

Robert L. Smith, Ph.D.

429 E. Vermont St., Suite 11. Indianapolis, IN 46202

Curriculum Vitae

Education:

Northcentral University, San Diego, Doctorate of Philosophy in Psychology August 2000

*Now National University

Christian Theological Seminary, Indianapolis, IN May 14th 1995
Master of Arts in Marriage and Family Therapy

Marian University, Indianapolis, IN May 12th 1991
Bachelor of Arts in Psychology and Liberal Arts

St. Vincent Hospital School of Paramedics, Indianapolis, IN December 1983
Indiana State Paramedic License #4910486

Internships:

St. Vincent Stress Center-Employee Assistance Program 1993-1995

Provided brief psychotherapy, case management and utilization of community resources.

Supervision of casework by Donovan Bear, MSW

Christian Theological Seminary Marriage and Family Clinic 1993-1995

Provided psychotherapy, administered and interpreted psychological tests, utilization of community resources, assessments and referrals. Supervision of cases by Brian Grant, PhD HSPP

Post Graduate Supervision 1995-2000

Supervision of casework by Ken Nunnally, Ph. D., HSPP

Eye Movement Desensitization and Reprocessing (EMDR) Supervision

Supervised by Dr. Timothy Hull, Ph.D. 2009-Present

Work Experience

- Psychotherapist Consultant 1995-Present
Private practice psychotherapy, 429 East Vermont, Suite 11. Indianapolis, IN, 46202. Psychotherapy with individuals. Specialties include; Public Safety, conduct training and seminars in fire service and other occupational settings. Military, Trauma.
- Clinical Director, Indianapolis Fire Department/Local 416 Peer Support Group 1995-Present
429 E. Vermont St. Suite 11 Indianapolis IN. 46202. Provide clinical direction/supervise a 30-40 person team of peers. Provide mental health/stress training to peers, firefighters, officers. Provide support to the fire department administration. Job duties Involve direct interaction with firefighters in the field.
- Clinical Director, Hamilton County/Local 4416 Peer Support Unit. 2012- Present
429 E. Vermont St. Suite 11 Indianapolis IN. 46202. Provide clinical direction/supervise team of peers. Provide mental health/stress training to peers, firefighters, officers. Provide support to the fire department administration. Job duties Involve direct interaction with firefighters in the field.
- Clinical Director, Hendricks County/Local 4406 Peer Support Unit. 2012-Present
429 E. Vermont St. Suite 11 Indianapolis IN. 46202. Provide clinical direction/supervise a team of peers. Provide mental health/stress training to peers, firefighters, officers. Provide support to the fire department administration. Job duties Involve direct interaction with firefighters in
- Clinical Director, Boone County Peer Support Team. 2020-Present
Provide clinical direction/supervise team of peers. Provide mental health/stress training to peers, firefighters, officers. Provide support to the fire department administration. Job duties Involve direct interaction with firefighters in the field.
- Clinical Director Johnson County Peer Support Team. 2019-2022
Provide clinical direction/supervise a team of peers. Provide mental health/stress training to peers, firefighters, officers. Provide support to the fire department administration. Job duties Involve direct interaction with firefighters in the field
- Lieutenant/Paramedic/Firefighter 1982-2014
Indianapolis Fire Department, 555 New Jersey St., Indianapolis, IN 46204 Supervise fire suppression duties and delivery of care to the Sick and injured. Fill in as EMS duty officer, Clinical Director of department Peer Support Groups/Stress Management Unit/CISM Team. Assist in stress/mental health training.
- Lieutenant/ Paramedic/Psychotherapist 1982-2006
Washington Township-Indianapolis Fire Department. 1595 E. 86th Street, Indianapolis, IN 46240. Supervise Fire suppression duties and delivery of care to the sick and Injured, provide training, Instructor, Stress Management Unit Clinical Director. Teach classes in stress management, EMS, leadership and psychology. Supervise the Fire Department Stress Management Unit.
- Resident Clinical Supervisor, Christian Theological Seminary Marriage and Family Therapy Clinic
Supervise and evaluate Interns in a Masters Level Marriage and Family Therapy Program. 2012-2014

Adjunct Faculty Marian University, Indianapolis, IN. 2000-2010.

