

## Emil K. Smith, MSW, LCSW

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### EDUCATION

<b>Ph.D.</b>	<b>University of Pittsburgh, School of Social Work</b> <i>Dissertation:</i> Trans-Affirming Primary Care Providers' Perspectives on Eating Disorder Prevention, Treatment, and Recovery <i>Committee:</i> Rachel E. Gartner,* Daniel Rosen,* Erin Harrop, Sara Goodkind	5/2025 (expected)
<b>M.S.W.</b>	<b>Smith College School for Social Work</b> <i>Master's Thesis:</i> Perspectives on Emerging LGBTQ Affirmative Social Services and Psychotherapy 1960-1987; Oral History Study	8/2017
<b>B.I.S.</b>	<b>University of Minnesota - Twin Cities</b> <i>Major:</i> Art, Social Justice, and Global Studies <i>Magna Cum Laude</i>	5/2009

### RESEARCH INTERESTS

Transgender and Gender Diverse Health Equity, Disordered Eating and Weight Stigma, Integrated Primary Care, Healthcare Delivery, Anti-Carceral Social Work Practice

### COMPETITIVE FELLOWSHIPS AND GRANTS

Clinical and Translational Science Institute (CTSI) University of Pittsburgh <i>Pre-Doctoral Fellowship (TL1 TR001858)</i> Mentors: Robert Coulter, Judy Chang	28,224 + tuition	2024- present
Gender Sexuality and Women's Studies Teaching Fellowship University of Pittsburgh	\$22,780+ tuition	2023-2024
LGBTQIA+ Endowed Research and Outreach Fund University of Pittsburgh <i>Trans-Affirming Primary Care Providers' Perspectives on Eating Disorders, Principal Investigator</i> Dissertation Study: Qualitative, phenomenological study of trans-affirming primary care providers experiences providing care to trans patients with disordered eating and eating disorders. Interview 20-30 providers.	\$500	2023
LGBTQIA+ Endowed Research and Outreach Fund University of Pittsburgh	\$950	2022-2023

*Transgender and Gender Diverse Adults with Eating Disorders:  
Experiences in Primary Care, Principal Investigator*

Capstone Study: Qualitative, focus group study of transgender and gender diverse adults with disordered eating (n=22) about their experience in trans affirming primary care. Conducted thematic analysis.

**OTHER AWARDS AND ACADEMIC RECOGNITION**

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SSWR Conference Scholarship <i>Caucus of LGBTQ Faculty and Students (Q-Caucus)</i>	2023
Joseph and Helen Eaton Scholarship <i>University of Pittsburgh</i> Best single-author work written by a first- or second-year doctoral student.	2022
Dean's Award for Social Justice <i>Smith School for Social Work</i> Awarded for extensive experience that demonstrates an extraordinary capacity and commitment to serve communities of color and work for social justice.	2015-2017
Community Engagement Scholar <i>University of Minnesota</i> Recognizes a commitment to community engagement by completing over 400 hours of community engagement work and completion of a capstone project.	2009
Undergraduate Teaching Opportunity Grant <i>University of Minnesota</i> Supports development of future instructors in higher education through supervised teaching and curriculum development.	2009
Recipient of the Undergraduate Research Opportunity Grant <i>University of Minnesota</i> Supports undergraduate-faculty research partnerships. Conducted a qualitative project to raise awareness about mental health among undergraduate students.	2008
Recipient of National Scholarship <i>University of Minnesota</i> Awarded for outstanding academic achievement.	2005-2009

**REFEREED PUBLICATIONS**

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\*indicates co-first authors

1. Coulter, R. W. S., Gartner, R. E., Cramer, C., **Smith, E. K.**, Abebe, K. Z., & Miller, E. (2024). Universal sexual violence intervention effects in a cluster-randomized trial: Moderation by sexual orientation. *Journal of Interpersonal Violence*. Advance online publication. <https://doi.org/10.1177/08862605241253031>
2. **Smith, E. K.**, & Harrop, E. N. (2024). "That's not at all what I needed" Trans adults' perspectives on trans-affirming primary care and eating disorders. *Social Science & Medicine*, 348, 116836. <https://doi.org/10.1016/j.socscimed.2024.116836>

