Benedicte Aarestrup

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Although I originally grew up in Denmark I have spent the past fifteen years living and working in New Haven, where I have also raised my family, as well as worked in one of the city’s preschools as a classroom teacher. Being a part of the New Haven community and working closely with many of its children has given me vast experience and understanding of the challenges for families today, and the struggles for the families in New Haven in particular.

Over the years as a teacher I increasingly embraced techniques very similar to those of Emotionally Focused Therapy. In the classroom I strove to model communication and interactions that focused on children’s awareness and integration of emotional language: The child’s connectedness to her inner emotional world, as well as interrelations that foster a rich emotional space.

In the MFT program at SCSU I am learning to understand the therapeutic quality of working within the frame of Systemic thinking and integrating models such as Psychoanalytic Family Therapy, Experiential and Structural Approaches, Narrative and Gestalt therapy, to name a few favorites. As I continue the program I look to deepen my insights and prepare myself to connect and understand family dynamics both theoretically and through clinical experience.

Thus far my experience has focused on children and their unique educational needs. Now, I have the opportunity to broaden my scope and work with children and their families in a therapeutic environment.

**Education**

**Southern Connecticut State University**

**August 2015 -**

Enrolled in Marriage Family Therapy

**University of Massachusetts**

**2010 - 2014**

University Without Walls

Bachelor of Arts in Early Care and Education

**University Colleges of Denmark - School of Nursing**

**1994 - 97**

Completed credits toward Bachelor of Science in nursing.

**Work Experience**

**Leila Day Nursery School, New Haven CT**

**2007-2015**

*Teacher*

**Yale University, New Haven CT**

**2014- present**

*Research Assistant*