Instructor in the Marian College Adult Education Program (MAP) for General Psychology, Industrial/Organizational Psychology, Developmental Psychology and Conflict Management Courses within a liberal arts curriculum.

Adjunct Faculty Christian Theological Seminary (Butler Univ. Campus). Masters in Family 2018- present

Teach courses and supervise interns in the Masters of Marriage and Family Therapy Program

Indiana Guard Reserve 2000-2014

Lieutenant Colonel (Ret.)/ Commander-Medical Detachment. In command of paramedics, physicians, nurses and other clinicians in a military medical unit.

Emergency Medical Services (EMS) Instructor/Preceptor 1986-1999

St. Vincent Hospital Educational Services Department, 2001 East 86th Street, Indianapolis, IN 46240. Teach psychology and behavioral emergency courses, prepare tests, assist in selection process, review charts for quality assurance, teach paramedic skills, teach Advanced Cardiac Life Support (ACLS) and supervise and evaluate paramedic students.

AWARDS

Public Safety Commendation, Indianapolis Fire Department 2019

Thirty Year Service Award from Indianapolis Fire Department 2012

Twenty Five Year Service Award from Indianapolis Fire department 2007

Distinguished Young Alumni Award from Marian University. 2003

Safety-Training Award from Washington Township Fire Department 2000

Platinum Education Award from Washington Township Fire Department. 2000

Psi Chi Certificate of Excellence in Research. 1991

Tutor Leadership Award from Marian University . 1991

Paramedic of the Year at Washington Township Fire Department. 1991

Inducted into Psi Chi- National Honor Society in psychology. 1988

Trustee's Award for Firefighter of the Year. 1986

Marion County Sheriff's Department Certificate of achievement (for a rescue incident). 1986

Professional Licenses and Certifications

Indiana State Mental Health Counselor License #39000576

Indiana State Marriage and Family Therapist License #35001420

Indiana State Paramedic License #4910486 (1984-2015)

Indiana Department of Homeland Security---Fire Instructor I

Clinical Fellow of the American Association of Marriage and Family Therapists

Past Approved Supervisor, American Association of Marriage and Family Therapists

Officer's Candidate School Graduate – Indiana Guard Reserve

Advanced Officer's School Graduate – Indiana Guard Reserve

Member-American Association of Experts in Traumatic Stress, Board Certification in Trauma Response

Certification in Eye Movement Desensitization and Reprocessing (EMDR)

NATIONAL AND INTERNATIONAL COMMITTEES.

International Association of Firefighters-Wellness Initiative Task Force. Behavioral International Association of Firefighters-Behavioral Health/ Peer Support Development Committee. 2014-2018

Master Peer Support Trainer. 2014- 2018

PUBLISHED WORKS:

Smith, R.L (2024) Irritability as a Symptom *The Helmet*, 165 (2) May 2024, Indianapolis

Smith, R.L.(2023) Understanding Thought.Distortions. *The Helmet*, 164 (4) September 2023, Indianapolis

Smith,R.L. (2023) The Body, Brain and Mindfulness. *The Helmet*, 166 (4). Winter 2023, Indianapolis.

Smith, R.L. (2022). Shame and Behavioral Heath, *The Helmet* 163(2) Spring 2022, Indianapolis.

Smith, R.L. (2020) The Science of Building Resilience. *The Indiana Firefighter*, Winter 2020. Indianapolis.

Smith, R. L. (2020) Building Resilience. *The Helmet*. 161(4). Indianapolis Firefighters Local 416, Indianapolis

Smith, R.L. (2020) What is Anxiety, *The Helmet* 161 (1). Indianapolis Firefighters Local 416, Indianapolis

Smith, R.L. (2019) Expressing Grief, *The Helmet* (4). Indianapolis Firefighters Local 416, Indianapolis.

