

CURRICULUM VITAE

Monica Carsky, PhD

Academic Training

1967 BA Swarthmore College, Psychology, with Honors
1978 PhD City University of New York: Clinical Psychology
Dissertation: An Examination of Bion's Group Theory, sponsor, Laurence Gould, PhD

Private Practice

182 Vandelinda Ave, Teaneck, NJ 07666
The Chanin Building, Suite 3200, 122 East 42 St, New York, NY 10168

New York State License #6228.
New Jersey State License #1491.

Training

1977-1978 Predoctoral Intern in Psychology, Bronx Psychiatric Center, Albert Einstein College of Medicine, Bronx, New York
1978-1981 Post-doctoral Fellow in Psychology, The New York Hospital - Cornell Medical Center, Westchester Division, White Plains, New York
1994-1999 Institute for Psychoanalytic Training and Research (IPTAR), Certificate in Psychoanalysis, 1999
Group Relations Training, Tavistock Group Relations Conferences: Three weekend conferences, 1975-76; Five-day residential conference, Amherst, MA, 1978
Certificate, NYU Postdoctoral Program in Psychoanalysis and Psychotherapy Couples Therapy Training Program
Certification in Clinical Hypnosis, Society for Clinical and Experimental Hypnosis

Professional Organizations and Societies

International Psychoanalytic Association
New Jersey Psychoanalytic Society
American Psychological Association (Divisions: Clinical Psychology, Psychoanalysis)
Society for the Exploration of Psychotherapy Integration
International Society for Transference Focused Psychotherapy (Certified TFP therapist, faculty and supervisor)
Center for Psychotherapy and Psychoanalysis of New Jersey (Faculty, Supervisor and Training Analyst)
Society for Clinical and Experimental Hypnosis
IPTAR Society

Academic Appointments

1981-1984	Instructor of Psychology in Psychiatry, Cornell University Medical College, The New York Hospital - Cornell Medical Center, Westchester Division
1984-1986	Assistant Professor of Psychology in Psychiatry, Cornell University Medical College, The New York Hospital - Cornell Medical Center, Westchester Division
1986-1992, and 7/1/02-present	Clinical Assistant Professor of Psychology in Psychiatry, Weill Medical College of Cornell University
2000-present	Personality Disorders Institute, New York Presbyterian Hospital.
1986-present	Faculty, Institute (now Center) for Psychoanalysis and Psychotherapy of New Jersey. Supervising and Training Analyst, 1990, Training committee, 1990-1995; Director of Admissions, 1994-95. Case conferences, courses on Freud, psychoanalytic theory and technique, countertransference, borderline, narcissistic and dissociative disorders.
2006-7	Adjunct Clinical Supervisor, Rutgers University Graduate School of Applied and Professional Psychology
2008-present	Faculty, Institute for Psychoanalytic Training and Research, NY
2009	Adjunct Faculty, Fairleigh Dickinson University Clinical Psychology Doctoral Program
2009-present	Adjunct Assistant Professor of Psychology, New York University Post Doctoral Program in Psychoanalysis and Psychotherapy
2017-18	Adjunct Clinical Supervisor, City University clinical Psychology Doctoral Program

Hospital Appointments

1981-1984	Professional Associate in Psychology, The New York Hospital - Cornell Medical Center, Westchester Division, White Plains, NY
1984-1992 and 7/1/2002-present	Assistant Attending Psychologist, The New York Hospital - Cornell Medical Center

Honors

1967	National Merit Scholar United States Presidential Scholar from New York State
1969-1971	Honors Program, Swarthmore College
1971	Phi Beta Kappa, Swarthmore Chapter
1976-1977	NIMH Fellow
1978	Bernard R. Ackerman Award for Excellence from the Psychology Faculty of the City College of New York

Departmental and University Committees

1983-1986	Member of New York Hospital-Westchester Division Task Force on Relations with Community Referral Sources, and Extended Treatment Division committees on education, research, and treatment planning. Vice President, Westchester Division Faculty Council, 1985-1986
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Teaching Experience and Responsibilities

