

We are your partner in

## HUMAN EMPOWERMENT



### Need Help?

At Breakthrough Psychological Solutions, we know that everyone needs help at some point in their lives. We are here to help. We have the skills, experience, and desire to help. We partner with you to achieve the breakthrough that will help you reach your goals and sustain a happy and healthy life and peace of mind, body, and soul.

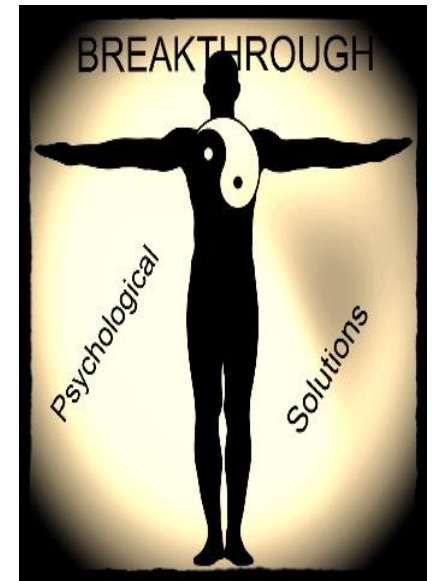


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## Breakthrough Psychological Solutions

Your Partner in Human  
Empowerment

**Jerry D. Smith Jr., Psy.D.**  
Licensed Psychologist, CEO



## Breakthrough Psychological Solutions

### Who We Are

At Breakthrough Psychological Solutions, PLLC, we are human empowerment experts. Our founder and CEO is a licensed clinical psychologist, trained mediator, and business consultant with years of experience helping individuals, groups, and organizations obtain increased levels of human proficiency, self-reliance, and psychological health. We are experienced, highly qualified, and discreet professionals, who value the confidentiality and unique individual needs of our clients and patients.

### What We Do

Breakthrough Psychological Solutions provides a wide range of human empowerment-based services to include:

- Psychological assessment
- Individual & group therapy
- Research-based business consultation
- Corporate training
- Professional coaching services
- Personal and individualized professional mentoring
- Freelance writing
- Law enforcement screening
- Stress inoculation training for law enforcement
- Weight-loss surgery assessment
- Disability assessment

- Pre-employment testing
- School mental health assessment
- Psycho-educational classes

### Our Philosophy

The expert services we provide come from an eclectic philosophical worldview. Our psychological precepts are founded in the fundamental concepts of cognitive-behavioral therapy, the most empirically validated theoretical orientation in the field of psychology today. Our expertise is founded in scientifically validated concepts and practical application. The results are a balanced professional and personal life and the personal confidence to pursue and help others obtain true happiness.



### Our Commitment

We are committed to providing our clients and patients with highest level of service and expertise. You can trust that your business and personal matters will be handled with professionalism, integrity, and the utmost discretion and confidentiality.

**PEACE**

Peace.

It does not mean to be in a place where there is no noise, trouble, or hard work.

It means to be in the midst of those things and still be calm in your heart.

-unknown