

# West Coast Counseling Center

Envision the Possibilities



## West Coast Counseling Center

is excited to have

**Dr. Timothy G. Benson, MD,**  
join our team.

Dr. Timothy Gerard Benson is a Harvard-trained psychiatrist double-boarded in both psychiatry and addiction medicine. He is also the author of the Amazon best-selling book, *Surviving Success*. Often referred to as “The Success Psychiatrist,” Dr. Benson’s motto is “Helping the Best Get Even Better.” As a member of Harvard’s clinical faculty for a decade, he has successfully used “strength-based approaches” to engage and empower professionals who work in high-stress environments.

A native of Jefferson City, Missouri and a three-sport high school athlete, Dr. Benson attended Hampton University on a full football scholarship. He was the recipient of multiple, national-scholar athlete awards including National Leader of the Year by Toyota/Black Entertainment Television (BET), and was one of 12 recipients of the National Football Foundation and College Hall of Fame Scholar Athlete Award in 1993. Upon graduation he was awarded Hampton University’s highest honor—The President’s Cup.

He completed his medical degree at the University of Rochester School of Medicine, and Adult Psychiatry Residency at Harvard Medical School’s Massachusetts General Hospital/McLean Hospital, where he served as a Chief Resident in his final year. As an addiction psychiatrist, he became the Medical Director of both The McLean Center at Fernside and The McLean Residence at the Brook, two nationally-acclaimed, residential addiction facilities.

In addition to his clinical work and high-performance coaching programs for athletes, entertainers and entrepreneurs, Dr. Benson speaks nationally on the topics of “Succeeding Against the Odds” and “Surviving Success: Performing under the Pressures of High Expectations.” Some of the organizations he has spoken to include: Harvard University, Harvard Business School, Wharton School of Business, The Boston Celtics and many others.

Dr. Benson maintains his Harvard appointment but has expanded his private practice to the Los Angeles area. Providing psychotherapy and medication management, he treats adults with conditions ranging from anxiety and depression to addictions.

“I am passionate about using my expertise to help clients maximize their health, relationships and careers. I learned early on in my journey the importance of asking for help even before you think you need it. Knowing that one healthy relationship can make all the difference, it is true that we may go faster alone, but we can go much further together.” – Dr. Tim Benson

**Jody Frank, LCSW, DCSW, CAS**

**Cindy Busto, LCSW, DCSW**

818.986.0600 / 310.475.0223

Ext. 1# / 2#

16055 Ventura Blvd., Suite 1222

Encino, CA 91436

[info@wcccla.com](mailto:info@wcccla.com)

[www.wcccla.com](http://www.wcccla.com)

Call for free group consultation. All groups are 90 minutes/\$70.

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