traumatic Stress Studies. New Orleans, LA.

\*Midboe, A., Benight, C. C., & Taylor, A. (2004, November). The relationship between coping style, coping self-efficacy, and symptoms of psychological distress among domestic violence survivors. Paper to be presented at the Annual Meeting of the American Association of Behavior Therapy. New Orleans, LA

Benight, C. C. & Grunfest (2004, June). Short-Fuse Disaster Warning Systems and Wildfire Evacuations. Colorado Wildfire Mitigation Conference. Colorado Springs, CO.

Benight, C. C. (2004, June). Coping Self-Efficacy and Recovery from Trauma. Hawaii International Conference on Social Sciences. Honolulu, HA.

Benight, C. C. (2004, June). Problem-based Learning: A Humble Case of Trial and Error. Hawaii International Conference on Social Sciences. Honolulu, HA.

## 2003

Benight, C. C. (2003, October). Coping with Motor Vehicle Accident Trauma: A Causal Model Analysis. In C. C. Benight (Chair), Motor Vehicle Accident Trauma: Coping Processes and Fragmentation. Symposium conducted at the meeting Annual Meeting of the International Society for Traumatic Stress Studies. Chicago, IL.

Benight, C. C., Markowski, T., & Haye, L. (2003, October). Evacuation Perceptions Following Wildfire and Coping Self-Efficacy. Poster to be presented at the Annual Meeting of the International Society for Traumatic Stress Studies, Chicago, IL.

\*Markowski, T. & Benight, C. C. (2003, October). Predictors of a Peer Support Program for Emergency Services Personnel. Poster to be presented at the Annual Meeting of the International Society for Traumatic Stress Studies, Chicago, IL.

Charles C. Benight, Ph.D.

## 2002

\*Johnson, L., & Benight, C. C. (2002, November). Misinterpretation of Physiological States Predict PTSD and Depression. Poster to be presented at the Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD.

\*Johnson, L., & Benight, C. C. (2002, November). Effects of Trauma Research on Domestic Violence Survivors. Poster to be presented at the Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD.

\*Johnson, L., Benight, C. C., & Sacks, C. (2002, November). Coping Efficacy as a Mediator Between Cognitions and PTSD. Poster to be presented at the Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD.

\*Midboe, A. & Benight, (2002, November). Coping efficacy and treatment outcome in domestic violence survivors. Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD.

\*Thomas, C. & Benight (2002, November). Coping behaviors, coping self-efficacy and recovery from motor vehicle accident trauma. Meeting of the International Society for Traumatic Stress Studies. Baltimore, MD.

\*Oue, C. M., Benight, C. C., Johnson, L., Sacks, C. K., \*Thomas, C. M., Markowski, T., & Maslow, N. (2002, November). Coping Self-Efficacy and Cognitive Functioning Following Motor Vehicle Accident (MVA) Trauma. Poster session presented at the annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

## 2001

Benight, C. C., \*Johnson, L., \*Molton, I., Boeninger, D., Stiles, K., Sletta, Y., \*Harding, A., & \*Thomas, C. (2001). Emotion regulation and coping self-efficacy following motor vehicle accident. Presented at the Seventeenth International Society for Traumatic Stress Studies, New Orleans, LA.

\*Johnson, L., Benight, C. C., \*Molton, I., Boeninger, D., Stiles, K., Sletta, Y., \*Harding, A., & \*Thomas, C. (2001). Trauma related distress and coping self-efficacy following motor vehicle accidents. Presented at the Seventeenth International Society for Traumatic Stress Studies, New Orleans, LA.

Benight, C. C. (2001). All roads lead through coping self-efficacy. A symposium paper presented at the Society for Creative Research in Action Biannual meeting: APA Division 27, Atlanta, GA.

## 2000

\*Harding, A., Benight, C. C., & Durham, R. (2000). Psychometric properties of a domestic violence coping self-efficacy measure. Presented at the Sixteenth International Society for Traumatic Stress Studies. San Antonio, TX.

Charles C. Benight, Ph.D.

\*Molton, I. & Benight, C. C. (2000). Safety goal attainment and coping self-efficacy judgements. Presented at the Sixteenth International Society for Traumatic Stress Studies. San Antonio, TX.

