

Benjamin Weinstein, PhD

- ⊕ Benjamin Weinstein, PhD, is a licensed clinical psychologist based in Thailand since 2003 with experience across Southeast Asia. He is a practicing clinician and educator. He teaches and trains in Thailand and regionally.
- ⊕ Ben's work supports the personal and professional growth and development of others. In addition to being a therapist and teacher, Ben specializes in designing and facilitating interactive, experiential trainings that translate complex psychological topics into concrete and practical behavioral skills and maximize behavioral skill practice.
- ⊕ Ben is a Certified Teacher of Mindful Self-Compassion (MSC), an empirically validated personal growth and development course and teaches MSC to psychotherapists around the world as a faculty expert of the Self-Compassion in Psychotherapy certificate program. He regularly teaches self-compassion in English and Thai.
- ⊕ Ben provides clinical services through Psychological Services International. He specializes in psychotherapy for trauma/PTSD, addictions, emotion regulation, veterans'/men's issues, and life transitions. He works from an integrative, experiential-behavioral model focusing on using applied mindfulness skills to help clients make their lives fulfilling and meaningful.
- ⊕ Ben is currently an Adjunct Lecturer in the Department of Psychology in the Graduate School of Chiang Mai University. From 2005-2016, he was a lecturer at the Graduate School of Psychology of Assumption University and director of the professional development program.
- ⊕ Ben provides training in behavioral skills and topics for diverse groups in Southeast Asia, including corporate staff and managers, as well as mental health and human resource professionals and NGOS. He has worked extensively across cultures and is familiar

with issues arising in diverse multicultural workplaces as well as being able to adapt content to meet the needs of non-Western participants. Ben's clients include diverse humanitarian, human-service organizations and corporations interested in resilience, adjusting to change, managing uncertainty, and enhancing performance under stress.

- Current and former clients include the Thailand Department of Mental Health, International Committee of the Red Cross (ICRC), Konterra, American Psychological Association, Save the Children UK, UN ESCAP, UN FAO, UNHCR, the Burnet Institute, Asian Institute of Technology, NOREC (formerly FK Norway), Asia Business Forum, Chevron (Thailand), Unilever-Best Foods (Thailand), and Pepsico, Thailand.
- Ben designs his trainings to be interactive and experiential. All trainings for small groups and organizations are based on recent scientific research in neuroscience, positive psychology, contemplative science and applied mindfulness.

Φ Selected examples of current and past projects since 2009:

- Φ Faculty expert, Self-Compassion in Psychotherapy (SCIP) certificate program (2021 and ongoing)
- Φ In response to COVID, provided pro-bono, online resilience training for more than 1000 human-service professionals, educators and therapists across Southeast Asia and [Thai language versions of the same training](#) for more than 2000 Thai healthcare providers and human service professionals (2020-2021)
- Φ Currently partnering with the Academy for Human Development in Singapore to providing online training in Acceptance and Commitment Therapy and integrating self-compassion into psychotherapy for therapists and human service professionals across Southeast Asia (2020 and ongoing)
- Φ From 2006-2020, supported the Norwegian Agency for Exchange Cooperation (NOREC) by designing and delivering cultural adjustment and resilience fostering curriculum for diverse global participants from across Asia and Africa participating in NOREC exchange programs.

- ⊕ Designed and delivered on-site resilience training and consultation for International Committee of the Red Cross (ICRC) team leaders and staff in Northern Iraq (2019)
- ⊕ Designed and implemented extended clinical training and supervision in Acceptance and Commitment Therapy (ACT) for mental health professionals at two of Thailand's largest regional psychiatric hospitals, including culturally appropriate adaptation of concepts and techniques (2017-2018)
- ⊕ Taught and supervised the first-ever, extended clinical training in Cognitive Behavioral Therapy for clinicians in Myanmar (in collaboration with Dr. Khin Aye Win) (2012)
- ⊕ Delivered stress-management training and on-site support for Chemonics staff implementing projects in Kabul and Kandahar, Afghanistan (2010 & 2011)
- ⊕ Designed, implemented, and provided supervisory support for a Staff Wellness Program supporting Save The Children's 1500 staff and managers in Myanmar during disaster relief efforts following Cyclone Nargis (2008-2010)
- ⊕ Designed and delivered an innovative series of brief stress management modules for Pepsico, Thailand HQ staff (2009)
- ⊕ Designed and delivered training for Thai psychiatric nurses on culturally-adapted methods to increase patient motivation to change health related behaviors, in collaboration with the Faculty of Nursing at Burapha University, Thailand (2009)
- ⊕ Partnered with The Burnett Institute-Myanmar to adapt western counseling and behavior change techniques for use by Burmese health workers and community outreach staff (2009-2011)