

Carol Forgash, L.C.S.W., B.C.D

353 North Country Road, Smithtown, NY 11787
Fax: (631) 265-8676

Telephone: (631) 265-3194
Email: cforgash@optonline.net

Professional Experience

Psychotherapist

- *Co-director*, The Lifeline Center, psychotherapy and consultation practice, Smithtown, N.Y. Provide psychotherapy to adults, adolescents, children, families, and groups. Specializations: EMDR, posttraumatic stress disorders, sexual abuse, depression, panic disorders, phobias, problems related to stress and physical illness; death and dying. Performance enhancement work with equestrians, musicians, artists, students, public speakers, and corporate executives. Provide clinical consultation to psychotherapists throughout the United States. 1980–present

Educator

- *Director*, Advanced Educational Productions, New York City. Develop educational seminars and videos for psychotherapists. 2001–present

- *Executive Director*, Partnerships for Survival, a not-for-profit educational program addressing issues affecting adult sexual abuse survivors.

Services Provided:

- Information helpline and professional trainings for professionals in the mental health, medical, and human resources fields.
- Trainings on the clinical treatment of trauma survivors.
- Visiting lecturer, SUNY Stony Brook, School of Social Welfare and School of Medicine (topics: Clinical Treatment of Sexual Abuse Survivors: PTSD and Dissociation; Health Issues of Sexual Abuse Survivors; EMDR Treatment of Trauma Survivors).
- Sponsored: Sexual Abuse Survivors (SASS) Media Art Show and “To Tell the Truth” Conferences for survivors and professionals.
- Presented workshops for survivors and their partners and families. 1993–2002

Disaster Relief Work

- *Coordinator* (volunteer), Disaster Mental Health Recovery Network for Long Island. Developed linkage with agencies for volunteer data base collection of Long Island clinicians, referral services for people affected by the 9/11 disaster, and publicity efforts. 2001–2002

Social Work

- *Director of Family Support Services*, New York State department of Mental Health, Long Island Region. 1988-89
- *Supervisor of Geriatric Services*, Pilgrim State Psychiatric Hospital, East Brentwood, New York. 1986-88
- *Clinical Social Worker*, Kings Park Psychiatric Hospital 1985-86
- *Clinical Social Worker*, inpatient/outpatient services, Pilgrim and Islip State Psychiatric Hospitals, NY.1979–1985

Education and Professional Training

- MSW, Adelphi University School of Social Work, 1979.
- EMDR Institute certificates: Level I and II Training, 1995, Facilitator training, 1998.

Publications

Forgash, C. (2014) Treatment of dissociative disorder and complex ptsd with EMDR: Lecture record of Carol Forgash . Niheisha, Osaka, Japan

Forgash, C., Leeds, A., Stramrood, C. A. I., & Robbins, A. (2013). Case Consultation: Traumatized Pregnant Woman. *Journal of EMDR Practice and Research*, 7(1), 45-49. doi:10.1891/1933-3196.7.1.45.

Forgash, C., Monahan, K., (2013). The Impact of Child Sexual Abuse on Subsequent Dental Health and Treatment for Adult Survivors. In Submission.

Forgash, C., & Knipe, J. (2012). Integrating EMDR and ego state treatment for clients with trauma disorders. *Journal of EMDR Practice and Research*, 6(3), 120-128. doi:10.1891/1933-3196.6.3.120

Monahan, K., & Forgash, C. (2012). Childhood Sexual Abuse - A Review of Adult Medical and Dental Health Outcomes in *Sexual Abuse-Breaking the Silence*. (pp.137-152). Prof. Ersi Abaci Kalfoglou, (Ed.) Croatia: InTechOpen.

Link to online access: <http://www.intechopen.com/books/sexual-abuse-breaking-the-silence>

Forgash, C. (2012). EMDR Treatment with Dissociative Disorders and Complex PTSD. Tokyo: Niheisha (in Press)

Forgash, C. (2010). Stabilization Phase of Trauma Treatment. In M. Luber.(Ed.). *EMDR Scripted Protocols: Special Populations*. (pp. 209-233). New York: Springer Publishing.

Forgash, C. & Copeley, M., (2007). *Healing the heart of trauma and dissociation with EMDR and ego state therapy*. New York: Springer

Forgash, C. (2004), Treating Complex Posttraumatic Stress Disorder with EMDR and Ego State Therapy UK. *The EMDR Practitioner*: summer edition

Monahan, K., & Forgash, C. (2000). Enhancing the health care experiences of adult female survivors of childhood sexual abuse. *Women and Health*, 30(4).