Benight, C. C. (2000). Coping self-efficacy and trauma recovery: A symposium. Presented at the Sixteenth International Society for Traumatic Stress Studies. San Antonio, TX.

### 1999

Benight, C. C. & \*Harding, A. (1999) Coping self-efficacy predicts psychological outcomes in female domestic violence victims. Will be presented at the Fifteenth International Society for Traumatic Stress Studies. Miami, FL

\*Lehman, V., Benight, C. C., & \*Harding, A. (1999). Effects of dispositional optimism on psychological well-being for domestic violence victims. Will be presented at the Fifteenth International Society for Traumatic Stress Studies. Miami, FL

\*Midboe, A., Benight, C. C., & \*Harding, A. (1999). Psychological effects of coping strategies of victims of domestic violence. Will be presented at the Fifteenth International Society for Traumatic Stress Studies. Miami, FL

Benight, C. C. (1999). Coping self-efficacy and collective efficacy effects psychological and physiological distress following disasters. Presented at the 7<sup>th</sup> Biennial Conference on Community Research & Action. Society for Community Research and Action. Yale University, New Haven, CT.

Laudenslager, M., Benight, C. C., \*Harper, M. & Goldstein, M. (1999) Long term individual differences in the salivary cortisol diurnal decline following a series of natural disasters. Poster to be presented at the National Meeting for the Psychoneuroimmunology Research Society in Galveston, TX.

\*Yamazaki, T. G., Benight, C. C., Gilfillian-Morton, L. A., Kawasaki, D. M., Martinez, L., Lynch, W. L., Morton, M. L., & Coolidge, F. L. (1999). Potential factors influencing the management of chronic medical illness of patients from a community health sample. Poster to be presented at the National Meeting for the Society of Behavioral Medicine in San Diego, CA.

### 1998

Benight, C. C. (1998). Immunological effects of trauma. Symposium to be presented at Fourteenth International Society for Traumatic Stress Studies. Washington, D.C.

Benight, C. C. & Harper, M. (1998). Collective efficacy and psychological distress following disaster. International Society for Traumatic Stress Studies. Washington, D.C.

\*Martinez, L., Benight, C. C., & Harper, M. (1998). Repression and cortisol following disaster. International Society for Traumatic Stress Studies. Washington, D.C.

Charles C. Benight, Ph.D.

\*Tashiro, T., Harper, M., & Benight, C. C. (November 1998). Chaotic coping and psychological and physical distress following disasters. International Society for Traumatic Stress Studies. Washington, D.C.

\*Harper, M. & Benight, C. C. (1998). The mediating effect of coping self-efficacy on psychological distress. American Psychological Association Division 38, San Francisco, CA

\*McGuffey, L., Benight, C. C., & \*Harper, M. (1998). Coping self-efficacy and avoidant coping as mediators between loss of resources and psychological distress. Proceedings for the Nineteenth Annual Meeting of The Society of Behavioral Medicine, New Orleans, LA.

Benight, C. C. & \*Harper, M. (1998). Distress deniers, immune parameters, and disasters. Proceedings for the Twentieth Annual Meeting of the American Psychosomatic Society. Clearwater Beach, Florida.

### 1997

Benight, C.C., Smith, J., Point, Faye, \*Freyaldenhoven, R. W., \*Hughes, J., \*Ruiz, J., & Zoesche, T. (1997). A qualitative analysis of victims of the Oklahoma city bombing: The process of coping self-efficacy. Proceedings of the 13th Annual Meeting for the International Society for Traumatic Stress Studies, Montreal, Canada.

Benight, C. C. (1997). A self-regulatory theory of post-traumatic stress disorder development. Proceedings of the 13th Annual Meeting for the International Society for Traumatic Stress Studies, Montreal, Canada.

\*Harper, M. & Benight, C. C. (1997). Coping self-efficacy as a mediator of peritraumatic reactivity and post-traumatic stress disorder: A longitudinal study. Proceedings of the 13th Annual Meeting for the International Society for Traumatic Stress Studies, Montreal, Canada.

Benight, C. C. & \*Harper, M. (1997). Psychological and immunological responses to the Buffalo Creek fire and flood disasters. First Annual Spring Conference on Immune Modulation. Vail, CO.