Smith, R.L. (2018) Stress Reading for Responders, *The Helmet* 159 (3). Indianapolis Firefighters Local 416, Indianapolis.

Smith, R.L. (2018) Stress Reading for Responders, *Hamilton County Firefighter* 12 (2). Hamilton County L4416, Noblesville (IN).

Contributor to mental health section of the Wellness Fitness Initiative, a publication of the International Association of Firefighters and the International Association of Fire Chiefs. (2015)

Smith, R.L. (2015) "The IAFF PTSD Webinar" *The Helmet*, 154 (3). Indianapolis Firefighters Local 416: Indianapolis

Smith, R.L. (2014) "The IFD Peer Support Group" *The Helmet*, (4). Indianapolis Firefighters Local

Smith, R.L. (2015) "The Crisis of Firefighter Suicide" *The Helmet*, 154(5). Indianapolis Firefighters Local 416: Indianapolis

Smith, R.L. (2015) "The Continuing Crisis of Firefighter Suicide" *Indiana Professional Firefighters* Spring, 2015

Smith, R. L. (2014) "Peer Support." *The Helmet*, 154(2). Indianapolis Professional Firefighters Local 416: Indianapolis

Smith R. L. (2014) "Stress Management." *The Helmet*, 154 (1). Indianapolis Professional Firefighters Local 416: Indianapolis

Smith, R. L. (2013) "Mental Health Awareness in the Indianapolis Fire Department." *The Helmet*, 150 (2). Indianapolis Professional Firefighters Local 416: Indianapolis

Smith, R. L. (2006). "Occupational Variables in Counseling." *The Advocate*. National Association for Licensed Mental Health Counselors.

Smith, R. L. (2006). "Psychotherapy with Firefighters, Spouses and Families." *The Advocate*. National Association for Licensed Mental Health Counselors.

Smith, R.L. "Occupational Drills" *The Helmet*, 142 (4). Indianapolis Professional Firefighters Local 416: Indianapolis.

Smith, R.L. (2002) "Big Brothers, Big Sisters of the Fire Service." *Fire Chief*. Penwell; New York.

Smith, R.L. (2002) "How to Balance the Two Families of Firefighting." *Fire Chief*. Penwell; New York.

Smith, R.L. (2001) "Coping with Catastrophe." *Fire Chief*, Penwell; New York

Smith, R. L. "Are Firefighters Reluctant to Seek Mental Health Treatment?" *The Helmet*, 141 (1). Indianapolis Professional Firefighters Local 416; Indianapolis.

Smith, R.L. "Signs and Symptoms of Depression." *The Helmet*, 140(5). Indianapolis Professional Firefighters Local 416; Indianapolis

Smith, R.L. (2000) "*An Investigation of Organizational Socialization in the Fire Service and its Influence on Firefighters Seeking Mental Health Services*". Doctoral Dissertation: NorthCentral University.

Smith R. L. (2000) "Critical Incident Stress: Coping with Life's Emotional Rollercoaster". *The Phoenix*.

Smith, R.L. "Things Associated with Success in a Relationship." *The Helmet*, 137. Indianapolis Professional Firefighters Local 416 Indianapolis

Smith, R. L. (1997) "What's the Big Deal About Relationships?". *Journal of Emergency Medical Services*. Penn Well Corporation; San Diego.

Smith, R.L. "Boundaries." *The Helmet*, 136(2). Indianapolis Professional Firefighters Local 416; Indianapolis. Smith, R.L. (1995) "Relationship Between the Station Officer and the Firefighter." *The Voice*.

Smith, R. L. (1995) "Warning Signals." *The Voice*.

