



**Dave Smith**

*Empowered Buddhist/Dharma Teacher  
Mindfulness and Emotional Intelligence Trainer  
Cultivating Emotional Balance Teacher (CEB)  
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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 teaches residential retreats, meditation classes, provides mentoring, trainings and workshops in both secular and Buddhist contexts. He provides consulting for mental health agencies, non-profit organizations, and speaks nationally at Addiction and Behavioral Health conferences. He recently founded the Secular Dharma Foundation. Dave lives in Paonia, Colorado.

**Staff Positions**

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|--------------|--|
| 2017-Present | Founder: Secular Dharma Foundation   |
| 2018-Present | Outreach and Online Coordinator: Cultivating Emotional Balance (CEB)   |
| 2017-present | Dave Smith Dharma: retreat teacher, consultation, mentoring, training  |
| 2017-2018    | Head of Practice: Mindful Schools  |
| 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.                           |
| 2014-2016    | Case Manager, Refuge Recovery Centers LA: Case management, group facilitation.   |

- 2014-Aug 2017 Buddhist Meditation Teacher, Against the Stream Buddhist Meditation Society: teaching weekly classes, program creation, teachers council, residential retreat teacher, mentoring.
- 2011-Aug 2017 Founder and Guiding Teacher, Against the Stream Nashville Meditation Center (now called, Wild Heart Meditation Center).
- 2012-present Assistant and Lead Teacher, Inward Bound Mindfulness Education (IBME): Taught and assisted five-day teen mindfulness retreats. Managed retreat staff and designed daily programming. Taught mindfulness practice sessions.
- 2011-2013 Program Director and Trainer, Mind Body Awareness Project (MBA), 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.
- 2010-2016 Founder, Program Director and Guiding Teacher, Against the Stream Nashville Meditation Center (now; Wild Heart Meditation Center) Administrative organization and program development. Provided trainings, taught year-long study groups, facilitated day-long workshops, and provided one-on-one mentoring.
- 2008-2009 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**

- 2017-present Mindfulness and CEB, program development, consultant, and trainer, Multi-Concept Recovery, Burbank, CA
- 2016-present Mindfulness trainer/consultant, Recovery Ways, Salt Lake City, Utah
- 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.
- 3/2011-3/2013 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.
- 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 12 step

spirituality and mindfulness and emotional intelligence exercises and interventions.

- 3/2012-10/2014 Cumberland Heights Intensive Outpatient Services, (nine locations) Nashville, TN: Provided monthly mindfulness and addiction modules. 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.

### **Mindfulness Meditation Direct Services**

- 10/2011-3/2013 Oasis Youth Center, Nashville, TN: Provided weekly mindfulness groups to at risk teens. Provided ongoing staff training and consulting. 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. Teaching mindfulness and emotional intelligence exercise to reduce anxiety, depression, and stress.

### **Mindfulness Meditation Retreats, Primary Teacher**

- December 2019 5-day Mindfulness Retreat: Big Bear Retreat Center, CA
- October 2019 Cultivating Emotional Balance Training (CEB) 42-hour Curriculum (6 days). Vajrapani Institute, Boulder Creek CA
- August 2019 7-day Mindfulness and Compassion retreat, Vallecitos, NM
- June 2019 7-day Mindfulness Training Retreat (Mindful Schools) Shambala Mountain Center, CO
- March 2019 Awakened and Meaningful Life 5- Day Workshop; 1440 Multiversity, CA
- June 2018 3-day Mindfulness and Compassion retreat, Vallecitos, NM
- March 2018 3-day Mindfulness and Compassion Retreat, Southern Dharma, Hot Springs, NC
- October 2018 5-day Mindfulness Retreat: Land of Medicine Buddha, Soquel CA
- December 2017 3-day New Year's Eve retreat, Against the Stream, Malibu, CA
- November 2017 5-day Mindfulness Retreat: Southern Dharma, Hot Springs, NC

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| March 2017    | 5-day Mindfulness and Early Buddhism, 1440 Multiversity, CA  |
| June 2017     | 7-day Mindfulness and Compassion retreat, Vallecitos, NM   |
| December 2016 | 3-day New Year's Eve retreat, Against the Stream, Malibu, CA                                       |
| October 2016  | 7-day fall retreat, Against the Stream, Joshua Tree CA   |
| February 2016 | Seven-day Mindfulness and Compassion retreat, New Life Foundation:<br>Chiang Rai, Thailand         |
| December 2015 | Three-day New Year's Eve retreat, Awakening through Mindfulness, Against<br>the Stream, Malibu, CA |
| October 2015  | Seven-day fall retreat, Against the Stream, Joshua Tree, CA  |
| June 2015     | Lead Facilitator: Gen-X Buddhist Teachers Conference: NY   |
| January 2015  | Seven-day Mindfulness and Compassion retreat, New Life Foundation:<br>Chiang Rai, Thailand         |
| June 2014     | Three-day mindfulness retreat for teens, IBME, Nashville, TN                                       |