3. Gartner, R. E.\* & **Smith, E. K.\***, Panichelli, M., & Ballard, A. J. (2024). Campus sexual violence and the cost of protecting institutions: Carceral systems and trans student experience. *Affilia*. Advance online publication. <https://doi.org/10.1177/08861099241245951>
4. Urban, B., **Smith, E. K.**, Adams, M., Sharpe, S. L., Silverstein, S. (2024). Guidelines for research with transgender, gender diverse, and intersex individuals with eating disorders: recommendations from trans and intersex researchers. *Eating Disorders*, 1-12. <https://doi.org/10.1080/10640266.2024.2306436>
5. Gartner, R. E., Ballard, A. J., **Smith, E. K.**, Risser, L. R., Chugani, C. D., & Miller, E. (2023). “There’s no safety in these systems”: Centering trans and gender diverse students’ campus climate experiences to prevent sexual violence. *Journal of Diversity in Higher Education*. Advance online publication. <https://dx.doi.org/10.1037/dhe0000512>
6. Sharpe, S. L., Adams, M., **Smith, E. K.**, Urban, B., & Silverstein, S. (2023). Inaccessibility of care and inequitable conceptions of suffering: A collective response to the construction of “terminal” anorexia nervosa. *Journal of Eating Disorders*, 11(1), 66. <https://doi.org/10.1186/s40337-023-00791-2>
7. **Smith, E. K.** (2023). Strategies to survive: Engaging transgender and gender diverse older adults experiencing suicidality and dissociative states. *Clinical Social Work Journal*, 51(3), 262–272. <https://doi.org/10.1007/s10615-023-00867-1>
8. Byers, D. S., Vider, S., & **Smith, E. K.** (2019). Clinical activism in community-based practice: The case of LGBT affirmative care at the Eromin Center, Philadelphia, 1973–1984. *American Psychologist*, 74(8), 868–881. <https://doi.org/10.1037/amp0000523>

## OTHER PUBLICATIONS

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1. Silverstein, S., **Smith, E. K.**, Raimondo, M. (2024). The impact of discrimination on eating disorders in LGBTQI+ Populations. In A Seubert & P. Viridi (Eds.), *Trauma informed approaches to eating disorders* (2<sup>nd</sup> ed.) New York: Springer. <https://doi.org/10.1891/9780826147981.0030>
2. Gartner, R. E., Ballard, A. J., **Smith, E. K.**, Risser, L. R., Chugani, C. D., Miller, E. (2022). Trans and gender diverse students’ perspectives on campus climate and sexual violence: Report and recommendations. University of Pittsburgh. Available from: [https://www.socialwork.pitt.edu/sites/default/files/gartner\\_et\\_al\\_-\\_2020\\_-\\_trans\\_and\\_gender\\_diverse\\_students\\_perspectives\\_on\\_campus\\_climate\\_and\\_sexual\\_violence\\_report\\_and\\_recommendations\\_compressed.pdf](https://www.socialwork.pitt.edu/sites/default/files/gartner_et_al_-_2020_-_trans_and_gender_diverse_students_perspectives_on_campus_climate_and_sexual_violence_report_and_recommendations_compressed.pdf)

## UNDER REVIEW AND IN PREPARATION

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1. **Smith, E. K.**, Silverstein, S., Kidd, K., Gartner, R. E., Rofey, D. (Under Review) Eating disorder prevention in trans-affirming primary care practices: Recommendations for practice.

2. **Smith, E. K.**, Cruce, A., Peña, F., Sansone, H., Ramon, J. Hazel, C., Gartner, R. E., Coulter, R. W. S. (In Preparation). Visioning eating disorder aware trans-affirming primary care: Centering trans adults' perspectives.
3. **Smith, E.K.** Gartner, R. E., Coulter, R. W. S. (In Preparation). Associations between social-ecological factors and multiple types of violence victimization among trans high school students.