Forgash, C. (1997, Spring). EMDR in a concurrent treatment mode. *The Clinician*.Vol.7

Forgash, C. (1986). More than an educated guess; Identifying and working

With sexually abused children in a school setting (SCOPE Manual). Smithtown,

Bergofsky, R., Forgash, C., & Glassel, A., Establishing therapy groups with families of spina bifida children in a hospital setting. *Group Work Journal* 2(1).

Presentations

Advanced Two-Day Workshop Seminar: EMDR Treatment of Health Related Problems.

Workshop Presentations in 2013: Asheville, NC, Manchester, UK

Workshop Presentations in 2012: Melbourne, Australia, San Francisco, CA

Workshop Presentations in 2011: Phoenix AZ, Woodbridge NJ, Kansas City, KS, Irvine CA.

Workshop presentations in 2010: Denver CO, Anchorage AK, St. Louis, MO.

Advanced Two-Day Workshop Seminar: Healing the Heart of Trauma with EMDR and Ego State Therapy

Workshop Presentations in 2014: Woodbridge, NJ

Workshop Presentations in 2013: Phoenix, AZ., Calgary, Canada,

Workshop Presentations in 2012: St. Louis, MO, Birmingham AL, Melbourne, Australia

Workshop presentations in 2011: Phoenix AZ, Woodbridge NJ, Kansas City KS, Irvine CA.

Workshop Presentations in 2010: Stockholm, Sweden, Seattle WA.

Workshop Presentations in 2009: Orlando, FL, Santa Barbara, CA, Chicago, IL; Madrid, Spain

Workshop presentations in 2008: Netanya, Israel. Istanbul, Turkey. Iselin, NJ, Santa Barbara, CA.

Kyoto, Japan: Japan EMDR Association Annual Conference. 2 Day Workshop Presentation. April 15-16, 2007. Advanced Treatment of Dissociation, Personality Disorders, Couples and Disaster Survivors. Co-presented with Jim Knipe, Ph.D.,

Tokyo, Japan, Japan EMDR Association Annual Conference. April, 2006.

2 Workshop Presentations:

1) Treating Dissociation, Trauma and Post Traumatic Stress Disorder with EMDR.

2) EMDR Treatment with PTSD and Complex PTSD: Clinical and Practical Guide

EMDR International Association Conferences- Workshop Presentations

Austin, TX, 2013: Breaking the ACE (Adverse Childhood Events) Cycle of Poor Health with EMDR

Washington, DC, 2012: The impact of Complex PTSD and Attachment issues on Personal Health: An EMDR Treatment Approach

Minneapolis, 2010: Dissociation in the Dental Chair.

Atlanta, 2009: An EMDR Treatment Approach to Addressing Health Problems of Complex Trauma Survivors.

Phoenix, 2008, Advanced Techniques in the EMDR-Based Treatment of Complex Trauma.

Dallas, 2007, The Negative Impact of Complex PTSD on Health: An EMDR/ Ego State Treatment Plan.

Philadelphia, 2006: Treating Complex Trauma with EMDR and Ego State Therapy.

Seattle 2005 Master Class in the Integration of EMDR and Ego State work in the treatment of Complex Trauma.

Montreal 2004: Healing the Heart of Trauma, Restoring Connections and Stability

EMDR-Europe International Conferences

Amsterdam, 2009: The Treatment of Health Problems of Complex PTSD Clients: an EMDR/Ego State Treatment Plan

Paris, 2007: Pre-conference Workshop. Treating Complex Trauma: An Integrated EMDR and Ego State Therapy Approach.

Turkey, 2006: EMDR and Ego state Work,

Frankfurt, Germany, 2002. Keynote address: Utilizing EMDR in the Treatment of Complex Trauma and Dissociative Disorders.

International Society for the Study of Dissociation (ISSD) International Conferences

2006: Integrating EMDR and Ego State Treatment: Addressing Dissociation and PTSD in Adult Sexual Abuse Survivors and their Negative Impact on Physical Health. Los Angeles

2005: Healing the heart of trauma: Restoring connections and stability, Toronto

2004: Integrating EMDR and ego state therapy in the treatment, Chicago,

2003. Workshop: Treating Survivors of Overwhelming Trauma Who Present with Pre-existing PTSD and Dissociative Disorders: an EMDR/ Ego State Approach. New Orleans

First International Congress of Ego State Therapy, Germany, 2003. Workshop: EMDR/Ego State Work in Trauma Response Situations: Working with Survivors of the World Trade Center Tragedy.

Memberships and Accreditations

EMDR Institute, Level I, II, and Facilitator Certification

EMDR International Association: Certified EMDR Therapist, Approved Consultant, Approved Workshop Provider

EMDR Humanitarian Assistance Program, Past Board President

International Society for the Study of Dissociation, Member

Suffolk County Advisory Committee for the Study of Child Protection, Past Member