\*Hughes, J. & Benight, C. C. (1997). Cardiovascular reactivity during a management in-basket exercise: Evidence for two dimensions of autonomic reactivity. Proceedings for the Eighteenth Annual Meeting of The Society of Behavioral Medicine, San Francisco, CA

\*McGuffey, L. B., \*Swift, E. E., Sanger, J., \*Zeppelin, D. J., & Benight, C. C. (1997). Coping in the wake of Hurricane Opal: Coping self-efficacy and self-defeating behaviors. Proceedings for the Eighteenth Annual Meeting of The Society of Behavioral Medicine, San Francisco, CA

Benight, C. C. & \*Harper, M. (1997). Cardiovascular reactivity and immunological function during trauma recall. Proceedings for the Eighteenth Annual Meeting of The Society of Behavioral Medicine, San Francisco, CA

Charles C. Benight, Ph.D.

\*Harper, M., & Benight, C. C. (1997). The role of social support and immunological functioning following a natural disaster. Proceedings for the Eighteenth Annual Meeting of The Society of Behavioral Medicine, San Francisco, CA

## 1996

Benight, C. C. (1996). Coping self-efficacy following disasters. Proceedings from the Big Thompson 20th Reunion Conference, Fort Collins, CO

Benight, C.C., \*Freyaldenhoven, R. W., \*Hughes, J., \*Ruiz, J., & Zoesche, T. (1996). Coping self-efficacy and psychological distress following the Oklahoma City Bombing. Proceedings of the 12th Annual Meeting for the International Society for Traumatic Stress Studies, San Francisco, CA.

\*Swift, E., Benight, C.C., \*Zeppelin, D., Sanger, J., Smith, A., & \*Hughes, J. (1996). Coping self-efficacy and psychological distress following Hurricane Opal. Proceedings of the 12th Annual Meeting for the International Society for Traumatic Stress Studies, San Francisco, CA.

\*Zeppelin, D., Benight, C.C., \*Swift, E., Sanger, J. & Smith, A. (1996). Predictors of coping self-efficacy following Hurricane Opal. Proceedings of the 12th Annual Meeting for the International Society for Traumatic Stress Studies, San Francisco, CA.

Benight, C.C., Wallen, N. H., Ironson, G., & Taylor, C.B. (1996). Mental stress and myocardial function: The technology and the science. A symposium. Proceedings of the Fourth International Congress of Behavioral Medicine, Washington, D.C.

## 1995

Benight, C.C., Antoni, M.H., Ironson, G., Lutgendorf, S., Baum, A., & Schneiderman, N. (1995). The effect of coping self-efficacy on psychological and physical health perceptions in patients with Chronic Fatigue Syndrome following Hurricane Andrew. Proceedings for the Sixteenth Annual Meeting of The Society of Behavioral Medicine, San Diego, CA

Spencer, S., Leach, S., Jenkins, E., Yount, S., Benight, C.C., Ironson, G., Schneiderman, N., & Durel, L. (1995). Dietary salt and screening-based blood pressure reactivity in black and white men. Proceedings for the Sixteenth Annual Meeting of The Society of Behavioral Medicine, San Diego, CA

Durel, L., Spencer, S., Jenkins, E., Yount, S., Benight, C.C., Ironson, G., & Schneiderman, N., & Leach, S. (1995). The effects of dietary sodium on urinary sodium and potassium excretion during sleep and wake states. Proceedings for the Sixteenth Annual Meeting of The Society of Behavioral Medicine, San Diego, CA

Ironson, G., Wynings, C., Burnett, K., Greenwood, D., Carver, C., Benight, C.C., Rodriguez, M.S., Fletcher, M.A., Baum, A., & Schneiderman, N., (1995). Predictors of recovery from Hurricane Andrew. Proceedings for the Sixteenth Annual Meeting of The Society of Behavioral Medicine, San Diego, CA

Charles C. Benight, Ph.D.

Burnett, K., Ironson, G., Wynings, C., Greenwood, D., Benight, C.C., Carver, C., Baum, A., & Schneiderman, N. (1995). Chronic disruption and family strain following Hurricane Andrew: The secondary disaster. Proceedings for the Sixteenth Annual Meeting of The Society of Behavioral Medicine, San Diego, CA

#### 1994

Benight, C.C., Antoni, M.H., Ironson, G., Fletcher, M.A., Lutgendorf, S., Baum, A., & Schneiderman, N. (1994). The effect of perceived competence and responsiveness of the environment on psychological and physical health in healthy and ill populations following Hurricane Andrew. Proceedings for the Third International Congress of Behavioral Medicine. Amsterdam, The Netherlands.

