

KELLY SMYTH-DENT, LCSW

Reno, Nevada | www.scalingupemdr.com

EDUCATION

Master of Social Work, University of Denver, Denver, CO June 2016

Concentration: Mental Health

Certificate: Marriage and Family Therapy, Denver Family Institute

Certificate: Social Work for Latinos/Latinas (Intermediate Level Spanish Speaker)

Master of Public Affairs, University of North Carolina, Greensboro, NC June 2012

Focus: Nonprofit Management

Bachelor of Arts, Elon University, Elon, NC June 2006

Major: Human Services

WORK EXPERIENCE

Founder and CEO August 2018 – Present

Scaling Up, LLC

- Built and grew a business aimed at providing accessible, affordable, and effective trauma interventions to mental health therapists in both group and individual settings.
- Provide EMDR (Eye Movement Desensitization and Reprocessing) Therapy training and services to clients experiencing the effects of trauma and PTSD.
- Implement an accessibility plan for clients in rapid response settings and clinicians wanting high-quality training and interventions.
- Develop a supportive and inclusive community of mental health clinicians desiring connection with fellow, like-minded therapists.

Private Practice Psychotherapist June 2016 – October 2023

Kelly Smyth-Dent Counseling, PLLC

- Enhanced the well-being of the relationships and lives of individuals, couples, and families through psychotherapy, utilizing Narrative Theory, Feminist Theory, and a Client-Centered Approach.
- Provided EMDR (Eye Movement Desensitization and Reprocessing) therapy to clients experiencing the effects of trauma and PTSD.
- Conducted Emotionally Focused Therapy (EFT) to couples and families that wanted to enhance the intimacy and connection in their relationships.
- Offered family and play therapy to children and adolescents, along with their parents and siblings.
- Provided consultation and training to fellow therapists, humanitarian workers and first responders.

Couples and Family Therapy Clinician August 2015 – August 2017

MSW Joint-Student, Denver Family Institute, Denver, CO

- Provide Emotionally-focused Therapy (EFT) for six couples and families per week
- Wrote progress notes and developed treatment plans and interventions appropriate for the families
- Receive bi-monthly individual and group supervision with live and video observation for direct feedback
- Presented on case studies with supervisor and peers monthly

Bilingual Individual, Family and Child Play Therapy Clinician August 2015 – June 2016
MSW Intern, Maria Droste Counseling Center & Gust Elementary School, Denver, CO

- Conducted client-centered play therapy for 12 children per week in an elementary school setting.
- Provided clinical individual and family therapy sessions in an agency setting for five clients per week.
- Completed intakes, evaluations, assessments, and individualized service plans in Spanish and English.
- Developed and submitted treatment plans, progress notes, diagnoses, and insurance information
- Received weekly individual supervision, monthly case conferences, and group supervision.

Mental Health Clinician June 2014 – May 2015
MSW Intern, Servicios de la Raza, Denver, CO

- Provided weekly clinical therapy sessions for 13 Mexican-American individual clients in English.
- Conducted individual intakes, evaluations, treatment plans and submitted Medicaid reimbursements.
- Developed and monitored treatment plans and progress, and maintained clinical charts and reports.
- Received bi-monthly individual supervision and monthly group supervision.

Refugee Resettlement Program Supervisor July 2013 – April 2014
Church World Service (Reception and Placement program), Greensboro, NC

- Coordinated all case management services for over 200 clients, including mental and physical health care needs, housing referrals, and food stamp/Medicaid applications with weekly supervision.
- Established rapport with a diverse client caseload and conducted bio-psycho-social assessments.
- Empowered each client to accomplish their goals according to their strengths and desires.
- Supervised four staff members, seven AmeriCorps members, and ten language interpreters.

TRAININGS AND CERTIFICATIONS

Eye Movement Desensitization and Reprocessing (EMDR) Trainer April 2023
EMDR International Association (EMDRIA)

EMDR-IGTP, EMDR-PRECI & ASSYST Trainer September 2020
Dr. Ignacio Jarero

The World of Firefighting and Emergency Medical Services Behavioral Health February 2017
Firefighter Behavioral Health Alliance

Applied Suicide Intervention Skills Certification December 2016
LivingWorks training workshop

Trauma-Informed Care Trainer Certification December 2016
Colorado Professional Development Center

Eye Movement Desensitization and Reprocessing (EMDR) Basic Training Oct 2016
EMDR in Fort Collins with Janet Wright, LCSW

Trauma-Informed Care Practitioner Certification Oct 2016
Colorado Professional Development Center

Emotionally Focused Therapy (EFT) Externship May 2016
Colorado Center for Emotionally Focused Therapy

Nonprofit Management Professional Certification Nov. 2009
Duke University

PUBLISHED RESEARCH

Smyth-Dent, K., Fitzgerald, J., & Hagos, Y. (2019) A Field Study on the EMDR Integrative Group Treatment Protocol for Ongoing Traumatic Stress Provided to Adolescent Eritrean Refugees Living in Ethiopia, *Psychology and Behavioral Science International Journal*, 12(4), pp. 001-012.

Smyth-Dent, K., Walsh, S.F., & Smith, S. (2020) Field Study on the EMDR Integrative Group Treatment Protocol for Ongoing Traumatic Stress with Female Survivors of Exploitation, Trafficking and Early Marriage in Dhaka, Bangladesh, *Psychology and Behavioral Science International Journal*, 15(3), pp. 001-008.

PRESENTATIONS, SEMINARS AND WORKSHOPS

Keynote Speaker – Not Your Typical Psychotherapist Conference in London September 2023
Title: Entrepreneurship and EMDR Therapy

Conference Speaker – Not Your Typical Psychotherapist Conference in Tuscany, Italy April 2023
Title: Countertransference and Group EMDR Therapy

Conference Speaker – Not Your Typical Psychotherapist Conference in Kona, Hawaii July 2022
Title: Treating Acute Stress and Regulating the Nervous System

Guest Lecture: Group EMDR With Refugees Feb 2017
Dr. Rohini Gupta's Trauma Interventions class Feb 2018
University of Denver Graduate School of Professional Psychology

Guest Lecture: Sand Tray Play Therapy Feb 2017
Professor Stephen von Merz's Strategies & Techniques of Family Systems Theory class Oct 2016
University of Denver Graduate School of Social Work

Guest Lecture: Understanding Trauma Oct 2016
Professor Stephen von Merz's Clinical Social Work Theories and Practice class
University of Denver Graduate School of Social Work

RESEARCH EXPERIENCE

Published Research September 2019
Field Study on the EMDR Integrative Group Treatment Protocol for Ongoing Traumatic Stress with Female Survivors of Exploitation, Trafficking and Early Marriage in Dhaka, Bangladesh

Published Research July 2019
A Field Study on the EMDR Integrative Group Treatment Protocol for Ongoing Traumatic Stress Provided to Adolescent Eritrean Refugees

Field Work in Puebla, Mexico utilizing EMDR-PRECI with First Responders March 1-4th, 2018
Dr. Jarero and his research team

Field Work in Puebla, Mexico utilizing EMDR-IGTP with Cancer Patients August 1-4th, 2017
Dr. Jarero and his research team