

# Robert J. Smith, Ph.D.

*Licensed Psychologist*

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781-890-8226

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## **CONSULTATION AND TRAINING SERVICES**

**1992 – Present.** Seminars, workshops, coaching, and consultation services provided to these companies, non-profit organizations and educational institutions:  
Nynex; Bank of Boston; Genetics; ISM Strategic Marketing; Pilgrim Health Care; Lynch, Ryan & Associates; Concilio Hispano; Interface; Smith Brothers Insurance Company; Greater Boston Council of Realtors; Continental Loss Adjusters/Rehabilitation Associates; Harvard University; Brandeis University; Bentley College; Boston College; Mt. Ida College; Mass Bay Community College; Beaver Country Day School; Red Auerbach Basketball School; Braintree Hospital; National Youth Sport Coaches Association; National Athletic Trainers Association; MIT; Gillette; Travelers Insurance; American Express; Newton Public Schools; FedEx; Digital Equipment Corporation; Haskins Oldsmobile; New England Mechanical Services, Inc.; Intuit, Inc., Association for Applied Sport Psychology; Boston University Sport Psychology Department; Boston Celtics Performance Team, 3-D Lacrosse

## **CLINICAL EXPERIENCE**

### **Triumph Center, Reading, MA (January 2012 – Present)**

Part time clinical psychologist, teens, adults, couples and families. Former Clinical Director (2012-2015), and former Director of Club Triumph (2014-2015), a summer program designed to teach developmentally delayed young adults life skills needed to transition to college, work, and independent living.

### **HealthPoint, Waltham, MA (June 1999 – Present).**

Private practice located in HealthPoint Fitness Center (also the practice site for Boston Celtics). Organizational/personal consulting, weight/stress/conflict & pain management, injury/illness adjustment, performance enhancement, managing change, supervision of students and professionals.

### **Biobehavioral Sciences, Boston, MA (August 1996 - July 1999)**

Clinical psychologist, consultant and Member, Board of Directors at Biobehavioral Sciences, Inc. Primary duties involve consulting, training, new product/services development, and marketing.

### **Creative Problem-Solving, Wellesley, MA (October 1991 - August 1996)**

Founder of private practice, specialized in assessment and therapy with group, couples, individual, family and sex therapies, injury recovery, stress management and performance enhancement. Consultant to schools/organizations, training seminars on Problem-Solving, Sport Psychology, and Coping With Injury and Stress/Change

### **Private practice, Bridgeport, CT (December 1989 – September 1991)**

Part-time (Fifteen hours per week) clinical psychologist, working with teens and adults. Individual and couples therapies, mainly problem-solving, conflict resolution, CBT-style therapy.

### **Greater Bridgeport Community Mental Health Center, Bridgeport, CT (May 1988 - September 1991)**

Full-time Post-doctoral Fellow (1988-1989) and Clinical Psychologist (1989-1991). Primary responsibility: acute inpatient/day hospital care - including assessment, diagnosis, individual and family crisis intervention, and group treatment; also taught staff in-services on conducting mental status exams, and supervised psychology interns from Hall-Brooke Hospital, who worked part-time at the Center.

### **University of Cincinnati, Cincinnati, OH (January 1984 – October, 1987)**

Pre-doctoral "Captive" internships (3 separate sites over 3 years, 20 hours/week, all APA-Approved): University Student Counseling Center Walk-in Evening and Day Clinic, graduate student therapist working with stress management, depression, adjustment issues, etc. Hamilton County Justice Center, clinician performing assessment and brief treatment to inmates in jail mental health clinic. Community Mental Health Center, serving Cincinnati low-income population, individual therapy using CBT and psychodynamic therapy modalities

### **Mount Sinai Hospital, Hartford, CT (May 1985 – August 1985)**

Full time Mental Health Worker on adolescent inpatient unit. Individual counseling, support, behavioral management, and psychoeducational group work within a multi-disciplinary medical team model.

## **RESEARCH AND PUBLICATIONS**

- Smith, R.J. (2007). Black belt for life: A memoir of personal development and the martial arts. Philadelphia, PA: Xlibris
- Hays, K. & Smith, R.J. (2002). Incorporating sport and exercise psychology into clinical practice. In J. VanRaalte & B. Brewer (Eds.) Exploring sport and exercise psychology. (2<sup>nd</sup> Edition) Washington, DC: APA Press.
- Smith, R.J. (1998). Recognition, management, and referral of the injured athlete with psychological problems. Athletic Therapy Today, January, 1998, 24-27.
- Smith, R.J. (1993). Sports Lessons. Monthly column in Lowell Sun Newspaper, Lowell, MA
- Smith, R.J. (1992). Injuries hurt more than the body (Part 1, p. B3, 8/4/92 issue), & Confronting serious injury (Part 2, p. B5, 8/11/92 issue). Newton, MA: The Tab Newspapers
- Smith, R.J. (1992). What do athletics really teach kids?. Newton, MA The Tab Newspapers, January 21, 1992: 31-34.
- Kirschenbaum, D., Wittrock, D. & Smith, R. & Monson, W. (1984). Criticism inoculation training: Concept in search of a strategy. Journal of Sport Psychology, 6 (1), 77-93.
- Kirschenbaum, D. & Smith, R. (1983). A preliminary study of sequencing effects of coach feedback. Journal of Sport Psychology, 5 (3), 332-342.

## **EDUCATION AND LICENSURE**

CT Psychologist License #1550 1989, MA Psychologist License #6145 1991

University of Cincinnati: M.A. 1985 & Ph.D. 1988 Clinical/Consulting Psychology

University of Wisconsin-Madison: 1983 B.A. Psychology

## **CERTIFICATIONS**

**January 1996 – Present:** Certified Mental Performance Consultant (CMPC), Association of Applied Sport Psychology; U.S. Olympic Registry of Sport Psychologists

**July 2000 – Present:** Black Belt (currently 4<sup>th</sup> degree) Instructor, Kenpo Style Karate, Esposito's Karate Fitness Program, Newton, MA

## **TEACHING AND SUPERVISION EXPERIENCE**

**Triumph Center, Reading, MA** (2012 – Present)

Clinical Director, 2012-2016. Developed clinical services program and supervised Masters- and Doctoral-level clinicians. Developed and directed Club Triumph program (for developmentally delayed young adults), supervised Bachelors-, Masters- and Doctoral-level counselors. Supervised clinical work for graduate student interns 2012-2014.

**Esposito's Karate Fitness Center, Newton, MA** (2004 – Present)

Teach karate to teens and adults, preparation for testing and real-life application of martial arts principles and techniques (with and without weapons).

**Private Practice, Waltham, MA** (1991 – Present)

Supervise graduate-level students seeking certification as sport performance consultants through the Association for Applied Sport Psychology.

**Association of Applied Sport Psychology** (2011)

Developed and delivered a 6-credit continuing education class (at the annual conference) on applying Motivational Interviewing principles and techniques to sport psychology consultation work.

**Noble and Greenough School, Dedham, MA** (1992 – 1996)

Coached Boys' basketball team for 3 seasons, supervised an assistant coach.

**Fisher College, Boston, MA** (Spring, 1992)

Taught Introduction to Psychology class to undergraduate students.

## **CLINICAL INTERESTS AND EXPERTISE**

Individual, group, and organizational performance enhancement in school, sports, music, theater, public speaking, sales and other presentations. Leadership and team-building training. Clinical work with adolescent and adult clients suffering from issues related to anxiety, depression, trauma, injury, anger, grief, interpersonal conflict and problem-solving, and coping with life transitions.