​​Diane Benfield is a licensed clinical social worker who is experienced in helping people work through painful moments in life such as illness, isolation, anxiety, depression, grief, loss, interpersonal distress, family conflict, trauma, and life transitions. Diane aims to help clients feel less alone and to facilitate finding hope, strength, meaning, and purpose in suffering. Diane has been following Jesus Christ since 2000 and loves to integrate and invite God's Truth, His Word, and the power of prayer into therapy sessions when invited.

Diane earned her Master of Social Work from Barry University and Doctor of Social Work from Florida Atlantic University, specializing in clinical practice. Diane is a Certified Sex Therapist and is trained in AEDP and EMDR therapies which foster deeply relational, attachment-based, emotion-focused, experiential, and somatic interventions that prioritize safety, healing, and connection.
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Diane has experience in multiple settings including crisis pregnancy, substance abuse, oncology, psychiatric, education, and general mental health. Diane is available exclusively by telehealth on weekday evenings and Saturdays. Diane facilitates a co-ed cancer therapy group weekly.