Benight, C. C., Antoni, M.H., Kilbourn, K., Ironson, G., Costello, N., Fletcher, M.A., & Schneiderman, N. (1994). The effect of perceived competence and responsiveness of the environment on psychological and physical health in HIV+ men following Hurricane Andrew. Psychosomatic Medicine, *56* 163.

Benight, C.C., Ironson, G., Wynings, C., Greenwood, D., Rodriguez, M., Burnett, K., Carver, C., Baum, A., & Schneiderman, N. (1994). The effect of perceived competence on psychological health following Hurricane Andrew. Proceedings for the Fifteenth Annual Meeting of The Society of Behavioral Medicine, Boston, MA.

Burnett, K., Ironson, G., Wynings, C., Greenwood, D., Benight, C.C., Carver, C., Baum, A., & Schneiderman, N. (1994). Measuring the effects of long-term disruption during recovery from Hurricane Andrew. Proceedings from the 102nd Annual Convention for the American Psychological Association. Los Angeles, CA.

Burnett, K., Ironson, G., Wynings, C., Greenwood, D., Benight, C.C., Carver, C., Baum, A., & Schneiderman, N. (1994). Disruption as a predictor of mental health status during rebuilding after Hurricane Andrew. Proceedings for the Fifteenth Annual Meeting of The Society of Behavioral Medicine, Boston, MA

#### 1993

Carver, C.S., Ironson, G., Wynings, C., Greenwood, D., Rodriguez, M., LaPerriere, A., Benight, C.C., Antoni, M., Fletcher, M., Kumar, M., Baum, A., & Schneiderman, N. (1993). Coping with Andrew: How coping responses related to loss and adjustment. Proceedings from the 101st Annual Convention for the American Psychological Association. Toronto, Canada.

Wohlgemuth, E., Yurich, J., Benight, C.C., Holmes, R., Nunez, M., Pasion, L., & Rodalfo, E. (1993). The effect of diversity on intern training and satisfaction. Proceedings from the 101st Annual Convention for the American Psychological Association. Toronto, Canada.

Benight, C.C., Ironson, G., Chesney, M., Boltwood, M., Haney, T., Yount, S., Lagoze, H., Segall, G., & Taylor, C.B. (1993). The relationship between anger recall, questionnaire measures



Charles C. Benight, Ph.D.

of anger, and cardiac status. Proceedings for the Fourteenth Annual Meeting of The Society of Behavioral Medicine, San Francisco, CA.

### 1992

Benight, C.C., Ford, M.E., Taylor, C.B., Segall, G., & Hays, M.T. (1992). Psychological stress and coronary artery spasm. Proceedings for the Thirteenth Annual Meeting of The Society of Behavioral Medicine, NY, NY.

### 1991

Benight, C.C., & King, A. (1991). Alcohol consumption in older adults. Proceedings from the 99th Annual Convention for the American Psychological Association. San Francisco, CA.

### 1990

Benight, C. C. (1990). Development of the multidimensional cardio-rehab locus of control scale. Proceedings from the 98th Annual Convention for the American Psychological Association. Boston, MA.

Carson, K., Kinicki, A., & Benight, C.C. (1990). The utilization of meta-analysis in construct validation. Proceedings of the 50th Annual Academy of Management Meeting. San Francisco, CA.

### 1989

Benight, C.C. (1989). A theoretical model for exercise as a mediator of anxiety. Proceedings from the 97th Annual Convention for the American Psychological Association. New Orleans, LA..

### 1985

Benight, C.C. & Kinicki, A. (1985). A test of Glass's uncontrollability theory of Type A behavior. Proceedings of the National American Institute For Decision Sciences Meeting. Las Vegas, NV.

## TEACHING APPOINTMENTS

Director of Clinical Training, University of Colorado at Colorado Springs. 1996-2004  
Professor of Psychology, University of Colorado at Colorado Springs. Courses: Health Psychology, Psychopathology, Psychological Assessment, Practicum, Senior Seminar on Trauma, and Psychotherapy. 2006- Present.

