

Emil K. Smith, PhD, MSW, LCSW

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EDUCATION

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

RESEARCH INTERESTS

- Integrated Primary Care
- Structural Drivers of Health Inequity
- Eating Disorders & Disordered Eating in Minoritized Populations
- Mental Health Crisis Assessment and Intervention
- Community-Engaged Intervention Development
- Implementation Science
- Critical Theory

COMPETITIVE FELLOWSHIPS AND GRANTS

Postdoctoral Fellow (TL1) Clinical and Translational Science Institute (CTSI) University of Pittsburgh	\$74,632/year	2025-present
Predocctoral Fellow (TL1) Clinical and Translational Science Institute (CTSI) University of Pittsburgh	\$28,224 + tuition/year	2024-2025
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	\$500	2023

Trans-Affirming Primary Care Providers' Perspectives on Eating Disorders, Principal Investigator

Dissertation Study: Qualitative, phenomenological study of trans-affirming primary care providers' (N=22) experiences providing care to trans patients with disordered eating and eating disorders.

LGBTQIA+ Endowed Research and Outreach Fund

\$950

2022-2023

University of Pittsburgh

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.

REFEREED PUBLICATIONS

*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*. 40(3-4), 582-606. <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*. 39(4), 701-718. <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*, 32(4), 341-352. <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*. 18(4), 382-392. <https://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>

BOOK CHAPTER AND REPORT

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* (2nd 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

MANUSCRIPTS UNDER REVIEW

1. **Smith, E. K.**, Hipple, E., Updyke, A. (Revise and Resubmit). Simulation-based learning and relational suicide assessment skills: Embodying social work values in education and clinical practice.
2. Gartner, R. E., **Smith, E. K.**, Ballard, A. J., Risser, L. R., Chugani, C. D., VonVille, H., Coulter, R.W.S., Miller, E. Preventing violence against sexual and gender minority students in U.S. and Canadian educational settings: A scoping review.
3. **Smith, E.K.**, Gartner, R. E., Sterzing, P., Coulter, R. W. S. Understanding multi-victimization: Identifying socioecological supports among transgender and cisgender adolescents.
4. **Smith, E. K.**, Silverstein, S., Kidd, K., Gartner, R. E., Rofey, D. (Revise and Resubmit). Prevention and early detection of eating disorders in trans-affirming primary care.

MANUSCRIPTS IN PREPARATION

1. **Smith E. K.**, Sullivan, S., Harrop, E.N. Weight stigma as a barrier to care for transgender adults: Findings from a state-wide survey.
2. **Smith, E. K.**, Cruce, A., Peña, F., Sansone, H., Ramon, J. Hazel, C., Gartner, R. E., Coulter, R. W. S. Visioning eating disorder aware trans-affirming primary care: Centering trans adults' perspectives.
3. Gartner, R. E., **Smith, E. K.**, Campbell, W., Hayostek, D., Benson, C. Circle Up: Preventing campus sexual violence through community building and connection.