**Mindfulness Meditation Retreats, Assistant Retreat Teacher:**

**w/Noah Levine & Vinny Ferraro**

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|---------------|---|
| October 2015  | 7-day Against the Stream mindfulness retreat  |
| May 2015      | 3-day Against the Stream mindfulness retreat  |
| January 2015  | 5-day mindfulness retreat at Esalen Institute   |
| December 2014 | 30-day integrated study program: <i>Mindfulness and Buddhism</i> at Esalen<br>Institute |
| October 2014  | 7-day Against the Stream mindfulness retreat  |
| August 2014   | 7-day Against the Stream mindfulness retreat  |
| October 2013  | 5-day Against the Stream mindfulness retreat  |
| October 2012  | 3-day retreat: <i>Buddhism and the 12 Steps</i> with Kevin Griffin                      |

**Speaking/Conference History**

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| December 2017 | "Mindfulness and CEB" Foundations Recovery Network, Recovery Results<br>Conference, Dallas, TX |
| July 2017     | "Ethical Mindfulness." US Journals Conference, Santa Fe, NM                                    |

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|----------------|---|
| March 2017     | “Ethical Mindfulness.” US Journals Conference, Nashville, TN  |
| April 2017     | Keynote address: “Refuge Recovery Movement” Foundations Recovery Network-Keynote, Innovations in Recovery, San Diego, CA  |
| 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   |
| 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   |
| September 2013 | “A Buddhist Recovery.” Foundations Recovery Network, Moments of Change, Palm Beach, FL  |
| October 2013   | “Healing the Heart with Meditation.” U.S. Journal Conference, Newport Beach, CA   |
| 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   |

**Classes, Trainings, Workshops and Daylong Events:**

2010-Present: Over 200 events in United States and Asia in both Secular and Buddhist contexts

**Meditation Retreat Experience: 260 retreat nights**

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| February 2019  | 5-day Retreat: Upaya Zen Center, Santa Fe NM   |
| Year-long 2017 | (2) 7-day Cultivating Emotional Balance Retreats; Vajrapani Institute Boulder Creek CA |

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| Year-long 2017 | (3) 10-day retreats Manual of Insight, loving-kindness, Cloud Mountain, Castle Rock, WA        |
| November 2014  | 10-day mindfulness retreat, Spirit Rock, Woodacre, CA  |
| November 2013  | 30-day monastic mindfulness retreat, Forest Refuge, Barre, MA                                  |
| October 2012   | 7-day mindfulness retreat, Against the Stream Buddhist Meditation Society, Joshua Tree, CA     |
| October 2011   | 5-day loving-kindness retreat, Against the Stream Buddhist Meditation Society, Joshua Tree, CA |
| June 2011      | 5-day secular Buddhism study retreat, Barre Center for Buddhist Studies, Barre, MA             |
| April 2011     | 10-day monastic retreat, Insight Meditation Society (IMS), Barre, MA                           |
| October 2010   | 5-day mindfulness retreat, Against the Stream Buddhist Meditation Society, Joshua Tree, CA     |
| February 2005  | 14-day mindfulness retreat, Forest Refuge, Barre, MA   |
| September 2003 | 3-month mindfulness retreat, IMS, Barre MA   |
| June 2000      | 10-day mindfulness retreat, IMS, Barre MA  |
| June 1997      | 10-day mindfulness retreat, IMS, Barre MA  |
| June 1995      | 10-day mindfulness retreat, IMS, Barre MA  |
| June 1994      | 5-day men's mindfulness retreat, IMS, Barre MA   |

### **Education & Training**

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|-----------|--|
| 2017      | CEB: Cultivating Emotional Balance Teacher Training: Eve Ekman PHD   |
| 2017      | Touching the Earth: Year-long Intensive, Manual of Insight; Steve Armstrong  |
| 2016      | CCAPP: Certified alcohol and drug abuse counselor, Ca; (CADAC)   |
| 2012-2015 | Empowered Buddhist Teacher, Against the Stream Buddhist Meditation Society (3-year training): Noah Levine, Vinny Ferraro |
| 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
- 2011 Motivational Interviewing, Nashville, TN
- 2012 Twelve LADAC Core Functions Training, State of TN
- 2011 Meditation Facilitator Training Level 1, Against the Stream Buddhist Mediation Society
- 2010 Denial Management Terry Gorski Training
- 2010 Relapse Prevention, Terry Gorski Training
- 1993 H.S. Diploma: Hampshire Regional H.S., Westhampton MA

**Published Works**

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

**References Available Upon Request**

