



Dave Smith

Empowered Buddhist Teacher
Mindfulness and Emotional Intelligence Trainer
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Biography

Dave Smith is a Buddhist meditation teacher, addiction treatment specialist, experienced speaker, and published author. He is empowered to teach through the Against the Stream Buddhist Meditation Society and has received training in Buddhist psychology from the Barre Center for Buddhist Studies (BCBS). He is the founder of the Against the Stream Nashville Meditation Center and teaches residential retreats, meditation classes and provides mentoring, trainings, and workshops in both secular and Buddhist contexts. He provides consulting for mental health agencies and non-profit organizations, and speaks nationally at addiction and behavioral health conferences. Dave lives in Paonia, Colorado.

Staff Positions

2016-2017	Executive Director, Refuge Recovery Non-Profit Administrative organization, programming creation, teaching, group facilitation.
2015-2017	Outreach Coordinator, Refuge Recovery Centers LA Outreach, marketing, programming, Buddhist teaching.
2014-present	Buddhist Meditation Teacher, Against the Stream Buddhist Meditation Society

- 2014-2016 Case Manager, Refuge Recovery Centers LA
Case management, group facilitation.
- 6/2012-present Assistant and Lead Teacher, Inward Bound Mindfulness Education (IBME)
Taught and assisted five-day teen mindfulness retreats. Managed retreat staff, designed daily programming, taught mindfulness practice sessions.
- 9/2011-3/2013 Program Director and Trainer, Mind Body Awareness Project, Nashville Office
Developed site locations; managed and established programs; created curriculum and programming; provided trainings and taught mindfulness, emotional intelligence, and addiction treatment modules to youth and adult populations.
- 2010-present Founder, Program Director and Guiding Teacher, Against the Stream Nashville Meditation Center
Administrative organization and program development. Provided trainings, taught year-long study groups, facilitated day-long workshops, and provided one-on-one mentoring.
- 9/2008-6/2009 Team Leader and Clinical Associate, Cumberland Heights Youth Program
Provided ongoing, direct clinical support to adolescents; facilitated small therapeutic groups and team building exercises. Conflict resolution, risk harm assessment, direct behavioral interventions and small group facilitation. Topics included spirituality, relapse prevention, Twelve Step recovery, mindfulness meditation, and emotional intelligence exercises.

Independent Contracting: Mindfulness and Addiction Treatment Modules

- 2015 Mindfulness Teacher, Avalon Treatment Center, Malibu CA
Provided educational information and practical application of mindfulness skills to manage the physical, emotional, and mental stress of early addiction recovery.

3/2012-10/2014 Cumberland Heights Intensive Outpatient Services, Nashville TN

Provided monthly mindfulness and addiction modules at nine locations. Provided educational information and practical application of mindfulness skills to manage the physical, emotional, and mental stress of early addiction recovery.

2/2012-10/2014 Integrative Life Center Intensive Outpatient Services, Nashville TN

Provided weekly mindfulness and addiction modules to adult men and women. Provided educational information and practical application of mindfulness skills to manage the physical, emotional, and mental stress of early addiction recovery.

9/2011-6/2013 Discovery Place Addiction Center for Men, Dickson TN

Provided weekly programs on mindfulness and the Twelve Steps. Worked with resistance. Taught mindfulness practice and theory, establishing a bridge between Twelve Step spirituality, mindfulness, and emotional intelligence exercises and interventions.

3/2011-3/2013 Davidson County Sheriff's Office (DSCO), Nashville TN

Provided weekly mindfulness and addiction modules to incarcerated adult populations. Facilitated groups. Taught mindfulness and emotional intelligence.

Mindfulness Meditation Direct Services

10/2011-3/2013 Oasis Youth Center, Nashville TN

Provided weekly mindfulness groups to at-risk teens. Managed resistance and created safety within mindfulness-based group exercises.

8/2011-10/2013 Nashville Public Library, Nashville TN

Provided monthly mindfulness groups to patrons of the Nashville Public Library at three site locations. Taught mindfulness and emotional intelligence exercise to reduce anxiety, depression, and stress.

Mindfulness Meditation Retreats, Primary Teacher

- June 2017 Seven-day mindfulness and compassion retreat, Vallecitos NM
- December 2016 Three-day New Year's Eve retreat, Against the Stream, Malibu CA
- October 2016 Seven-day fall retreat, Against the Stream, Joshua Tree
- February 2016 Seven-day mindfulness and insight retreat, New Life Foundation, Chiang Rai, Thailand
- December 2015 Three-day New Year's Eve retreat, *Awakening through Mindfulness*, Against the Stream, Malibu CA
- October 2015 Seven-day fall retreat, Against the Stream, Joshua Tree
- February 2015 Five-day mindfulness and insight retreat, New Life Foundation, Chiang Rai, Thailand
- June 2014 Three-day mindfulness retreat for teens, IBME, Nashville TN