Smith, R. L. (1995) "What Should I Watch For?" *The Helmet* 134. Indianapolis Professional Firefighters Local 416: Indianapolis

Presentations :

Podcast: When the Smoke Clears, Parts 1-4. Panel discussion with the State Fire Marshall. Indianapolis. May 2024

Resilience For Prehospital And Hospital Employees. Indiana University Health Symposium. Noblesville IN 2024

Treating Trauma in Firefighter/EMS Populations . Albuquerque FD Behavioral Health Symposium. November 2022

Building Rapport and Peer Support. Fairfax County Fire Department (Virtual) 2021

Fairfax County (Virginia) Fire Department/ Sheriff Department Emotional Intelligence and Other Essential Peer Support Fairfax County (Virginia) Fire Department, 2021

Keynote Speaker: Behavioral Health Wellness In Hospital and Prehospital Providers : Risk and Resilience. IU Lifeline Conference, Indianapolis IN. 2020

Behavioral Wellness Basics for Fire Officers. Presented to the Wayne Township Fire Department IN. 2018

Brownsburg Fire Department, IN Presentation to Recruits Seminar 2018

Firefighter Behavioral Wellness. Presented to the Wayne Township Fire Department, IN

Public Safety Behavioral Wellness. Presented to Hamilton County Public Safety Board. Noblesville In.2018

Peer Support Basic and Psychological First Aid. Presented to Hendricks County, IN. Peer Support Team. 2018

IAFF Peer Support Course presented to Local 416, Indianapolis IN.2018

IAFF Peer Support Course. Presented to the San Mateo Co. Firefighters (CA). 2018

Peer Support Basic/Psychological First Aid (2-day) Presented to The Hamilton County/Carmel Fire Department (IN) 2017.

Peer Support Basic/Psychological First Aid (2-day) Presented to the Avon (IN) Fire Department/Hendricks County firefighters. 2017

IAFF Peer Support Course. Presented to the St. Louis (MO) Fire Department. April 2015

Behavioral Wellness in the Fire Service. Presented Indiana Professional Firefighters Union, Indianapolis IN. 2016

Peer Support Basic. Presented to the Wayne Township Department. Indianapolis IN. (as part of behavioral wellness committee). 2015

IAFF Beta Test of Peer Support curriculum. Presented to the Greensboro (NC) Fire Department (as part of behavioral wellness committee). 2015

Treating Firefighters: What do EAP Counselors Need to Know About the Treatment of Firefighters. Presented to the Indiana University Employee Assistance Program Staff. Indianapolis, IN. 2015

Firefighter Behavioral Health Wellness: The Hamilton County Peer Support Unit. Presented to the Hamilton County Fire Chiefs Association. 2015

Behavioral Health Wellness in the Fire Service. Presented to the Fairfax County Fire Department Peer Support Group, Fairfax County, 2015

Behavioral Wellness in the Fire Service. Presented at the Fort Wayne Fire Department Wellness Symposium, Fort Wayne, IN 2015

What is Your Mental Health I.Q.? Presented at The Indiana Fire Marshall Leadership Conference, Decatur, IN. 2014

Firefighter and Public Safety Stress. Presented at Indiana NENA Conference. Indianapolis, IN. 2013

Working Clinically with Public Safety Populations. Presented at Christian Theological Seminary. Indianapolis, IN. 2013

Firefighter, EMS and Mental Health- The Fire Department Stress Management Unit. Presented at Valle Vista Health System's Food For Thought Seminar. Indianapolis, IN. 2013

Helping Those Who Respond, Presented at Midwest Contingency Planners Seminar, Indianapolis, IN. 2012

Dealing with Stress, Presented at Indiana Township Trustees Association, Indianapolis, IN. 2011

Trauma in Uniform. Presented at Mental Health America of Delaware County. Muncie, IN. 2010

Suicide Awareness. Presented at Mental Health America of Indiana, Indianapolis, IN. 2010

Introduction of the Indianapolis Fire Department Peer Support Groups. Presented at The Indianapolis Fire Department Officer Development Seminar, Indianapolis, IN. 2010

Violence in the Work Place. Presented at Guitar Center for WellPoint Corporation. Indianapolis, IN. 2009

Time Management and Working Parent Seminars. Presented at BSA Lifestructures for WellPoint Corporation. Indianapolis, IN. 2009

Sensitivity in the Workplace. Presented at Indianapolis Power and Light for WellPoint Corporation. Indianapolis, IN. 2009

