



Contact Information

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Personal Statement

I am a psychologist in New York who specializes in the study and treatment of compulsive buying disorder.

Editor of *I Shop Therefore I Am: Compulsive Buying and the Search for Self* (Aronson, 2000), and author of *To Buy or Not to Buy: Why We Overshop and How to Stop* (Trumpeter, 2008), I do coaching and therapy in person, via telephone and Skype, with individuals and small groups, and developed a 3-month text messaging program. All of these activities are designed to help people stop overshopping and start living richer lives.

I've written chapters for professional books about this problem, train therapists, speak to and appear in the media, and conducted and published clinical research into the efficacy of the comprehensive, multidimensional treatment model that my colleagues and I have developed.

At my website at www.shopaholicnomore.com you can read dozens of relevant blog posts and articles, information about coaching and treatment, and find a variety of important resources.

Professional Services	Therapist for compulsive buying disorder Eating disorders therapist Psychologist Researcher Media Train therapists Text Messaging Program
Practice Approach	psychodynamic psychotherapy, cognitive behavior therapy, dialectical behavior therapy, motivational interviewing, acceptance and commitment therapy, mindfulness
Client Focus	Individuals and groups
Typical Client Profile	Age: 16 and older Gender: Male and Female Income: Any Net Worth: Any
Licenses/Certifications/Designations	New York State Psychologist, License #005542
Education	Ph.D., Yeshiva University M.S., Counseling Psychology, Columbia University B.A., Barnard College
Fee Structure	Hourly fee
Years in Practice	Over 35 years
Professional Association Affiliations	Stopping Overshopping, LLC Institute for Contemporary Psychotherapy Financial Therapy Association
Do you work at a distance such as with Skype?	Yes, I work via Skype and Face Time
Research Interests	Group Treatment for Compulsive Compulsive Buying