REFEREED PRESENTATIONS

1. **Smith, E. K.** (Accepted for 2026). *Trans-affirming primary care providers' perspectives on addressing disordered eating*. Society for Social Work Research. Washington, DC. [Oral]
2. **Smith E. K.**, Sullivan, S., Harrop, E. N. (Accepted for 2026). *Weight stigma as a barrier to healthcare access among transgender and gender diverse adults*. Society for Social Work Research. Washington, DC. [Flash Talk]
3. **Smith, E. K.**, Flores, A., Suslovic, B., Silva, C., Shelton, J. (Accepted for 2025). *Bodily autonomy in social work: Ethics and action for justice across systems*. Council of Social Work Education Annual Meeting. Denver, Colorado. [Roundtable]
4. Sullivan, S. A., Harrop, E. N., **Smith, E. K.**, & Holloway, B. (Accepted for 2025). *Prevalence, disability, and mental health correlates with eating disorders in trans-nonbinary Coloradans*. Council of Social Work Education Annual Meeting. Denver, Colorado. [Oral]
5. **Smith, E. K.**, (Accepted for 2025). *Trans adults' perspectives on improving trans-affirming primary care for patients with disordered eating*. GLMA: Healthcare professionals advancing LGBTQ+ Equality Annual Conference. Minneapolis, Minnesota. [Oral]
6. **Smith, E. K.**, (Accepted for 2025). *"Are they gonna come back?": Trans-affirming primary care providers' concerns about addressing disordered eating*. International Conference on Communication in Healthcare (ICCH). Ottawa, Ontario. [Oral]
7. **Smith, E. K.**, (Accepted for 2025). *"The coolest patients in the world": Primary care providers perspectives on trans-affirming primary care*. LGBTQ+ Research Symposium. Virtual Conference. [Oral]
8. Gartner, R.E., **Smith, E. K.**, Cruce, A. (Accepted for 2025). *Centering queer and trans voices: Co-design for sexual and gender minority health*. LGBTQ+ Research Symposium. Virtual Conference. [Workshop/Training]
9. Gartner, R., Futch, R., **Smith, E. K.**, Haney, C., Coulter, R. W. S., & Miller, E. (2025, May 12). *Community Co-Design and Implementation of a Trans-Affirming Provider Training for College Health and Counseling Centers*. 14th Annual Rainbow Research Symposium. Pittsburgh, PA. [Poster]
10. Gartner, R. G., Futch, R., **Smith, E. K.**, Coulter, R., Miller, L. (2025). *Intervention co-design: Community collaboration to build trans-affirming provider training for college health and counseling centers*. Community Engaged Scholarship Forum. Pittsburgh, P.A. [Poster]

11. **Smith, E. K.**, Gzesh, A., Kattari, K. S., Gartner, R.G., Harner, V., Cuneo, J. (2025). *Trans-affirming care: The role of social work research and practice*. Society for Social Work Research. Seattle, W.A. [Roundtable]
12. Gartner, R. E., **Smith, E. K.**, Fatcher, R., Coulter, R. W. S., Miller, L. (2025). *Centering gender affirming Resources in Education (CARE): Intervention co-design*. Society for Social Work and Research. Seattle, W.A. [Roundtable]
13. **Smith, E. K.** (2025). *Improving trans-affirming primary care for patients with eating disorders: Co-design strategies for participant-engaged thematic analysis*. Society for Social Work Research. Seattle, WA. [Poster]
14. Chisholm, A. D., **Smith, E. K.**, Rofey, D. L. (2024). *Disordered eating and the gender diverse experience*. Transforming Care Conference. Pittsburgh, P.A. [Oral].
15. **Smith, E. K.**, (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]
16. **Smith, E. K.** (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]
17. Gartner, R., **Smith, E. K.**, Klein, L.B., Cruys, C., Kattari, S. K. (2024). *Advancing anti-carceral approaches to campus sexual violence prevention*. Society for Social Work Research. Washington, D.C. [Roundtable]
18. 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 wellbeing*. Society for Social Work Research. Washington, D.C. [Oral]
19. **Smith, E. K.** (2023). *Trans-affirming primary care and eating disorders: Lived experience of transgender and gender diverse adults*. American Public Health Association. Atlanta, GA. [Oral]
20. **Smith, E. K.**, Rofey, D. (2023). *Eating disorders in transgender and gender diverse youth*. University of Pittsburgh Medical Center (UPMC) Trans Health Conference. Pittsburgh, PA. [Oral]
21. 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]
22. Gartner, R. E., Ballard, A. J., **Smith, E. K.**, Chugani, C. D., Miller, E. (2023). *Centering trans students' climate experiences to transform campus sexual violence prevention and response*. Society for Social Work Research. Phoenix, AZ. [Poster]

