

JEFFERY SMITH, MD

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Biographical Summary

Dr. Smith is a native Californian, son of a Stanford professor and Stanford graduate himself. He went to Medical School at UCLA and did an Internship in Syracuse, New York in Internal Medicine. He completed psychiatric residency at Albert Einstein College of Medicine, Bronx, NY.

In 1976, Dr. Smith was named Chief Physician in the inpatient psychiatry department of Bronx Lebanon Hospital and started private practice. It was there, in 1977 that he became interested in the area of dissociation and what is now called dissociative identity disorder. He co-founded a professional study group on dissociation in the 1990s. He has appeared on “60 Minutes” in connection with his epilogue for *A Fractured Mind, My life with Multiple Personality Disorder* by Robert Oxnam.

In 1980, he joined the faculty of New York Medical College in Valhalla, NY. There, he was appointed director of Alcoholism Services, and in 1989 left to establish Cortland Medical, the first state licensed Intensive Outpatient Program for alcoholism in Westchester County. In 1997, he co-founded AddictionResourceGuide.com, website offering information on addiction treatment facilities.

He has continued as a volunteer teacher at New York Medical college and has taught courses on Psychotherapy Technique and Combined Psychodynamic and Behavioral Treatment in the residency. In addition he has taught courses on emotional development at the Westchester Institute for Training in Psychoanalysis and Psychotherapy. He has written and lectured on psychotherapy, dissociative identity disorder and addiction, and has maintained a particular interest in change processes in psychotherapy. This interest has been reflected in a blog, www.howtherapyworks.com, and a book, *How We Heal and Grow: The Power of Facing Your Feelings*, Libentia Press, 2014. He is currently under contract to develop a trans-theoretical text for psychotherapists.

In 2015, he was recently appointed Editor of *The Integrative Therapist*, the official newsletter of SEPI, The Society for the Exploration of Psychotherapy Integration.

While an undergraduate at Stanford's campus in Tours, France, he met his wife Claude Smith, who is a partner at Just North, an interior design firm in Scarsdale, NY. He has three grown children and one grandson.