## **REFEREED PRESENTATIONS**

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1. **Smith, E. K.**, (September, 2024). *Co-design as a methodological tool for qualitative analysis: Improving trans-affirming primary care for patients with eating disorders*. International Transgender Studies Conference. Evanston, IL. [Oral Presentation]
2. **Smith, E. K.** (January 2024). *Trans-Affirming Primary Care and Eating Disorders: Lived Experience of Transgender and Gender Diverse Adults*. Society for Social Work Research. Washington, D.C. [Oral Presentation]
3. Gartner, R., **Smith, E. K.**, Klein, L.B., Cruys, C., Kattari, S. K. (January 2024). *Advancing Anti-Carceral Approaches to Campus Sexual Violence Prevention*. Society for Social Work Research. Washington, D.C. [Roundtable]
4. Gartner, R. E. & **Smith, E. K.\* (co-first authors)**, Panichelli, M., Ballard, A. J. (January 2024). *Campus Sexual Violence and the Cost of Protecting Institutions: Carceral Systems and Trans Student Wellbeing*. Society for Social Work Research. Washington, D.C. [Oral Presentation]
5. **Smith, E. K.** (November, 2023). *Trans-Affirming Primary Care and Eating Disorders: Lived Experience of Transgender and Gender Diverse Adults*. American Public Health Association. Atlanta, GA. [Oral Presentation]
6. **Smith, E. K.**, Rofey, D. (October, 2023). *Eating Disorders in Transgender and Gender Diverse Youth*. University of Pittsburgh Medical Center (UPMC) Trans Health Conference. Pittsburgh, PA. [Oral Presentation]
7. Bohrman, C., **Smith, E. K.**, Panichelli, M., Jones, N. (January 2023). *Abolitionist Mental Health: A Roundtable Discussion*. Society for Social Work Research. Phoenix, AZ. [Roundtable]
8. Gartner, R. E., Ballard, A. J., **Smith, E. K.**, Chugani, C. D., Miller, E. (January 2023). *Centering Trans Students' Climate Experiences to Transform Campus Sexual Violence Prevention and Response*. Society for Social Work Research. Phoenix, AZ. [Poster Presentation]

9. **Smith, E. K.,\*** Panichelli, M. (November, 2022). *Teaching Collaborative, Trauma Informed, Critical Suicide Assessment*. Council for Social Work Education Annual Program Meeting. Anaheim, CA. [Interactive Workshop]
10. **Smith, E. K.,** Rofey, D. (October, 2022). *Eating Disorders in Transgender and Gender Diverse Youth*. University of Pittsburgh Medical Center (UPMC) Trans Health Conference. Pittsburgh, PA. [Oral Presentation]
11. **Smith, E. K.,** Rosenstein, H., Kiesnowski, A., Hollomon, J. (October, 2020). *Come for the Pizza...Stay for the Medical, Mental Health, and Social Services*. Collaborative Family Healthcare Association Annual Conference. Philadelphia, PA. [Oral Presentation]
12. **Smith, E. K.,** Whitman L. (October, 2019). *Intersectional Eating Disorder Treatment for the LGBTQ+ Community. Identification, Considerations, and Patient Centered Treatment*. Transforming Care Conference. Columbus, OH. [Oral Presentation]
13. Byers, D. S., Vider, S., & **Smith, E. K.** (October, 2019). *Emergent understandings of LGBTQ+ affirmative care at the Eromin Center, Philadelphia, 1973-1983*. Council of Social Work Education (CSWE) Denver, CO. [Oral Presentation]
14. **Smith, E. K.,** Whitman L. (August, 2019). *Intersectional Eating Disorder Treatment for the T/NB/GNC Community: Identification, Considerations, and Patient Centered Treatment*. Philadelphia Trans Wellness Conference (PTWC) Philadelphia, PA. [Oral Presentation]

#### **INVITED PRESENTATIONS (Select)**

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1. **Smith, E. K.,** (November, 2023). *Eating Disorders and Disordered Eating Among Youth*. Behavioral Health Scholars Program (BHSP). University of Pittsburgh School of Social Work.
2. **Smith, E. K. (FEDUP Collective)** (June, 2023). *Identifying and Treating Eating Disorders Among Transgender and Gender Diverse Clients: Early detection, diagnosis, and tips for healthcare professionals*. The Dorm Treatment Center.
3. **Smith E. K.** (May, 2023). *Looking Back/Looking Forward: Challenges and Tools for a Sustainable Career*. Coalition for Opioid and Addiction Leadership. University of Pittsburgh School of Social Work.
4. **Smith, E. K.,** Rofey, D. (June, 2022). *Eating Disorders in Transgender and Gender Diverse Youth*. Presented at University of Pittsburgh Medical Center (UPMC) Continuing Education Series. Pittsburgh, PA.

