

Curriculum Vitae

References Available Upon Request

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Bio

Dave Smith is a Buddhist meditation teacher, addiction treatment specialist, experienced speaker, and published author. He is empowered to teach by Noah Levine of Against the Stream Buddhist Meditation Society and received training in Buddhist psychology from the Barre Center for Buddhist Studies (BCBS). As a long-time Buddhist practitioner and recovering addict, Dave has been working closely with recovering addicts for over eight years. During this time he has operated intensive programs and trainings for the Nashville office of the Mind Body Awareness Project (MBA). Dave has extensive experience bringing meditative interventions into jails, prisons, youth detention centers and addiction treatment facilities. He is the guiding teacher and program director of the Against the Stream Nashville Meditation Center and teaches over 300 meditation classes and workshops a year. He provides direct services for mental health agencies, the public library, and speaks nationally at Addiction and Behavioral Health conferences. Dave recently relocated to Los Angeles.

Published Works

2012 Oct: *Angry Because I Care*, Inquiring Minds Article
2015 Jan: *Ethical Mindfulness*, Central Recovery Press E-book
2016 Jan: *Buddha Dharma Magazine*, Gen X Buddhist Teachers article

Education & Training

1993 H.S. Diploma: Hampshire Regional H.S., Westhampton MA
2010: Denial Management and Relapse Prevention, Terry Gorski Training
2010-2012: Twelve LADAC Core Functions Training, State of TN
2011: Meditation Facilitator Training Level 1, Against the Stream Buddhist Meditation Society
2012: At-Risk Youth Training, Mind Body Awareness Project
2012: Buddhist Psychology Program, Barre Center for Buddhist Studies
2013: Meditation Facilitator Training Level 2, Against the Stream Buddhist Meditation Society
2012-2015: Empowered Buddhist Teacher, Against the Stream Buddhist Meditation Society
2016: CCAPP: Certified alcohol and drug abuse counselor (CADAC)

Staff Positions

2016-present: Executive director, Refuge Recovery.org NON-PROFIT

2016-present: Outreach, programming, Refuge facilitator.

2014-2016: Case management and group facilitation for Refuge Recovery Centers in Los Angeles.

2014-Present: Buddhist Meditation Teacher: Against the Stream Buddhist Meditation Society.

2012 Jun-present: Assistant and Lead Teacher, Inward Bound Mindfulness Education (iBme)

Description: Assist and teach 5-day teen mindfulness retreats

Skills: Managing retreat staff; designing daily programming; teaching mindfulness practice sessions

2011 Sept-2013 Mar: Program Director and Trainer, Mind Body Awareness Project, Nashville Office

Description: Develop site locations, manage and establish programs, create curriculum and programming, provide trainings and teach mindfulness, emotional intelligence, and addiction treatment modules to youth and adult populations

Skills: Administrative organization, creating programming, teaching and group facilitation

2010 Mar-present: Guiding Teacher and Program Director, Against the Stream Nashville Meditation Center

Description: Guiding teacher, program development, administration

Skills: Administrative organization, program development, teaching and group facilitation, providing trainings, year-long study groups, day-long workshops, and 1-1 mentoring

2008 Sept-2009 Jun: Team Leader and Clinical Associate, Cumberland Heights Youth Program

Description: Provided ongoing, direct clinical support to adolescents; facilitated small therapeutic groups and team building exercises

Skills: Conflict resolution, risk harm assessment, direct behavioral interventions and small group facilitation

Topics included: Spirituality, Relapse Prevention, 12-step Recovery, Mindfulness Meditation, and Emotional Intelligence Exercises

Independent Contracting

Mindfulness and Addiction Treatment Modules:

2011 Sept-2013 Mar: Davidson County Sheriff's Office (DSCO), Nashville TN

Description: Provided weekly mindfulness and addiction modules to incarcerated adult populations

Skills: Group facilitation, teaching mindfulness and emotional intelligence

2011 Sept-2013 Jun: Discovery Place Addiction Center for Men, Dickson TN

Description: Provided weekly programs on Mindfulness and the 12 Steps

Skills: Working with resistance, teaching mindfulness practice and theory; establishing a bridge between 12-step spirituality and mindfulness and emotional intelligence exercises and interventions

2012 Mar-2014 Oct: Cumberland Heights IOP services, Nashville TN - 9 locations

Description: Provided monthly mindfulness and addiction modules at 9 locations

Skills: Providing educational information and practical application of mindfulness skills to manage the physical, emotional, and mental stress of early addiction recovery

2012 Feb-2014 Oct: Integrative Life Center IOP services, Nashville TN

Description: Provided weekly mindfulness and addiction modules to adult men and women

