

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
- Counseling for Neurodiverse Couples

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” with Sue Johnson and others

- “Healing Shame” workshop with Bret Lyon and Sheila Rubin
- “The Application of EFT with Trauma Couples” with Kathryn Rheem
- “Tuning into Trauma” using EFIT with Leanne Campbell and others
- Private consultation with Leanne Campbell on using EFIT to treat trauma in individuals
- Two seasons of “In Session” program with Rebecca Jorgenson
- Multiple “EFT Café” programs with Kathryn Rheem and Jennifer Olden, including one on using the Experiencing Scale in couple counseling
- More than 80 hours of individual consultation on Emotionally Focused Couple Therapy and Emotion-Focused individual therapy cases with Roy Hodgson, ICEEFT trainer
- Emotion-Focused Therapy for Individuals training with Leslie Greenberg, levels 1 and 2 (56 hours)
- The Sensorimotor Psychotherapy Institute’s “Training in Affect Dysregulation, Survival Defenses and Traumatic Memory” (80 hours)
- Interpersonal Neurobiology course with Dan Siegel
- Course on “Somatic Interventions for Shame, Self-loathing and Complex Trauma Treatment” with Janina Fisher
- Grief Therapy workshop with Robert Neimeyer
- Course on Internal Family Systems Therapy with Richard Schwartz
- “Healing the Fragmented Selves of Trauma Survivors” with Janina Fisher
- “Sex as a Safe Adventure: Connecting Sexually and Emotionally through EFT” with Zoya Simakhodskaya and Michael Moran
- “Engaging Obstacles as Opportunities: Working through Relational Blocks using EFT” with James Furrow and George Faller
- “Introduction to Restorative Retelling” with Laura Takacs of Virginia Mason Grief Services
- “Neurology Matters in Couples Therapy: Fundamentals of Working with Neurodiverse Couples” offered by AANE

PROFESSIONAL MEMBERSHIPS

- American Counseling Association
- International Centre for Excellence in Emotionally Focused Therapy
- Seattle Emotionally Focused Therapy Community

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.