

Ryan R. Smith
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Education

Doctor of Philosophy (Ph.D.); Counselor Education

Texas A&M University-Commerce

Master of Science; Counseling

Texas A&M University-Commerce

Bachelor of Arts; Sociology

University of North Texas

Licensing and Professional Identity

Licensed Marriage and Family Therapist- Supervisor

Texas License #201943

Licensed Professional Counselor- Supervisor

Texas License #69270

President; Texas Association of Marriage and Family Counselors

(2014-2020)

Professional Experience

Dr. Ryan maintains private mental health practices in McKinney, TX and Rockwall, TX. While he works with a wide spectrum of clients, his specialty area is Marriage/Family and Relational Health. He is an expert in family systems and utilizes a systemic approach with even his individual clients.

Dr. Ryan is a public speaker and trainer whose speaking schedule includes public and private schools as well as community organizations and private groups. In addition to his speaking commitments and therapeutic responsibilities, Dr. Ryan trains and supervises Intern and Associate level clinicians to enter the field of mental health.

Prior to opening his private practices, Dr. Ryan spent 12 years in public education in the Dallas-Fort Worth Metroplex. He founded and served as

Executive Director of a school-based clinic that provided family therapy to elementary and middle school level alternative placement students; a program he conceived, designed, and implemented. The results of his program were recognized by the Texas Counseling Association and over a 3-year span his clinic grew to servicing approximately 750 families per academic year.

Prior to his therapeutic career, Ryan worked as a high school technology facilitator. This was preceded by 7 years as a classroom teacher and basketball coach at both the middle and high school levels.

Research and Expertise

Dr. Ryan has carved out a niche as an expert in the role that modern technology plays in family and interpersonal dynamics. His published dissertation is an exploration of the role that social media plays in marriages and through his various work at all 3 levels of public education he has developed a vast knowledge of technology-based issues and interventions as well as an understanding of the neurobiological implications of personal technology. While his research has brought to light many technology-based concerns for families, it has also led to the development of practical solutions.

Presentations

Dr. Ryan's research has established him as an authority on the impact of social media and modern technology on interpersonal relationships. The majority of his presentations are done in school districts with the most common events being district-wide parent nights. He has also done presentations for students as well as campus and district personnel and he speaks regularly at professional conferences. Dr. Ryan also presents and trains on a wide array of additional subjects including:

- Technology Interference in Analog Life
- General family functioning and wellness
- Marriage Rescue and Enhancement (Traditional and Intensive)
- Anxiety and Depression
- Childhood and Adolescent Neurobiological Development
- Neurobiology and Life Integration (Making Neurobiology Work for You)
- Life-stage development
- Parenting Issues
- Multi-generational family functioning and dynamics
- End of Life Care and Care for Caregivers
- Grief (Individual and Shared)