

Dr. Gladys Smith is a licensed Psychotherapist, Nationally Certified Counselor, Licensed Clinical Mental Health Counselor, Master Addiction Counselor, and Registered Yoga Teacher. Gladys is also an Approved Clinical Supervisor. She is a veteran of the United States Navy, serving as a Chief Petty Officer (HMC) Hospital Corpsman and Sexual Assault Therapist, Substance Abuse Counselor, and Trainer. She has lived in Iceland, Scotland, and The Republic of the Philippines, Guam, Scotland, Australia, and various locations throughout the world while serving in the Navy. She is an avid runner and movie buff.

She obtained a Doctorate in Psychology from California Southern University (Psy.D), Master of Education from University of Missouri, and Master of Health Science from Washington University, St. Louis (M.Hs). Dr. Smith serves as a Trauma therapist/ Relationship & Sexual Violence Therapist at the Washington University Medical School.

She is also a Certified Trauma Professional and Compassion Fatigue Facilitator. She volunteers in the community with several organizations. She is an Alive & Well STL Ambassador and is a member of the Steering Committee for Alive & Well. She teaches Emotional Emancipation, Trauma Awareness courses, and Trauma focused and Peace Yoga classes in the community.

Areas of specialty: Anxiety & Depression, Post-Traumatic Stress (PTSD), Sexual Trauma, Gender Identity, Relationships and Intimate Partner concerns, Codependence, Batter Intervention , Adult Children of Alcoholics (ACOA), Women's Mental Health,

Treatment modalities: Cognitive Behavioral Therapy (CBT), Trauma Focused- CBT, Mindfulness Based Stress Reduction (MBST), Eye Movement and Desensitization (EMDR), Group therapy