23. **Smith, E. K.**, Panichelli, M. (2022). *Teaching collaborative, trauma-informed, critical suicide assessment*. Council for Social Work Education Annual Program Meeting. Anaheim, CA. [Interactive Workshop]
24. **Smith, E. K.**, Rofey, D. (2022). *Eating disorders in transgender and gender diverse youth*. University of Pittsburgh Medical Center (UPMC) Trans Health Conference. Pittsburgh, PA. [Oral]
25. **Smith, E. K.**, Rosenstein, H., Kiesnowski, A., Hollomon, J. (2020). *Come for the pizza...Stay for the medical, mental health, and social services*. Collaborative Family Healthcare Association Annual Conference. Philadelphia, PA. [Oral]
26. **Smith, E. K.**, Whitman L. (2019). *Intersectional eating disorder treatment for the LGBTQ+ community: Identification, considerations, and patient-centered treatment*. Transforming Care Conference. Columbus, OH. [Oral]
27. Byers, D. S., Vider, S., & **Smith, E. K.** (2019). *Emergent understandings of LGBTQ+ affirmative care at the Eromin Center, Philadelphia, 1973-1983*. Council of Social Work Education (CSWE) Denver, CO. [Oral]
28. **Smith, E. K.**, Whitman L. (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]

INVITED PRESENTATIONS (Select)

1. **Smith, E. K.** (FEDUP Collective) (2023). *Identifying and treating eating disorders among transgender and gender diverse clients: Early detection, diagnosis, and tips for healthcare professionals*. Presented at The Dorm Treatment Center. <https://thedorm.com/blog/eating-disorders-transgender-youths/>
2. **Smith, E. K.**, Rofey, D. (2022). *Eating disorders in transgender and gender diverse youth*. Presented at University of Pittsburgh Medical Center (UPMC) Continuing Education Series. Pittsburgh, PA.
3. **Smith E. K.** (2022). *Supporting LGBTQ+ patients in substance use treatment*. Presented at Great Lakes Recovery Centers, Inc. Marquette, MI.
4. *Panelist: Treating substance use disorder in LGBTQ populations* (2022). University of Pittsburgh Coalition for Opioid and Addiction Leadership (COAL) Fellowship. Pittsburgh, PA.
5. *Panelist: COVID-19 and the intersections of being a professional and a family member* (2021). PA-NASW Social Justice Symposium. Pennsylvania (Virtual).
6. **Smith, E. K.** (2021). *Clinical considerations in working with trans/gender non-conforming youth in primary care*. Presented at St. Christopher's Hospital for Children. Philadelphia, PA.

ADDITIONAL RESEARCH EXPERIENCE

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 LGBT communities from 1960-1987 in Philadelphia, PA and Minneapolis, MN.

CLINICAL EXPERIENCE

Owner and Psychotherapist

2021-present

Embodied Healing, LLC

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

Intensive Outpatient Program (IOP) Therapist

2020-2021

Sanare Today

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

Behavioral Health Consultant (BHC)

2018-2021

Mazzoni Community and Family Medicine

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

Delivered short-term behavioral health interventions in a LGBTQ+ health center. 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 (i.e., medical providers, care services, and behavioral health).

Bilingual Primary Care Behavioral Health Clinician 2017-2018

Behavioral Health Network

Baystate Medical Center- Mason Square Neighborhood Health Center

Provided consultation, referrals, crisis services and weekly therapy to 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.

Social Work Clinical Intern 2016-2017

Drexel University College of Medicine Outpatient Psychiatry Service

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.

Clinical Intern- Team Counselor 2015-2016

Windhorse Integrative Mental Health- Northampton

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).

OTHER COMPETITIVE AWARDS AND ACADEMIC RECOGNITION

Fellow, Accelerating Discovery, Vision and Advancement in Career Excellence and Research (ADVANCER) 2025-present

University of Pittsburgh Institute for Clinical Research Education

Career development fellowship for health science scholars.

Awardee, Wynne Korr Doctoral Student Research Fund 2025

University of Pittsburgh School of Social Work

Funds outstanding social work dissertations.

Awardee, SSWR Conference Scholarship 2023

Caucus of LGBTQ Faculty and Students (Q-Caucus)

Funds travel and registration for SSWR annual meeting.

