

Cesar L. Benarroche, MD; FAPA; ABAM

Dr. Benarroche is a Founding Member and chairman of the Board of Lifeskills South Florida. He served as Lifeskills Medical Director for the past thirteen years.

Dr. Benarroche is Board certified in Psychiatry and Addiction Medicine and is a Fellow of the American Psychiatric Association.

He is presently an Assistant Professor of Clinical Biomedical Science at the Charles E. Schmidt College of Medicine at Florida Atlantic University and the psychiatric consultant to the Student Counseling Centers at FAU and Lynn Universities.

Dr. Benarroche has over 25 years experience in psychopharmacology, evidence based psychotherapies, teaching, and clinical research. Dr. Benarroche received his medical degree at the University of Buenos Aires, Argentina. He completed his residence in psychiatry at the University of Rochester and was a faculty member at the Yale University's Department of Psychiatry for nine years. His clinical research focus and interests have centered on the neurobiology and treatment of anxiety, compulsive, and co-occurring disorders.

At Lifeskills South Florida, Dr. Benarroche developed a model program for co-occurring disorders utilizing modern, scientifically proven medication enhanced recovery and evidence based psychotherapies like DBT, Trauma Resolution and Motivational Enhancement Techniques.

Dr. Benarroche began to offer DBT skills groups to Lifeskills patients after training with Marsha Linehan in 2003 and was instrumental in setting up an ongoing DBT program at the facility. He was also an integral part of the Family Program providing psycho-educational lectures about the Science of addictions and worked intensively with families during Family weekends for more than a decade.

Dr. Benarroche has been in private practice in the Boca Raton area since 1991.