8 Hour Stress Management Unit Certification Course. Presented at the Indianapolis Fire Department. Indianapolis, IN. 2009

Suicide Prevention Seminar. Presented at the U.S. Customs and Border Patrol. 2009

Officer Development Seminar. Presented at the Lawrence City Fire Department. 2008

Training and the Learning Disabled. Presented at the Indianapolis. Fire Department Training Division. 2008

Recognizing Stress in the Company Firefighter. Presented at the Indianapolis Fire Department Officer Development Seminar. 2007

Occupational Variables in Clinical Practice. Employee Assistance Professionals, Indiana Chapter. 2006

Recognizing Stress in the Company Firefighter. Presented at the Indianapolis Fire Department Officer Development Seminar. 2006

Behavioral Emergencies for the Prehospital Provider. Presented at the Pike Township Fire Department. 2005

Occupational Variables in Psychotherapy. Presented at Seminar for Rosecrance, Rockford, IL. 2005

Officer Development/Management. Presented at City Of Lawrence Fire Department. 2005

Stress Management for the Responder. Presented at Green Township Fire Department, Hancock County, IN. 2005

Indiana National Guard Reunion Retreat. Presented at French Lick Springs Resort, French Lick, IN. 2004

Predicting Violent Behavior: Reading Non-Verbal and Other Cues. Presented at Lifeline Conference by Clarian Health Partners, Indianapolis, IN. 2004

Fire Department Stress Units. Presented at the Indiana State Fire School. 2002

Recognizing Stress in the Company Firefighter. Presented at the Washington Township Fire Department Officer Development Seminar. 2002

Cultural Diversity/Sensitivity for the Fire Service. City of Carmel Fire Department. 2001

Fire Department Stress Units. Presented at American Heart Association Conference, Peoria, IL. 2000

Advanced Relationship Skills. Presented at Fire Department Instructor's Conference, Indianapolis, IN. 1999

Dealing with Stress. Presented at Local 416 Indianapolis Metropolitan Firefighters Union. 1998

Relationship Skills. Presented at Fire Department Instructors Conference, Indianapolis, IN. 1998

Marital Retreat. Presented at the Leslie-Woodridge Fire Department. 1996

Impact of Relationships in the Fire Service. Presented at Fire Department Instructors Conference, Indianapolis, IN. 1996

Keeping the Spark. Presented at the Second Annual Fire Officer Retreat, Lake Tahoe, NV. 1995

Stress Management, Presented at Pike Township Fire Department. 1993

Identifying Personality Attributes and Predicting Job Satisfaction in a Sample of Paramedics. Presented at the Mid-America Undergraduate Psychology Research Conference. 1990

TEXTBOOKS EDITED:

Nairne, J. S. (2005) Psychology, Fourth Edition. Thompson:
Belmont CA.

Professional Affiliations

Clinical Fellow: American Association of Marriage and Family Therapists (AAMFT)

Past Approved Supervisor: American Association of Marriage and Family Therapists

Member: Psi Chi, The National Honor Society in Psychology

Diplomate/Fellow: American Association of Experts in Traumatic Stress

Clinical Director: Indianapolis Fire Department Peer Support Groups/Stress Management Unit.

Clinical Director: Hendricks County Peer Support Unit

Clinical Director: Hamilton County Peer Support Team

Past Clinical Director: Johnson County Peer Support Team

Clinical Director: Boone County Peer Support Team

Past Clinical Director: Critical Incident Stress Management Indiana

Adjunct Faculty: Marian University, Indianapolis (2000-2010)

Adjunct Faculty: Christian Theological Seminary (Butler University Campus) 2015-Present

Commander/Medical Command: (2013-2014) Indiana Guard Reserve, Indiana. Joint Forces Command.
Lieutenant Colonel (RET.)

Master Peer Support Trainer: International Association of Firefighters. Department of
Health and Safety. 2016-2018

Board Member: MRAS PTSD Recovery Program 2019- 2020