Mindfulness Meditation Retreats, Assistant Retreat Teacher

- October 2015 Seven-day Against the Stream mindfulness retreat with Noah Levine
- May 2015 Three-day Against the Stream mindfulness retreat with Noah Levine
- January 2015 Five-day mindfulness retreat at Esalen Institute with Noah Levine
- December 2014 Thirty-day integrated study program: *Mindfulness and Buddhism* at Esalen Institute with Noah Levine
- October 2014 Seven-day Against the Stream mindfulness retreat with Noah Levine
- August 2014 Seven-day Against the Stream mindfulness retreat with Noah Levine
- October 2013 Five-day Against the Stream mindfulness retreat with Noah Levine

October 2012 Three-day retreat: *Buddhism and the 12 Steps* with Kevin Griffin

Speaking History

July 2017 “Ethical Mindfulness.” US Journals Conference, Santa Fe NM

April 2017 “Refuge Recovery Movement.” Foundations Recovery Network, Innovations in Recovery, San Diego CA

March 2017 “Ethical Mindfulness.” US Journals Conference, Nashville TN

July 2016 “Ethical Mindfulness.” US Journals Conference, Santa Fe NM

March 2016 “Ethical Mindfulness.” US Journals Conference, Nashville TN

February 2016 “Recovery through Mindfulness.” FACES Mindfulness Conference, San Diego CA

October 2015 “Ethical Mindfulness.” US Journals Conference, Newport Beach CA

March 2015 “Ethical Mindfulness.” Foundations Recovery Network, Innovations in Recovery, San Diego CA

May 2014 “The Art of Transformation” with Joan Borysenko & others, U.S. Journal Conference, Trauma and Addiction, Nashville TN

March 2014 “Undermining the Causes of Addiction through Buddhist Psychology and Ethical Mindfulness.” Foundations Recovery Network, Innovations in Recovery, San Diego CA

November 2013 “Healing the Heart of Addiction with Loving-Kindness Meditation.” U.S. Journal Conference, Delray Beach FL

October 2013 “Healing the Heart with Meditation.” U.S. Journal Conference, Newport Beach CA

September 2013 “A Buddhist Recovery.” Foundations Recovery Network, Moments of Change, Palm Beach FL

April 2013 Keynote address: “Breaking the Addiction to the Mind.” Foundations Recovery Network, Heroes in Recovery, San Diego CA

September 2012 “How CBT and Mindfulness Work Together.” Journey Together Conference, Nashville TN

Meditation Retreat Experience: 211 retreat nights

- November 2014 Ten-day mindfulness retreat, Spirit Rock, Woodacre CA
- November 2013 Thirty-day monastic mindfulness retreat, Forest Refuge, Barre MA
- October 2012 Seven-day mindfulness retreat, Against the Stream Buddhist Meditation Society, Joshua Tree CA
- October 2011 Five-day loving-kindness retreat, Against the Stream Buddhist Meditation Society, Joshua Tree CA
- June 2011 Five-day secular Buddhism study retreat, Barre Center for Buddhist Studies
- April 2011 Ten-day monastic retreat, Insight Meditation Society (IMS), Barre MA
- October 2010 Five-day mindfulness retreat, Against the Stream Buddhist Meditation Society, Joshua Tree CA
- February 2005 Fourteen-day mindfulness retreat, Forest Refuge, Barre MA
- September 2003 Three-month mindfulness retreat, Insight Meditation Society (IMS), Barre MA
- June 2000 Ten-day mindfulness retreat, Insight Meditation Society (IMS), Barre MA
- June 1997 Ten-day mindfulness retreat, Insight Meditation Society (IMS), Barre MA
- June 1995 Ten-day mindfulness retreat, Insight Meditation Society (IMS), Barre MA
- June 1994 Five-day men's mindfulness retreat, Insight Meditation Society (IMS), Barre MA

Education & Training

- 2016 CCAPP: Certified alcohol and drug abuse counselor (CADAC)
- 2012-2015 Empowered Buddhist Teacher, Against the Stream Buddhist Meditation Society
- 2013 Meditation Facilitator Training Level 2, Against the Stream Buddhist Meditation Society

- 2012 Buddhist Psychology Program, Barre Center for Buddhist Studies
- 2012 At Risk Youth Training, Mind Body Awareness Project
- 2012 Twelve LADAC Core Functions Training, State of TN
- 2012 Twelve LADAC Core Functions Training, State of TN
- 2011 Meditation Facilitator Training Level 1, Against the Stream Buddhist Meditation Society
- 2010 Denial Management and Relapse Prevention, Terry Gorski Training
- 1993 H.S. Diploma: Hampshire Regional H.S., Westhampton MA

Published Works

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

References Available Upon Request