**Wendy E. Smith, MA, LMHC**

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**EDUCATION**

International Centre for Excellence in Emotionally Focused Therapy, Certified as Emotionally Focused Couple Therapist, 2016

**Antioch University Seattle,** M. A. in Psychology/ Mental Health Counseling, 2009

**Yale University,** M. A. and M. Phil. In English Language and Literature, 1989 and 1991

**Princeton University,** A. B. in English Literature with European Background, 1987

**Ward Melville High School,** Setauket, NY, 1983

**CLINICAL AND PRE-CLINICAL EXPERIENCE**

* Licensed Mental Health Counselor in private practice at Wendy Smith Counseling, PLLC, Seattle, WA: 2013 - present
* Licensed Mental Health Counselor Associate at Wendy Smith Counseling, LLC, Seattle, WA: 2009 - 2013
* Masters-level Clinical Intern in community mental health at Navos Mental Health Solutions, Burien, WA: 2008 - 2009
* Volunteer Phone Worker Trainer at King County Crisis Clinic, Seattle, WA: 2007 – 2008
* Volunteer Phone Worker at King County Crisis Clinic, Seattle, WA: 2006 – 2008
* Volunteer Patient Visitor in Acute Rehabilitation Unit, Swedish Medical Center, Seattle, WA: 2005 - 2006

**CLINICAL SPECIALIZATION AND APPROACH**

* Counseling for individuals and couples coming to terms with chronic, life-threatening and terminal illnesses and/or physical and sensory disabilities
* Counseling for individuals seeking treatment for anxiety, depression, trauma, grief, life and identity transitions, and unfinished business and other relational problems
* Emotionally Focused Couples Therapy
* Emotion-Focused, mindfulness-based, body-centered, existential and attachment-oriented approaches to individual therapy

**HIGHLIGHTS OF POST-GRADUATE PROFESSIONAL DEVELOPMENT**

* ICEEFT-endorsed Emotionally Focused Couple Therapy Externship and Advanced Core Skills training (96 hours)
* Group case consultation on Emotionally Focused Couple Therapy with Sue Johnson
* “Working with Highly Escalated Couples” workshop with Sue Johnson and others
* ICEEFT-endorsed online “Healing Shame” workshop with Bret Lyon and Sheila Rubin
* ICEEFT-endorsed two-day workshop on working with traumatized couples with Kathryn Rheem
* Two seasons of ICEEFT-Endorsed “In Session” program with Rebecca Jorgenson
* More than 80 hours of individual consultation on Emotionally Focused Couple Therapy and Emotion-Focused individual therapy cases with Roy Hodgson, MA, LMHC, LMFT, Seattle, WA
* Emotion-Focused Therapy for Individuals training with Leslie Greenberg, levels 1 and 2 (56 hours)
* Online Interpersonal Neurobiology course with Dan Siegel
* Online course on “Somatic Interventions for Shame, Self-loathing and Complex Trauma Treatment” with Janina Fisher
* Grief Therapy workshop with Robert Neimeyer

**PROFESSIONAL MEMBERSHIPS**

* American Counseling Association
* International Centre for Excellence in Emotionally Focused Therapy
* Seattle Emotionally Focused Therapy Community
* Grief Counselors Northwest

**OTHER PROFESSIONAL AND LIFE EXPERIENCE**

*Prior to re-training as a professional counselor beginning at age 40, I had a long history of experience in various aspects of human services service provision, planning, development and management that gave me a good foundation for understanding both the social and cultural issues facing my clients and the kinds of adjunctive services that might be available to them.*

*I have also worked as a teacher and a writer, and I have a strong background in Buddhist philosophy and mindfulness practices and in human rights activism.*

**AWARDS**

*Prior to moving to Seattle in 1994, I was the recipient of a Mellon Fellowship in the Humanities, a Fulbright Teaching Grant and a National Merit Scholarship.*