

America's Best In Medicine Profiles Lauren Aikin-Smith, PhD, LCSW, MPH, MEd, MSW, CHES, Clinical Social Worker Therapist

Transforming Lives Through Bold, Inclusive Care That Blends Mental Health, Sexual Wellness, and Holistic Healing in Pittsburgh



Pittsburgh, Pennsylvania Apr 20, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Lauren Aikin-Smith, PhD, LCSW, MPH, MEd, MSW, CHES, is a Licensed Clinical Social Worker and Co-Owner of Elements Counseling & Wellness Spa in Pittsburgh, Pennsylvania, where she is transforming the way individuals experience care. With more than thirteen years of clinical experience, Dr. Aikin-Smith has built a reputation for integrating mental health, sexual health, and holistic wellness into a unified, accessible model designed to support the whole person.

In 2024, Dr. Aikin-Smith co-founded an innovative integrated medical practice alongside Autumn Walsh, LCSW. This forward-thinking collaboration blends traditional psychotherapy with complementary wellness services such as yoga, massage therapy, contrast therapy, halotherapy, and spiritual practices. The result is a welcoming and inclusive environment where emotional, physical, and relational well-being are addressed in tandem—an approach that reflects the growing demand for comprehensive, client-centered care.

Dr. Aikin-Smith's work is grounded in an impressive interdisciplinary academic background. She holds a PhD in Human Sexuality Studies and a Master of Education in Sex Education, along with dual master's degrees in Public Health and Social Work. Her clinical approach incorporates a range of evidence-based and body-centered modalities, including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), internal family systems (IFS), somatic therapy, and mindfulness-based practices. This diverse toolkit allows her to tailor care to each individual's needs while fostering meaningful, sustainable growth.

Known for her warm and affirming presence, Dr. Aikin-Smith creates a therapeutic space where clients feel both supported and challenged. She encourages individuals to lean into discomfort as a pathway to deeper self-awareness and transformation. Her collaborative style ensures that clients remain at the center of their healing journey, with an emphasis on empowerment, authenticity, and resilience.

A passionate advocate for equity and inclusion, Dr. Aikin-Smith is especially committed to serving diverse and historically underserved populations. Her clinical and educational work often focuses on sexuality, relationships, and holistic well-being, with an emphasis on creating safe, affirming spaces for all identities and experiences.

Beyond her clinical practice, Dr. Aikin-Smith is a respected educator, speaker, and community leader. She has presented at universities, national conferences, and international forums on topics including sexual health education, healthy relationships, and queer family dynamics. Her work bridges the gap between research and practice, promoting accessible, evidence-informed care that benefits both individuals and communities.

Outside of her professional life, Dr. Aikin-Smith and her spouse have fostered children for over a decade, demonstrating a deep personal commitment to healing, stability, and connection. Through her work at Elements Counseling & Wellness Spa, she continues to lead with compassion, innovation, and a vision for truly integrated care that supports individuals in thriving across all aspects of life.

Learn more about Dr. Lauren Aikin-Smith:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/lauren-aikin-smith>, or through her profile on Elements Counseling & Wellness Spa, <https://elementspgh.com/about-us/>

America's Best in Medicine

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guidance for patients and peers alike.

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