

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

Professional Experience

Psychotherapist

- *Co-director*, The Lifeline Center, psychotherapy and consultation practice, Smithtown, N.Y. Provides 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. Provides clinical consultation to psychotherapists throughout the United States and internationally. 1980–present

Educator

- *Director*, Advanced Educational Productions, New York City. Develop educational seminars and distance learning courses 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. & Copeley, M., (2007). *Healing the heart of trauma and dissociation with EMDR and ego state therapy*. New York: Springer
- 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*.
- Forgash, C. (1986). More than an educated guess; Identifying and working With sexually abused children in a school setting (SCOPE Manual). Smithtown, NY: Suffolk County Organization for the Promotion of Education.
- 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: Healing the Heart of Trauma with EMDR and Ego State Therapy.

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

Advanced Two-Day Workshop Seminar: Deepening EMDR Across the Diagnostic Spectrum: Integrating EMDR and Ego State Work.

Workshop Presentations in 2007: Phoenix, Az.,
Workshop Presentations in 2006: Charlotte N.C,
Workshop Presentations in 2005: Kansas City,

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:

Treating Dissociation, Trauma and Post Traumatic Stress Disorder With EMDR
EMDR Treatment with PTSD and Complex PTSD: Clinical and Practical Guide

EMDR International Association Conferences

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

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

American Board of Examiners in Clinical Social Work, Board Certified Diplomate
EMDR Institute, Level I, II, and Facilitator Certification
EMDR International Association: Member, Certified EMDR Therapist
EMDRIA Approved Consultant
EMDR Humanitarian Assistance Program, Board President
International Society for the Study of Dissociation, Member
National Association of Social Workers, Member.
Suffolk County Advisory Committee for the Study of Child Protection, Member