

CURRICULUM VITA
Stephanie Smith, PhD, LPC, NCC, PMHP-C, CFRC
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EDUCATION:

- May 14, 2026** **Texas Tech University**
Lubbock, TX
Doctor of Philosophy in Counselor Education and Supervision
CACREP Accredited
- December 10, 2021** **Texas Tech University Health Sciences Center**
Lubbock, TX
Master of Science in Clinical Mental Health Counseling
CACREP Accredited
- May 19, 2018** **Texas Tech University**
Lubbock, TX
Bachelor of Science in Human Development and Family Studies
Awards: Magna Cum Laude, Human Sciences Honors

LICENSURE/CERTIFICATIONS:

- Licensed Professional Counselor | Texas | #88141
- National Certified Counselor | NBCC
- Certified First Responder Counselor | Academy Hour

MENTAL HEALTH EXPERIENCE:

Stephanie Smith Counseling

Fort Worth, TX

August 2022-Present

Owner

- Provide therapeutic intervention for adults and adolescents using individual therapy in a private outpatient setting
- Provide individual, couples, and family counseling services
- Engage in diagnosis and treatment planning in partnership with the client to address symptoms and goals using a strengths-based approach
- Utilize multiple theoretical models and interventions, including Eye Movement Desensitization and Reprocessing to address a wide range of client problems
- Maintain in-network insurance status with 30+ insurance plans, with more in process

University Medical Center Lubbock, TX

On-Site Direct Services Counselor

May 2022-March

2024

- Provided therapeutic intervention for employees and their dependents using individual therapy in an outpatient setting

- Engaged in diagnosis and treatment planning in partnership with the client to address symptoms and goals using a strengths-based approach
- Utilized Cognitive-Behavioral Therapy, Dialectical Behavior Therapy, and Eye Movement Desensitization and Reprocessing Therapy to address a wide range of client presenting issues.
- Provided crisis intervention and stabilization for employees and patients
- Developed and delivered psychoeducational programs addressing a wide range of issues, including burnout, postpartum depression, developing resilience at a group departmental level
- Participated in weekly case staffing and supervision

STARCARE SPECIALTY HEALTH SYSTEMS Lubbock, TX

CCP Crisis Counselor and Outreach Coordinator **November 2020-June 2021**

- Provided brief individual interventions in Lubbock and surrounding counties for residents experiencing stress, trauma, and grief related to the COVID-19 pandemic
- Presented psychoeducational material on stress reactions and coping skills to groups in a variety of settings including healthcare, education, and residential treatment
- Led weekly psychoeducational and support groups for front line social service workers during the pandemic
- Prepared and maintained weekly reports for Regional and Statewide Coordinators and participated in statewide meetings to coordinate services and needs across centers
- Engaged in crisis assessment and response as needed to support the systems needs

Adult Mental Health Case Manager **Sept '18 – Nov '20; July '21-May '22**

- Managed a caseload of approximately 300 adults in Lubbock County
- Assessed wellbeing treatment progress -*Texas Adult Needs and Strengths Assessment*
- Formulated a treatment plan alongside clients, tailored to individual needs and goals
- Assisted in connecting individuals and families with community resources for financial, health, and spiritual needs
- Coordinated service assistance with Social Security, South Plains Food Bank, LifeRun, the Salvation Army, and other assistance organizations
- Utilized the *Illness Management and Recovery Manual* to provide skills training on a variety of topics related to mental health, social skills, and daily functioning

Buckner Family Pathways **Lubbock, TX**

Family Pathways Coordinator **August 2017 - December 2017**

- Developed and implemented curriculum for career development seminar
- Participated in regular, individual goals meetings with residents
- Organized and produced numerous events including a Fall Festival and Resident Christmas Party to foster community building
- Advised residents in social, personal and academic matters

PUBLICATIONS

Smith, S. L. & Hardin, A. (2024) Supervision in crisis situations: A practical guide.
SACES Newsletter, 19(3)

PRESENTATIONS

Smith, S.L. (2026, August 1) *Caring for the Caregiver*. Presented on behalf of Daughters of the American Revolution, Sally Kincaid Cook Chapter

Smith, S. L. & Fairchild, J. (2024, April 27) *Parenthood and Academia: Mixing Oil and Water*. Presented on behalf of Chi Sigma Iota, Theta Theta Upsilon Chapter

Hardin, A., Lilly, S., **Smith, S. L.**, & Giang, L. (2024, February 22) *Cultivating Cultural Competency: Nurturing Inclusive Practices in MLIs and Associates* Presented at Texas Association of Counselor Education and Supervision Mid-Winter Conference

Lee, S., **Smith, S. L.**, & Hardin, A. (2023, April 21) *Advocacy in Action: Advocates in Rural Health, Health and Human Services, and Aging*. Presented at the Texas Tech Counselor Education Student-Led Conference on Multicultural Social-Justice Advocacy and Leadership

PROFESSIONAL MEMBERSHIPS/AFFILIATIONS:

National/International:

American Counseling Association

Chi Sigma Iota

International Association of Marriage and Family Counselors

State:

Texas Counseling Association

Texas Association for Counselor Education and Supervision

Texas Mental Health Counselors Association

Local:

North Central Texas Counseling Association

West Texas Counseling Association

COMMITTEE MEMBERSHIPS:

Texas Counseling Association Educational Endowment Fund Committee

OTHER PROFESSIONAL EXPERIENCES:

Teaching:

Lecturer EPCE 5369 Psychopharmacology

Texas Tech University- Dr. Susan Lilly

Lecturer EPCE 5370 Ethical and Legal Issues in Counseling

Texas Tech University – Dr. Nicole Noble

Lecturer EPCE 6337 Advanced Ethics and Legal Issues
Texas Tech University – Dr. Bret Hendricks

Grants:

Health Resources & Services Administration- Health Workforce Grant
On-Site Counselor/Grant Team Member

Texas Health and Human Services Commission- Texans Recovering Together
Crisis Counselor and Outreach Coordinator

Service:

State

Educational Endowment Committee, Texas Counseling Association 2024
Texas Counseling Association Professional Growth Conference 2022
Texas Counseling Association Professional Growth Conference 2023

College/University

CPCE Exam Preparation, Research Section | Texas Tech University