Skills: Providing educational information and practical application of mindfulness skills to manage the physical, emotional, and mental stress of early addiction recovery

Mindfulness Meditation Direct Services:

2011 Oct-2013 Mar: Oasis Youth Center, Nashville TN

Description: Provided weekly mindfulness groups to at-risk teens

Skills: Managing resistance and creating safety within mindfulness-based group exercises

2011 Aug-2013 Oct: Nashville Public Library, Nashville TN

Description: Provided monthly mindfulness groups to patrons of the Nashville Public Library at 3 site locations

Skills: Teaching mindfulness and emotional intelligence exercise to reduce anxiety, depression, and stress

Speaking History

2012 Sept: "How CBT and Mindfulness Work Together." Journey Together Conference, Nashville TN

2013 Apr: Keynote address: "Breaking the Addiction to the Mind." Foundations Recovery Network, Heroes in Recovery, San Diego CA

2013 Oct: "Healing the Heart with Meditation." U.S. Journal Conference, Newport Beach CA

2013 Sept: "A Buddhist Recovery." Foundations Recovery Network, Moments of Change, Palm Beach FL

2013 Nov: "Healing the Heart of Addiction with Loving-kindness Meditation." U.S. Journal Conference, Delray Beach FL

2014 Mar: "Undermining the Causes of Addiction through Buddhist Psychology and Ethical Mindfulness."

Foundations Recovery Network, Innovations in Recovery, San Diego CA

2014 May: "The Art of Transformation" with Joan Borysenko & Others. U.S. Journal Conference, Trauma and Addiction, Nashville TN

2015 March: "Ethical Mindfulness." Foundations Recovery Network, Innovations in Recovery, San Diego CA

2015: "Ethical Mindfulness." US Journals Conference, Newport Beach CA
2016 February: "Recovery through Mindfulness". FACES Mindfulness Conference: San Diego CA

Mindfulness Meditation Retreats: Taught by Dave Smith

2014 June: 3 day Mindfulness retreat for teens with Ibme: Nashville TN
2015 Feb: 5-day Mindfulness and Insight Retreat: New Life Foundation; Chaing Rai Thailand
2015/2016 Jan: 3 Day New Years retreat with Against the Stream
2016 Feb: 7-day Mindfulness and Insight Retreat: New Life Foundation; Chaing Rai
2016 Oct: 7-day Against the Stream fall retreat: Joshua
2016/2017 Dec: 3-day NYE Against the Stream retreat: Malibu CA

Assistant Retreat Teacher

2012 Oct: 3-day Buddhism and the 12 Steps with Kevin Griffin
2013 Oct: 5-day Against the Stream Mindfulness Retreat with Noah Levine
2014 Aug: 7-day Against the Stream Mindfulness Retreat with Noah Levine
2014 Oct: 7-day Against the Stream Mindfulness Retreat with Noah Levine
2014 Dec: 30 day integrated study program: Mindfulness and Buddhism; at Esalen Institute with Noah Levine
2015 Jan: 5 day Mindfulness retreat at Esalen Institute with Noah Levine
2015 May: 3 day Mindfulness retreat with Noah Levine
2016 Oct: 7-day Against the Stream Mindfulness Retreat with Noah Levine

Meditation Retreat Experience: 211 retreat nights

1994 Jun: 5-day Men's Mindfulness Retreat, Insight Meditation Society (IMS), Barre MA
1995 Jun: 10-day Mindfulness Retreat, Insight Meditation Society (IMS), Barre MA
1997 Jun: 10-day Mindfulness Retreat, Insight Meditation Society (IMS), Barre MA
2000 Jun: 10-day Mindfulness Retreat, Insight Meditation Society (IMS), Barre MA
2003 Sept: 3-month Mindfulness Retreat, Insight Meditation Society (IMS), Barre MA
2005 Feb: 14-day Mindfulness Retreat, Forest Refuge, Barre MA
2010 Oct: 5-day Mindfulness Retreat, Against the Stream Buddhist Meditation Society, Joshua Tree CA
2011 Apr: 10-day Monastic Retreat, Insight Meditation Society (IMS), Barre MA
2011 Jun: 5-day Secular Buddhism study retreat: Barre Center for Buddhist Studies
2011 Oct: 5-day Loving-kindness Retreat: Against the Stream Buddhist Meditation Society, Joshua Tree CA
2012 Oct: 7-day Mindfulness Retreat: Against the Stream Buddhist Meditation Society, Joshua Tree CA
2013 Nov: 30-day Monastic Mindfulness Retreat, Forest Refuge, Barre MA
2014 Nov: 10-Day Mindfulness Retreat, Spirit Rock, Woodacre CA