

Josh Smith, MSW, LMSW

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Experience:

July 2016 – present: Co-Owner of the DBT Institute of Michigan

- Oversees day-to-day business issues of the center including money management, contracted therapists, trainings, supervision and marketing.
- Provides outpatient individual and group therapy to adolescents, families, adults and couples with:
 - Suicidal and Non-Suicidal Self-Injurious Behaviors (adults and adolescents)
 - Borderline Personality Disorder
 - Individuals with Eating Disorders (adults and adolescents)
 - Individuals with Mental Impairments and Developmental Disabilities (adults and adolescents)
 - Individuals with Substance Abuse Behaviors (adults and adolescents)
 - Depression in the Elderly

January 2012 – present: Lead DBT Trainer and Consultant for Michigan Dept. of Community Mental Health

- Provides DBT trainings to all Community Mental Health centers in the State of Michigan
 - Adult DBT
 - Adolescent DBT
 - Substance Abuse DBT
- Consults with DBT teams to help with implementation issues
 - Adult DBT teams
 - Adolescent DBT teams
- Coordinates with State officials on approval process and adherence measurements with PIHP/CMH DBT teams using DBT codes for reimbursement

November 2011 – present: Owner/Founder The DBT Center of Western Kentucky

- Oversees day-to-day business issues of the center including money management, contracted therapists, trainings, referrals, supervision and marketing.
- DBT Team Leader and in charge of treatment adherence

August 2008 – present: Clinical Instructor Michigan State University Psychiatry Department

- Teaches DBT to 2nd and 3rd year residents in the Psychiatry Department
- Supervises 3rd and 4th year residents while in their clinical rotation at the DBT Center of Michigan

**June 2006 – present: Clinical Instructor
Michigan State University School of Social Work**

- Developed a 2-day Dialectical Behavior Therapy Course
- Teaches DBT to 2nd year graduate students in Social Work
- Field Instructor for 2nd year MSW students

**June 2006 – May 2016: Co-Owner/Founder
The DBT Center of Michigan, PLLC**

- Oversaw day-to-day business issues of the center including money management, contracted therapists, trainings, supervision and marketing.
- Provided outpatient individual and group therapy to adolescents, families, adults and couples with:
 - Suicidal and Non-Suicidal Self-Injurious Behaviors (adults and adolescents)
 - Borderline Personality Disorder
 - Individuals with Eating Disorders (adults and adolescents)
 - Individuals with Mental Impairments and Developmental Disabilities (adults and adolescents)
 - Individuals with Substance Abuse Behaviors (adults and adolescents)
 - Depression in the Elderly
- Contracted nationally and locally with agencies to provide individual and group therapy services and staff adherence to DBT.
- Developed DBT as a treatment milieu for adolescents and adults in a variety of settings.
- DBT Team Leader and in charge of treatment adherence

**February 2006 – 2012: National DBT Trainer
PESI, LLC**

- Provides trainings and consultation to mental health professionals and agencies (outpatient clinics, residential treatment centers, day treatment programs, psychiatric hospitals) in DBT around the country.
- Designed and implemented a one day standard DBT seminar.
- Designed and implemented a one day adolescent/family DBT seminar.
- Designed and implemented a two-day DBT seminar.
- Designed and implemented a four-day DBT seminar.
- Designed and implemented a five-day Comprehensive DBT seminar.
- Designed manual, handouts and power point presentations for each seminar.

November 2004 – July 2008: Private Practitioner

- Provides outpatient mental health therapy to children, adolescents, adults, and couples.
- Facilitates and co-facilitates adult and adolescent/family DBT Skills Groups.
- Panelled with multiple insurance panels.
- Consults with multiple agencies and individual practitioners in DBT.

**May 2002 – May 2006: CMH Outpatient Mental Health Therapist
Pines Behavioral Health Services (Branch Co. CMH)**

- Provided outpatient mental health therapy to children, adolescents, adults and couples.

- Took part in a 24-hour emergency on-call rotation and screened individuals for hospitalization.
- Developed a DBT program for adults and adolescents/families.
- Co-lead a weekly DBT Skills Training Group for Individuals with Developmental Disabilities at a local club house
- Leader of the DBT Consultation Team.
- Implemented Aggression Replacement Training (ART) for Branch Co. Juvenile Court Day Treatment Program.

Training/Certification:

- Two Day Introduction to DBT Training
- Two Day Advanced Topics in DBT with Emphasis on Adolescents Training
- 10-Day Intensive DBT Training
- Two Day Individual DBT Training
- Two Day DBT Train the Trainer Training
- Two-Day DBT Emotion Regulation Skills Training
- Two-Day Treating Anxiety and PTSD with Exposure Therapy Protocol and DBT
- Two-Day Optimizing the Engine of DBT Individual Therapy
- Part I EMDR Training
- DBT Supervision with International Expert Linda Dimeff, PhD (October 2012 – June 2014)
- Linehan-Board of Certifiers, Certified DBT Clinician

Education:

- **Masters Degree in Clinical Social Work**, Michigan State University
- **Bachelors Degree in Social Work**, Michigan State University