



Dr. Benjamin Thomason

Dr. Benjamin Thomason, a behavioral health professional and specialist, brings over 30 years of Clinical, Personal and Executive Coaching services to B.E.S.T. He also serves as a Student Assistance Coordinator and School Psychologist for several public and private institutions. Additionally, Dr. Thomason is a Psychologist for students and staff at Rutgers University.

“Dr. Ben” has significant training and experience in the field of mental health, and has provided counseling and guidance to a large number of clients in his career. His training and experience has covered a broad spectrum that includes effective and efficient occupational, transitional, and performance enhancement coaching services. Dr. Ben’s coaching strategies are effective and designed to serve clients both in and out of the workplace environment. His approach to the coaching process is very solution focused, with emphasis on increasing a client’s emotional intelligence including self–awareness, self-regulation, motivation, empathy, and social skills.

Dr. Thomason holds a Bachelor of Arts Degree in Music Education and a Master of Arts Degree in Counseling, both from Northern Illinois University. He also holds a Doctorate in Learning Theory and Psychology from Rutgers University.

Dr. Ben has several Certifications including Critical Incident Stress Management (CISM), Teaching, Counseling, Substance Abuse, and Psychology and has served as President of the New Jersey Chapter of the Association of Black Psychologists.

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