Associate Professor of Psychology, University of Colorado at Colorado Springs. Courses: Health Psychology, Psychopathology, Psychological Assessment, Practicum, Senior Seminar on Trauma, and Psychotherapy. 2000- 2006.

Assistant Professor of Psychology, University of Colorado at Colorado Springs. Courses: Health Psychology, Psychopathology, Psychological Assessment, Practicum, Trauma, and Psychotherapy. 1993- 2000.

Lecturer, University of California at Davis. Taught Family and Preventive Medicine class for first year medical students. Problem based learning approach. 1991-1992.

Charles C. Benight, Ph.D.

Adjunct Professor, Santa Clara University, Course: Behavioral Modification. 1991.

Lecturer, Stanford University: Human Biology Department, Course: Co-developed and taught an upper-division course titled the Psychosocial Impact of Disease. 1990.

### **TEACHING HONORS**

2003, 2004, 2005: Nominated for Campus Teaching Award

1999: Outstanding Letters Arts & Science Teacher of the Year

1997 & 1998: Nominated for Letters Arts & Science Outstanding Teacher of the Year Award.

### **TEACHING CONTINUING EDUCATION**

Teaching and Technology Training Conference. Colorado School of Mines, Golden CO. 1996.

**TEACHING INTEREST:** My teaching interest revolves around multi-level education. Learning is achieved primarily through problem-based learning or active learning methodology in combination with targeted lectures. **My philosophy is that learning is motivated, creative, continual problem solving within a caring environment.**

**CLINICAL INTERESTS:** I am interested in interpersonal dynamic psychotherapy from a systems perspective. I have specifically focused on trauma, men's issues, marital therapy, and behavioral medicine interventions.

### **CLINICAL APPOINTMENTS**

Director of Clinical Training: University of Colorado at Colorado Springs 1996-Present.

Clinical Supervisor for Masters Students: University of Colorado at Colorado Springs Counseling Center 1995-1999.

Clinical Supervisor for Masters Student: Memorial Hospital Cardiac Rehabilitation Program. 1995-Present

Private Practice, Licensed Psychologist, 10 E. Monument, Colorado Springs CO, 1993-present. Individual, marital, and group therapy.

AA Associates, Miami Fl.: Individual and couples therapy. Post-Doctoral Hours 1992-1993.

APA Approved Clinical Internship, University of California at Davis, Counseling Center. Davis, CA. Individual, Group, Neuropsychological assessment, and Consultation. 1991-1992.

Clinical Practicum, University of California at Davis, Counseling Center. Davis, CA. Individual, Group, and Behavioral Medicine interventions. 1990-1991.

Clinical Neuropsychology Practicum, Palo Alto Veterans Administration., Palo Alto, CA. Administered, scored, interpreted, and generated reports. 1990-1991.

Medical Psychology Practicum, Palo Alto Veterans Administration. Palo Alto, CA Individual therapy with chronic pain, oncology, COPD patients, and group therapy with obese patients. 1989-1990.

Clinical Services Coordinator, Behavioral Medical Resources, Tempe AZ. Individual therapy, supervised cases for contract therapists, developed management information system and personnel plan. 1988-1989.

Private Practice Therapist, Counseling and Family Resources, Tempe, AZ. Individual, marital, and group counseling. 1987-1988.

Charles C. Benight, Ph.D.

Cardiac After-Care Program Development, Bowers Psychological Associates, Scottsdale, AZ. Developed an after-care program for cardiac patients to work on risk factor modification. 1986-1988

Stroke Rehabilitation Counselor, Mesa Lutheran Hospital, Mesa, AZ. Individual therapy, neuropsychological assessment, and computer assisted cognitive rehabilitation. 1986-1987.

### **CLINICAL CONTINUING EDUCATION**

Level One Eye Movement Desensitization and Reprocessing Training. Denver, CO 1995

Level Two Eye Movement Desensitization and Reprocessing Training. Denver, CO 1996

### **NATIONAL SERVICE**

International Society for Traumatic Stress Studies Executive Board of Directors: Treasurer 2016-Present

International Society for Traumatic Stress Studies Board of Directors. 2014

International Society for Traumatic Stress Studies Awards Committee. 2011

Senior Mentor for Research in Disaster Mental Health Program. National Institute for Mental Health. 2005-2007.

