Edward A. Wise came to the University of Wyoming Department of Psychology Clinical-Community doctoral program in 1976 after receiving a bachelor's degree (cum laude) in psychology at Washington University in St. Louis, Missouri. Following his graduation from the UW, Wise was accepted into the University of Tennessee Health Sciences Internship Consortium in Memphis, Tennessee. He then joined the staff at the Frayser Millington Mental Health Center. In the early 1980s, Wise and several colleagues from the mental health center opened a private practice. Later, he expanded his practice into one of the largest medical-surgical hospitals in the country, providing psychological evaluations, group and individual therapy to patients in psychiatric, substance-abuse, eating disorder, and medical units. In the mid 1990s, Wise repositioned his group practice, Mental Health Resources, to give multidisciplinary treatment services.

Wise is a prolific writer of more than 25 peer-reviewed articles, an ad hoc reviewer for numerous professional journals, and currently serves as consulting editor for the Journal of Personality Assessment.

In 2003, Wise was nominated for the Health Care Hero Award by the Memphis Business Journal for collaborative work with the health care and business communities. In 2004, he was named a "Mid South Asset" by the Memphis daily newspaper, Commercial Appeal. Wise received the American Psychological Association's Award for Distinguished Professional Contributions to Independent Practice in the Private Sector in 2005.