5. **Smith E. K.** (June, 2022). *Supporting LGBTQ+ Patients in Substance Use Treatment*. Presented at Great Lakes Recovery Centers, Inc. Marquette, MI.
6. *Panelist: Treating Substance Use Disorder in LGBTQ Populations* (March, 2022). University of Pittsburgh Coalition for Opioid and Addiction Leadership (COAL) Fellowship. Pittsburgh, PA.
7. *Panelist: COVID-19 and the Intersections of being a Professional and a Family Member* (February, 2021). PA-NASW Social Justice Symposium. Pennsylvania (Virtual).
8. **Smith, E. K.** (February, 2021). *Clinical Considerations in working with Trans/Gender Non-Conforming Youth in Primary Care*. Presented at St. Christopher's Hospital for Children. Philadelphia, PA.

## **RESEARCH EXPERIENCE**

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### **Centering gender Affirming Resources through Education (CARE)**

**Graduate Student Assistant**, University of Pittsburgh School of Social Work (2023-present)  
 R01AA023260; PI: Liz Miller, Supervising Faculty: Rachel E. Gartner  
 Co-develop a stakeholder-informed e-learning intervention to enhance ability of college health centers to provide sexual violence prevention education to transgender and gender diverse college students in collaboration with a community advisory board.

### **Translating TGQN Campus Climate Findings into Practice**

**Graduate Student Assistant**, University of Pittsburgh School of Social Work (2021-2023)  
 PI: Rachel E. Gartner  
 Analyze qualitative focus group data, conduct scoping review, develop report of research findings.

**Research Assistant**, Smith College School of Social Work and Bryn Mawr School for Social Welfare and Social Research (2016-2018)

PI: David Byers, Stephen Vider

Recruit participants and conduct oral history interviews with social service providers who provided care to the LGBT population from 1960-1987 in Philadelphia, PA and Minneapolis, MN.

## **CLINICAL EXPERIENCE**

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Embodied Healing, LLC 1/2021-present

*Owner and Psychotherapist*

Private-practice outpatient therapy focusing on supporting trans clients and trauma recovery.

Sanare Today

10/2020- 8/2021

*Intensive Outpatient Program (IOP) Therapist*

Developed and led the first LGBTQ Mental Health IOP in Southeastern PA. Provided trainings and consulting on LGBTQ-related clinical concerns.

Mazzoni Community and Family Medicine 6/2018-5/2021

*Behavioral Health Consultant*

*Clinical Specialties:* Youth Drop-in Clinic, PACTS (Pediatric and Adolescent Trans Care Team)

Delivered short-term behavioral health interventions in a LGBTQ-affirming primary care. Advised administration on behavioral health-related systems and data collection. Served as liaison to the behavioral health community at large. Developed and facilitated training for agency staff (medical providers, care services, and behavioral health).

Behavioral Health Network 9/2017-5/2018

Baystate Medical Center- Mason Square Neighborhood Health Center

*Bilingual Primary Care Behavioral Health Clinician*

Provided consultation, referrals, and crisis services and weekly therapy to a caseload of LGBTQ and Spanish speaking patients. Collaborated with interdisciplinary specialty teams; ob-gyn, diabetes, HIV, suboxone clinic, and a clinic to support Puerto Rican families displaced by Hurricane Maria. Facilitated weekly support groups in English and Spanish.

Drexel University College of Medicine Outpatient Psychiatry Service 9/2016-5/2017

*Social Work Clinical Intern*

Provided brief interventions, assessments, and referrals at a perinatal clinic for patients diagnosed with HIV. Conducted individual therapy, assessment, and group therapy in an outpatient psychiatry clinic. Participated in multi-disciplinary teams including attending psychiatrist, staff clinicians, psychiatry residents, and other trainees.

Windhorse Integrative Mental Health- Northampton 9/2015-5/2016

*Clinical Intern- Team Counselor*

Provided mental health counseling as a clinical counselor on multidisciplinary treatment teams for adults with a range of acute psychosocial presenting problems, and facilitated groups (sexuality & dating, yoga).

