

Florida Psychotherapist Roger Smith Brings More Than Four Decades Of Experience Helping Achieve Lasting Growth

Licensed Mental Health Counselor Continues to Expand Access to Compassionate, Evidence-Based Psychotherapy Through Secure Telehealth Services

Bradenton, Florida Jul 10, 2026 ([IssueWire.com](https://www.issuewire.com)) - With more than 40 years of experience in psychotherapy, Roger Smith, a Licensed Mental Health Counselor in Florida, continues to make a meaningful difference in the lives of individuals seeking greater emotional well-being, personal insight, and long-term behavioral change. Licensed since 1987, Smith has dedicated his career to serving diverse populations across some of the most challenging clinical environments while remaining committed to compassionate, individualized care.

Throughout his distinguished career, Smith has gained extensive experience working in maximum-security psychiatric hospitals, correctional facilities, private psychiatric hospitals, forensic treatment programs, institutions serving individuals with developmental disabilities, and community-based mental health settings. His broad clinical background has equipped him to work effectively with individuals across the full spectrum of functioning, from those with severe intellectual disabilities to high-performing professionals navigating anxiety, trauma, substance use, and life transitions.

Smith began his professional journey at Sunland in Tallahassee, Florida, where he conducted psychological evaluations to assist individuals with developmental disabilities as they transitioned into community-based group homes. He later advanced to become Director of a 54-bed inpatient psychiatric unit at a maximum-security hospital near Gainesville, Florida, where he supervised multidisciplinary treatment teams and collaborated closely with psychology professionals to deliver comprehensive patient care. His career has also included work within correctional systems and specialized forensic psychiatric units, providing treatment for individuals deemed incompetent to stand trial and others with complex behavioral health needs.

A significant focus of Smith's practice has been substance abuse treatment, particularly helping individuals involved in DUI-related cases. He believes these clients often present unique opportunities for transformation because many have never considered therapy before entering treatment. By encouraging critical thinking, self-reflection, and accountability, Smith helps clients understand the circumstances that contributed to their actions while developing realistic strategies for lasting behavioral change. His practice also includes extensive experience treating anxiety disorders, panic disorder, and a wide range of general mental health concerns.

"What I enjoy most about practicing psychotherapy is the opportunity to help people improve their lives in meaningful and lasting ways," says Smith. "Whether someone is working through anxiety, recovering from substance misuse, or simply trying to better understand themselves, my goal is to help them recognize that positive change is possible. Seeing clients develop healthier perspectives and make choices that improve their lives is incredibly rewarding."

Since the COVID-19 pandemic, Smith has successfully transitioned much of his practice to secure video-based psychotherapy sessions. He has found that telehealth allows many clients to engage more comfortably from familiar surroundings while maintaining the same high standard of personalized care. Committed to continuous professional development, Smith is also expanding his expertise through advanced training in Eye Movement Desensitization and Reprocessing (EMDR), strengthening his ability to provide trauma-focused treatment for individuals coping with difficult life experiences.

Smith earned both his Bachelor of Arts and Master of Arts degrees from California State University, Northridge. His decades-long career reflects a steadfast commitment to professional excellence, lifelong learning, and helping individuals build healthier, more fulfilling lives through thoughtful, evidence-based psychotherapy.

As mental health needs continue to grow, Roger Smith remains dedicated to providing accessible, compassionate care that empowers clients to overcome challenges, develop resilience, and move confidently toward a more positive future.

Learn more about Roger Smith:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/roger-smith>

America's Best in Medicine

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