



Alana Smith, LCSW, LCDC

Experience

Central Texas Therapy, LLC: Owner	January 2019-Present
Prairie Recovery Center: Family Program Development & Family Therapy	December 2019-Present
Traveling Sabbatical and Volunteerism: India, Nepal, Indonesia	September 2017-August 2018
Vista Taos Renewal Center: Clinical Director	March 2015-August 2017
Interface-Samaritan Counseling: Program Therapist	June 2014-February 2015
Willingway Hospital: Family Program Coordinator	January 2010-June 2014
Memorial Hermann P.A.R.C.: Adolescent Program Coordinator	May 2008-January 2010
Katy Counseling Services: Program Therapist	March 2006-May 2008
Baylor College of Medicine: Therapist Intern	January 2004-August 2004

Alana Smith, LCSW, LCDC

Education & Training:

University of Houston: Bachelors of Arts Psychology

May 2002

University of Houston: Masters of Social Work

August 2004

Notable Speaking Engagements:

Healing Family Denial:

-West Coast Symposium on Addictive Disorders (Palm Springs)

A Spiritual Approach to Grief, Loss, and Trauma:

-US Journal Conference (Santa Fe)

-The Recording Academy (Santa Monica)

Attachment Theory, Trauma Resolution, and the Grief Process; Application for work with families impacted by addiction:

-West Coast Symposium on Addictive Disorders (Palm Springs)

-US Journal Conference (Santa Fe)

Self-Hate, Control, & Yearning for Relief: The intersection of Neurobiology and Psychoanalysis in addiction treatment:

- Austin Psychoanalytic

Publications:

Smith, A. (2016). Addressing Resistance and Denial in the Family System. *Paradigm* 20(3), 14-16.