

Rita Smith, LCSW
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Objective

To utilize my professional experience, clinical skills and research interests in a direct practice setting or in mentoring/managing other social workers an educational setting.

- Licensed Clinical Social Worker since 1995
- Clinical experience in medical and educational settings
- Provision of counseling and crisis services to children, adolescents, adults and families since 1995
- PhD in Counseling Studies in progress
- Experienced academic and career advisor to young adults entering college
- Informal mentor to young seminarians entering pastoral counseling professions
- Active presenter/ educator to professional organizations

Education

Bachelors of Social Work	1992	UTA
Masters of Science in Social Work	1995	UTA
Specialized Training in Biofeedback and Chronic Pain	2003	Stens
Supervised Coaching Certification	2007	
Supervised in provision of Cognitive Enhancement Therapy	2008	

Accomplishments

- Organized, conceptualized and presented neurobiological aspects of learning disorders and their co-morbid conditions to Plano ISD psychologists, educational diagnosticians, and educators.
- Developed coaching techniques for children and adults with learning problems related to ADHD and other learning and disorders. Presented to professionals in a multidisciplinary setting.
- Wrote articles for ADD magazine, related to parenting children diagnosed with ADHD and its co morbid conditions.
- Developed curriculum for chronic pain groups, instructed and administered chronic pain program, obtained measurable results.
- Advisor/ contributor for a nationally syndicated counseling broadcast.
- Developed biofeedback lab for treatment of chronic pain, taught clients to monitor and lessen stress, pain and anxiety in an outpatient setting.
- Developed and taught topical issues to private school faculty and students on emotional and psychosocial problems in children and adolescents. assemblies of middle school and high school students.
- Conceptualized, prepared and taught guidance curriculum in large groups of students and faculty.
- Led discussion and small groups for students with family issues such as divorce and grief.
- Recently hired by Texas A&M as a part time adjunct professor of field instruction for graduate students.

Professional Experience

Planned Living Assistance of North Texas May 2008 - present

In my full-time position as a psychotherapist for the seriously mentally ill, I manage a caseload of 25 clients with bipolar, schizoaffective disorders and schizophrenia. In addition to providing clinical services, I am an educator for a Cognitive Enhancement Therapy group which uses computer-aided technology to remediate cognitive deficits in the due to serious mental illness.

ADD Health and Wellness January - December 2007

Responsibilities included assessment, diagnosis and treatment of adults and children with ADHD. I was selected by my employer to market our services through educational seminars to local physicians and for local independent school districts, to educators and diagnosticians. My employer selected me to receive training in the latest treatment techniques, including computer assisted cognitive remediation for attention deficits. I assisted staff neuropsychologists with testing and compilation of neuropsychological reports.

Contract Counseling and Guidance Services August 2004 – November 2007

As a contractor, I provided counseling services for children, adolescents, individuals and families. I maintained contracted guidance services for two local, private schools, including creating a guidance program, creating and conducting classroom presentations to the student body of elementary and middle school students and presenting mental health topics in faculty workshops. Responsibilities in this position included performing crisis counseling, group counseling and educational testing services for learning disorders.

Canyon Creek Psychological Services July 2002 – June 2004

I conceptualized and wrote a pain management curriculum and facilitated individual and group therapy for clients of this multidisciplinary setting. In addition, I was trained in the assessment and treatment of clients using biofeedback for alleviation of chronic pain. With funding from my employer, I set up a biofeedback lab, and administered biofeedback to pain patients. I tracked patient progress by using pain scales, and Beck Depression and Anxiety scales.

Richland College March 2001 - March 2002

Richland College employed me as a student advisor for the Business and Technical Education Center. My duties included career planning, class advisement, degree planning, enrollment and student retention. In the wake of September 11th, I organized a meeting for students and faculty, "Combating Fear" with a panel of experts and an internationally known trauma specialist.

Catholic Charities June 1999 - Dec 2000

As a clinical counselor in supervision, my caseload included a diverse population of clients for whom I provided counseling services. I also led a ten week class teaching anger management techniques to court-mandated adult clients, on a continuing basis.

Nolan Catholic High School August 1996 - June 1999

My responsibilities as a high school guidance and crisis counselor included managing a caseload of over 200 students and their academic, personal, and crisis counseling. I also sponsored Nolan's SADD CLUB (Students Against Destructive Decisions) and organized Nolan's first college fair, which drew over 100 nationwide college representatives and was attended by over 400 families.

Baylor University Medical Center October 1993 - March 1994

As a PRN Social Worker, I covered discharge planning, counseling and resource referral for the Neonatal ICU and Women's OB-GYN floor. During this time I returned to graduate school and subsequently received my Master's degree in Social Work from UTA in 1995.

CAPE (Job Training Partnerships of America) May – August 1992

I trained and supervised a caseload of 70 African-American youth for placement in the JTPA summer jobs program at local Dallas daycare facilities. I traveled to the work sites, provided ongoing training and assisted the employed youth in the management of their work environment, teaching appropriate child care skills, and assisting youth with psychosocial aspects of obtaining and keeping jobs.