**TEACHING EXPERIENCE**

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**2023-2024 Academic Year Teaching Assistant.** University of Pittsburgh Dietrich School of Arts and Sciences. Undergraduate Course: Sex and Sexualities.  
**Spring 2024 Invited Guest Lecturer,** “Collaborative, Trauma-Informed Suicide Assessment,” West Chester University School of Social Work.  
Graduate Course: Direct Social Work Practice

**Spring 2023** **Invited Guest Lecturer**, “Eating Disorders and Trans-Affirming Primary Care,” University of Pittsburgh Dietrich School of Arts and Sciences, Undergraduate Course: Body Image Across the Globe

**Spring 2022** **Invited Guest Lecturer**, “Mindfulness and Clinical Social Work Practice,” University of Pittsburgh School of Social Work. Course: Models of Intervention.

**Spring 2022** **Invited Guest Lecturer**, “Collaborative, Trauma-Informed, Suicide Assessment,” West Chester University School of Social Work.

**Spring 2021** **Invited Guest Lecturer**, “Collaborative, Trauma-Informed, Suicide Assessment,” University of Pittsburgh School of Social Work. Course: Models of Intervention.

**Spring 2021** **Invited Guest Lecturer**, “Suicide Assessment,” Bryn Mawr School for Social Work and Social Research.

## **ACADEMIC SERVICE AND COMMUNITY ADVOCACY**

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### *Ad Hoc Peer Reviewer*

PLOS One	2024
Transgender Health	2024
American Journal of Preventative Medicine	2023
Clinical Social Work Journal	2023

University of Pittsburgh School of Social Work	2022-2023
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### *Student Representative to Diversity, Equity, and Inclusion Committee*

Represent the interests of social work doctoral students, develop programming and apply for funding to support anti-oppression research, practice, and pedagogy in the doctoral program, collaborate to develop guidance and policies to promote a safe learning environment for all students.

FEDUP (Fighting Eating Disorders in Underrepresented Populations)	2021-2024
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### *Co-Director of Research and Adjunct Member*

Consult and collaborate with researchers from various disciplines to support an approach to eating disorders that emphasizes impact of intersectional oppression on symptomatology, facilitate monthly collective meetings, provide support for weekly live support groups for trans and gender diverse individuals, develop content such as harm reduction for eating disorders guide, and provide training and support to increase the number of gender-literate and culturally competent eating disorder providers.

Black and Pink- Western Massachusetts	2015-2017
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### *Collective Member and Organizer*



Collaborated with Boston, MA chapter to establish new chapter in Western Massachusetts. Presented on carceral systems and imprisonment of LGBTQ population at local universities and conferences, organized logistical and recruitment efforts to support expansion of pen pal matching program for volunteers and incarcerated LGBTQ individuals, organized events to raise awareness about the harms of mass incarceration on the LGBTQ+ community.

## RECLAIM!

2011-2015

*Working Inaugural Board Member, Yoga Teacher*

Supported transition to non-profit organization, worked to increase racial diversity through establishing clinical mentorship cohort for POC and engaged in organizational anti-racism trainings, organized fundraisers, drafted personnel policies and oversaw budget. Taught trauma informed yoga classes for queer and trans youth and emerging adults (ages 13-25), acted as member of the integrative health services team.

## PROFESSIONAL AFFILIATIONS

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Society for Social Work Research (SSWR)	2021-present
Council for Social Work Education (CSWE)	2022-present
World Professional Association for Transgender Health (WPATH)	2024-present
Transgender Professional Association for Transgender Health (TPATH)	2024-present
American Public Health Association (APHA)	2023-present
Academy of Eating Disorders (AED)	2021-2023

## CLINICAL LICENSURE

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Pennsylvania: Licensed Clinical Social Worker	2018-Present
Massachusetts: Licensed Certified Social Worker	2017-2019

## ADDITIONAL SKILLS AND TRAINING

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**Post-Graduate Clinical Training:** Sensorimotor Psychotherapy (Level 1), Trauma Focused CBT, Solution Focused Brief Therapy

**Methodological Training:** Human-Centered Design (Luma Institute)

**Languages:** English (native), Spanish (proficient)

**Certificate:** Achievement in Pedagogy (University of Pittsburgh Center for Teaching and Learning)