

LIFE LEADERSHIP *Is For* EVERYONE

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Howard Baumgarten

Licensed Professional Counselor, Author, Consultant

Howard Baumgarten is the founder of Smart Practice Central, a healthcare business-building platform that values intelligent, ethical, and clinically minded practice development, and provides clinical practice business consultation and trainings to private practices and healthcare agencies.

Howard has lectured throughout the country on the integration of mental health, wellness and business, focusing on practice development, working within managed care systems, the impacts of the Affordable Care Act on mental health care, and work/life balance. He is the author of *Private Practice Essentials: Business Tools for Mental Health Professionals*, a guide to starting and successfully managing mental health practice published in 2017.

In 2003, he developed and implemented the first practice building business curriculum in a graduate level-counseling program in the country at the University of Colorado, where he taught this curriculum for twelve years.

Howard routinely consults and trains businesses and organizations across a variety of industries in work/life wellness, including managing stress, building resilience, creating balance, burnout prevention, teamwork, conflict resolution and other topics.

He is the former Director of Network Relations for Westside Behavioral Care, Inc., a clinical group practice he helped build into one of Colorado's largest outpatient behavioral health practices.

Howard's work has led him into a passion for understanding human resilience in the wake of adversity, thus creating his practice model of "Integrative Resilience Theory," an approach to change and growth in which cultivating compassion within is a key component.

When not counseling, lecturing, teaching, researching, writing, presenting or consulting, you can find Howard hiking on a mountain top, skiing downhill, running on a trail, traveling, and spending time with his friends and family!

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