

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. & 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.

2009 Workshop Presentations: Orlando, FL, Santa Barbara, CA, Chicago, IL; Madrid, Spain
2008 Workshop Presentations: Netanya, Israel. Istanbul, Turkey. Iselin, NJ.

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

2008 Workshop Presentations: Iselin, NJ, Anchorage AK, Atlanta, GA, New Haven, CT
2007 Workshop Presentations: Phoenix, AZ
2006 Workshop Presentations: Charlotte. NC
2005 Workshop Presentations: Kansas City, KA

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

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

American Board of Examiners in Clinical Social Work, Board Certified Diplomate

EMDR Institute, Level I, II, and Facilitator Certification

EMDR International Association: Certified EMDR Therapist 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