Awardee, Joseph and Helen Eaton Scholarship 2022

University of Pittsburgh

Best single-author work written by a first- or second-year doctoral student.

Finalist, Health Policy Research Scholar (HPRS) 2022

Robert Wood Johnson Foundation

Equips diverse doctoral students with advanced training to advance health equity.

Awardee, 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
Awardee, 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
Awardee, Undergraduate Teaching Opportunity Grant <i>University of Minnesota</i> Supports development of future instructors in higher education through supervised teaching and curriculum development.	2009
Awardee, 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
Awardee, Recipient of National Scholarship <i>University of Minnesota</i> Awarded for outstanding academic achievement.	2005-2009

TEACHING EXPERIENCE

Adjunct Instructor

<i>University of Pittsburgh School of Social Work- MSW Program</i> Human Behavior and the Social Environment (HBSE): Mental Health	Fall 2025
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Teaching Assistant

<i>University of Pittsburgh Dietrich School of Arts and Sciences</i> Undergraduate Sex and Sexualities	2023-2024 Academic Year
<ul style="list-style-type: none"> • Independently taught two 20-student recitations. • Participated in development of course content on multi-disciplinary teaching team • Lectured on health equity and gender diversity related topics 	

Invited Guest Lecturer/Instructor

<i>Collaborative, Trauma-Informed Suicide Assessment</i> , West Chester University School of Social Work. Graduate Course: Advanced Practicum.	Spring 2024
<i>Eating Disorders and Trans-Affirming Primary Care</i> , University of Pittsburgh Dietrich School of Arts and Sciences, Undergraduate Course: Body Image Across the Globe.	Spring 2024

<i>Eating Disorders and Disordered Eating Among Youth</i> . Graduate Fellowship Program: Behavioral Health Scholars Program (BHSP). University of Pittsburgh School of Social Work.	Fall 2023
<i>Mindfulness and Clinical Social Work Practice</i> , University of Pittsburgh School of Social Work. Course: Cognitive Behavioral Therapy.	Spring 2023
<i>Looking Back/Looking Forward: Challenges and Tools for a Sustainable Career</i> . Coalition for Opioid and Addiction Leadership. University of Pittsburgh School of Social Work.	Spring 2023
<i>Collaborative, Trauma-Informed, Suicide Assessment</i> , West Chester University School of Social Work. Courses: BSW & MSW Practice Courses.	Spring 2022
<i>Collaborative, Trauma-Informed, Suicide Assessment</i> , University of Pittsburgh School of Social Work. Course: Models of Intervention.	Spring 2022
<i>Suicide Assessment</i> , Bryn Mawr School for Social Work and Social Research.	Spring 2021

ACADEMIC SERVICE AND COMMUNITY ADVOCACY

<i>Ad Hoc Peer Reviewer</i>	
MIT Science Policy Review	2025
PLOS One	2024
Transgender Health	2024
American Journal of Preventative Medicine	2023
Clinical Social Work Journal (3)	2023-2025

Student Representative to Diversity, Equity, and Inclusion Committee	2022-2023
University of Pittsburgh School of Social Work	
Represent the interests of social work doctoral students, develop programming and apply for funding to support anti-oppression curricula in the doctoral program, collaborate to develop guidance and policies to promote a safe learning environment for all students, develop and implement school-wide climate survey.	

Co-Director of Research and Adjunct Member	2021-2023
FEDUP (Fighting Eating Disorders in Underrepresented Populations)	
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.

Collective Member and Organizer

2015-2017

Black and Pink- Western Massachusetts

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 expand a pen pal matching program, organized events to raise awareness about the harms of mass incarceration on the LGBTQ+ community.

Working Inaugural Board Member, Yoga Teacher

2011-2015

RECLAIM!

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

Academy of Communication in Healthcare (ACH)	2025
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)	2023-2024
Academy of Eating Disorders (AED)	2021-2023

CLINICAL LICENSURE

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

ADDITIONAL SKILLS AND TRAINING

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), Advancing Access in Higher Education (University of Pittsburgh Writing Institute)