Early Intervention SIG: International Society for Traumatic Stress Studies, 2003-present

American Psychological Association Division #38 Aging and Health Committee. 1993-2003.

Society of Behavioral Medicine. Education and Training Committee, 1991- 1999.

Coordinated continuing education credits for California psychologist for Meeting of Society of Behavioral Medicine. 1997

Coordinated Breakfast Roundtable Series for National and International Meeting of Society of Behavioral Medicine, 1996.

Western Coast Student Representative: Society of Behavioral Medicine, 1991

### **UNIVERSITY SERVICE**

Health and Wellness Strategic Planning Committee 2016-present

Chancellor's Strategic Planning Committee

LAS Grievance Committee 2008-present

Director CU: Trauma, Health, & Hazards Center 2006-present

Chair Campus-Wide Teaching Excellence Council 2004-2006

Chair LAS Teaching Committee- Fall 2004-2006

Chair Psychology Department Teaching Committee 2000-2012

Chair Faculty Search Committee 2004-2005

Member Campus-Wide Teaching Excellence Council 2006-2010

Member LAS Teaching Committee- Fall 2006-2010

Member of the NISSC Director Search Committee Summer 2005

Member of the Doctoral Curriculum Committee 1999-present

Member of the Dean Review Committee 2003-2004

Interim Co-Chair Department of Psychology-Fall 2003

Interim Director of the University Counseling Center- 2002

Director of the CU-Trauma Studies and Resource Center: 2002-2006

Director of Clinical Training-1996-2004

Faculty Assembly Council: LAS Member 2002-2004

Member of the Counseling Center Director Search Committee: 2002-2003

Charles C. Benight, Ph.D.

Chair of the Emergency Preparedness Committee 1999-2003  
 Member of the Masters Student Selection Committee 1999-present  
 Member of Ph.D. Student Selection Committee 2003-present  
 Co-Chair of Pre-tenured Faculty Committee: 1995-1997  
 Center on Aging Faculty Advisory Board: 1995-2006  
 Member of the LAS Teaching Effectiveness Committee: 1997-1999  
 Member of the Departmental Teaching Effectiveness Committee: 1997-2000  
 Fulbright-Hays Scholarship undergraduate advisor, 1993-2016  
 Member of the System-Wide Scholarship Committee, 1993-2000  
 Member of the Ph.D. development committee, 1993-2006  
 Member of Faculty Search Committee: 1995-1996  
 Chair of the AIDS taskforce, 1994-1995.  
 Member of the Campus Wellness Committee, 1994-1997  
 Member of the Masters Student Selection Committee, 1994 & 1995.  
 Member of Futures Committee for Counseling Psychology, Stanford, 1991  
 Board of Directors of the H.P. MacDaniel Foundation, Stanford, 1989-1990.

### **PROFESSIONAL COMMUNITY SERVICE**

Supervision of Peer Supporters at the Colorado Springs Fire Department 2004-present  
 Member-at-Large Board of the El Paso County Psychological Society, 1994-1996  
 Board Member for Southern Colorado AIDS project, 1995-1998  
 Co-Chair of the Client Services Committee Southern Colorado AIDS project, 1995-1998  
 Penrose Saint Francis Health System Research Advisory Board: 1996-1997  
 Support Group Facilitator, Southern Colorado AIDS project, 1994-1996  
 Contributing Writer for the El Paso County Psychological Society Newsletter, 1994-2002.  
 Economic Development Committee Manitou Springs Colorado: 2000-2001

