

About Ben

Therapist Credentials

Ben Meek earned his Master's Degree in Marriage and Family Therapy from Friends University in June 2005. He completed all Kansas requirements to qualify to be designated as a Licensed Clinical Marriage and Family Therapist. Ben brings common sense, the hope of faith, a rich life experience, and exposure to the latest psychological theories – all of which can be beneficial to his clients.

Theoretical Approach

Ben's style bears some resemblance to an approach called "Solution Focused Therapy". This approach begins with a collaborative effort to define problems and identify ineffective patterns. He often uses handouts to stimulate thinking or encourage conversation between sessions.

Systems Perspective

Services are provided to individuals, couples, and families from a systems perspective, which assumes that the person with symptoms may not be the only one whose patterns need to be changed. He also uses other therapeutic approaches and models associated with the Marriage and Family Therapy profession.

Life Experience

Ben started with a business degree from Kansas State University and enjoyed a thirty year career in banking. Becoming a bank President at the age of 32 gave him many years to use all of his creativity to build a successful organization. This first career also gave him a chance to work with people and often loan them money to pursue their dreams. From this vantage point he saw what worked and what did not work in many people's lives. In 2003 he shifted gears and returned to school to earn a Masters degree in Marriage and Family Therapy from Friends University. "But my marriage is probably the 'school' that has taught me the most about life," Ben observed. This rich life experience has benefited many of Ben's clients as they also seek a satisfying life experience. Ben married his wife Karen in 1970, and they have two daughters and four energetic grandsons.

Christian Counseling

Ben also has experienced a rich spiritual journey, being exposed to a wide variety of styles and theological approaches. This experience has left him open, slow to judge, and very comfortable to help others explore their unique path to God.