### **PROFESSIONAL PRESENTATIONS LOCAL**

Coping with Secondary Traumatic Stress and Burnout. TESSA Domestic Violence Center, 2008.  
Manging Disruptive Classrooms. Presented to faculty at Pikes Peak Community College. 2007.  
Mental Health Response to Trauma. Presented at the NORAD-USNORTHCOM Command Surgeon's Conference "*Catastrophic Incident Response*". January 2007.  
Coping with Trauma from Terrorism. Presented for Course Homeland Security NISSC 2003  
Coping with Trauma from Terrorism. Presented at the Homeland Security Conference. 2003  
Evil: What is it & What do we do about it?. Lecture Summit Series, University of Colorado at Colorado Springs, 2002.  
September 11<sup>th</sup> Tragedy. Presented to CU-Colorado Springs Community.  
September 11<sup>th</sup> Tragedy Roundtable. Presented to CU-Colorado Springs Community  
Coming Together Campus Gathering. Presented to CU-Colorado Springs Community  
Grief in the Workplace. Presented as part of the McMullen Foundation Conference for Radiology Technology. Penrose Hospital. 2000  
Psychological Trauma: The Kosovo Conflict. Presented as part of a panel presentation at University of Colorado at Colorado Springs. 1999  
Spirituality and Counseling: Understanding to Skill Development. Presented to the Centennial Area Health Education . 1998  
Disaster Research. Presented as part of the LAS Colloquium Series. 1998

Charles C. Benight, Ph.D.

Chronic Disease Management. Presented as part of the Geriatric Certificate Program. 1996-1999.  
Coping Self-Efficacy & Trauma. Presented as part of the CU-Health Sciences: Psychiatry Grand Rounds. 1998

Spirituality Health and Aging: The Case of Bereavement Coping Efficacy. Presented to the Colorado Activity Professionals Association 1998.

Love, Hate, and Food: Eating Disorders Among College Age Women.. Lecture Summit Series, University of Colorado at Colorado Springs, 1998

Losing Weight and Keeping it Off: Lecture Summit Series, University of Colorado at Colorado Springs, 1997

Coping Self-Efficacy and the Buffalo Creek Fire and Floods. Lecture Summit Series for University of Colorado at Colorado Springs. 1997

Coping Self-Efficacy and the Oklahoma City Bombing. Lecture Summit Series, University of Colorado at Colorado Springs. 1996

Disaster Research: "You do how you think" Lecture Summit Series, University of Colorado at Colorado Springs. 1996

Coping with Chronic Illness: Presentation to the Gerontological Certificate Series. 1996-Present

### **PROFESSIONAL PRESENTATIONS LOCAL (Continued)**

AIDS-Facts from Fiction. Chaired presentation at the Summit Series University of Colorado at Colorado Springs. 1994

Stress Mastery Training: Use it before you lose it. Lecture Summit Series, University of Colorado at Colorado Springs. 1994

Disaster Experience: The case of three. El Paso County Psychological Society dinner presentation. 1994.

Stress Mastery Training. Memorial Hospital Cardiac Rehabilitation Program. 1993.

### **CONSULTING EXPERIENCE**

Coping with Secondary Trauma and Burnout, Colorado Springs Police Department 2008.

Empowerment following Trauma. LSU Post-Katrina Education Initiative Project: St. Bernard Parish. 2006-2007.

Coping with Trauma. Beth Haven Home for Schizophrenia. 2003

Coping in a Medical Practice. Dr. Alan Rapp Internal Medicine 2000-Present

Integrative Care: Combining Mental and Physical Health Treatment for the Chronically Medically Ill. Community Health Center, Inc. 2000-Present

Stages of Change Model of Health Promotion, Penrose St. Francis and Centura Health System in Collaboration with the Colorado Springs Community Health Center. 1998-1999.

Cardiac Rehabilitation: Memorial Hospital, Colorado Springs, CO : 1994-Present

Physical Fitness: The Colony Club, Half Moon Bay, CA. Seminar on physical fitness and self-esteem. 1990

Stress Management: Davis Athletic Club, Davis, CA. 1991

Stress Management: City of San Mateo, San Mateo, CA. 1989

Stress Management: Kodak Corporation, San Jose, CA. 1989

Stress Management: Del Webb Corporation, Phoenix, AZ 1988

Stress Management: Arizona State University, Tempe AZ 1987

Depression & the Holidays: KFYZ Radio program, 1986

Employee Attitude Assessment: Phoenix Baptist Hospital, Phoenix AZ 1986

Charles C. Benight, Ph.D.

Type A Behavior: Arizona Heart Institute & Desert Samaritan Hospital, Phoenix, AZ 1986

Stress Management: Canyon Ranch Spa, Tucson, AZ 1984

**MEMBERSHIPS IN PROFESSIONAL SOCIETIES**

International Society for Traumatic Stress Studies

Stress Anxiety Research Society

American Psychological Association

Trauma Psychology Division #56 of American Psychological Association