2015-present	Courses on Transference and Countertransference In the treatment of Borderline Patients, for Advanced candidates (MSW, PhD, MD) at the Institute for Psychoanalytic Training and Research, NY, NY. Courses on Transference Focused Psychotherapy for Postdoctoral Candidates (PhD and MD) at the New York University Postdoctoral Training Program in Psychoanalysis and Psychotherapy
April, 2009	Four week course on Transference Focused Psychotherapy for IPTAR, Institute for Psychoanalytic Training and Research
1990	Advanced Psychotherapy course, FDU Clinical Psychology Doctoral Program, spring semester
1980-1986	Psychotherapy supervision of NYH-WD psychology interns and postdoctoral fellows, and PGY-4 residents; Psychotherapy course for NYH-WD psychology postdoctoral fellows and PGY4 Psychiatric Residents
1997	Course on hospital therapy, NYH-WD psychology interns Adjunct Instructor, Clinical Psychology Doctoral Program, Fairleigh Dickinson University. Graduate course on psychoanalytic psychotherapy.
1999-present	Occasional lectures on transference focused psychotherapy, supportive psychotherapy, borderline and psychotic conditions for clinical psychology doctoral students at CUNY, psychology interns at the Albert Einstein College of Medicine and the Columbia College of Physicians and Surgeons, PGY3 and PGY 4 residents at UMDNJ, Newark, NJ, and as part of IPPNJ, IPTAR and other psychoanalytic continuing education programs. Private supervision (including Zoom) and seminars.
2001-2003	Co-leader with Dr. Ann Appelbaum, supportive psychotherapy supervision group for NYPH Personality Disorders Institute RCT
2003-2005	Outpatient psychotherapy supervision for NYPH-Columbia Presbyterian Hospital psychology interns
2006	All day Pre-conference Workshop on Transference Focused psychotherapy for Borderline Personality Disorder at the 9 th Annual International Conference on Orthodox Judaism and Mental Health (NEFESH), Feb 9, 2006, Baltimore, MD.
2012	Workshop on Transference-Focused Psychotherapy: A Research-Supported Treatment for Personality Disorders. Vermont Association for Psychoanalytic Studies, Burlington, VT
2012-present	Introduction to Transference Focused Psychotherapy for psychology and clinical social work graduate student Externs, presented yearly at the Institute for Psychoanalytic Training and Research, NYC.
2014-2015	Techniques with highly disturbed and borderline patients, course for the Chinese American Psychoanalytic Alliance (CAPA).
2017	Transference-Focused Psychotherapy (TFP) for Personality Disorders: Evidence Based Dynamic Therapy. One-day CE workshop presented with Kenneth Levy. American Psychological Association Annual Meeting, August 9, 2018.
2018	Transference-Focused Psychotherapy (TFP) for Personality Disorders: Evidence Based Dynamic Therapy. Half-day CE workshop, presented

with Kenneth Levy, American Psychological Association Annual Meeting, August 5, 2017.

Other Professional Activities

1980-present	Private practice in psychotherapy, psychoanalysis and consultation, NY and NJ
2004-2006	President, The New Jersey Psychoanalytic Society, A Component Society of the American Psychoanalytic Association
1986-1988	Consultant, Montefiore Hospital Affective Disorders Program
1998-present	Ad Hoc Reviewer, <i>Psychoanalytic Psychology</i>
2017	Ad Hoc Reviewer, <i>Journal of Nervous and Mental Disease</i>

Bibliography

Peer Reviewed Articles

1984

Selzer, M., Carsky, M., Gilbert, B., Weiss, W., Wagner, S., and Klein, M. The Shared field: A Precursor stage in the development of a psychotherapeutic alliance with the hospitalized chronic schizophrenic patient. *Psychiatry*, 47(4): 324-332, 1984.

1985

Carsky, M. The Resolution of impasses in long-term intensive inpatient psychotherapy. *International Journal of Psychoanalytic Psychotherapy*, 11: 435-454, 1985.

Munich, R.L., Carsky, M., and Appelbaum, A. The Role and structure of long-term hospitalization: Chronic schizophrenia. *The Private Psychiatric Hospital*, 16(4): 161-169.

1990

Selzer, M. and Carsky, M. Treatment alliance and the chronic schizophrenic. *American Journal of Psychotherapy*. 44(3): 506-515, 1990

1992

Carsky, M., Selzer, M., Terkelsen, K., and Hurt, S. The PEH: A Questionnaire to assess denial and acknowledgment of psychiatric illness in hospitalized patients. *The Journal of Nervous and Mental Disease*, 180(7): 458-464, 1992.

2012

Carsky, M. and Yeomans, F. Overwhelming Patients and Overwhelmed Therapists. *Psychodynamic Psychiatry*, 40 (1): 75-90, 2012.

2013

Carsky, M. (2013) Supportive psychoanalytic therapy for personality disorders. *Psychotherapy*. 50 (3): 443-448, 2013.

2017

Carsky, M. and Chardavoyne, J. (2017) Transference Focused Psychotherapy and the language of action. *Psychoanalytic Psychology*. <http://dx.doi.org/10.1037/pap0000072>

2018

Carsky, M., and Rand, S. (2018). Conflict between Fantasy and Reality: A Patient and therapist talk about psychotherapy and schizophrenia. *Psychoanalytic Psychology*. 35(4): 401-409.

Chapters and Book

1981

1. *Carsky, M. and Bloomgarden, J. Subtyping in the borderline realm by means of Rorschach analysis. In: *Psychiatric Clinics of North America*, M. Stone (Ed.) April, 1981.

1985

2. *Carsky, M., and Ellman, S., Otto Kernberg: Psychoanalysis and object relations theory: The beginnings of an integrative approach. In: *Beyond Freud: A Study of Modern Psychoanalytic Theorists*. J. Reppen (ed.) Analytic Press, Hillside, New Jersey, 1994, pp. 257-296.

1989

3. Selzer, M., Sullivan, T., Carsky, M., and Terkelsen, K. *Working with the Person with Schizophrenia: The Treatment Alliance*. New York University Press, New York, 1989.

1994

4. *Carsky, M. and Selzer, M. Technical Implications of Impaired Reality Testing in the Psychotherapy of Schizophrenia. In: *Psychotherapy of Schizophrenia*. G. Benedetti and P.M. Furlan (Eds.) Hogrefe and Huber, Toronto, 1994, pp.129-141.

2002

5. Ellman, S. and Carsky, M. (2002) Analytic Trust, Interpretation and the Role of Symbolization. In: *Symbolization and Desymbolization: Essays in Honor of Norbert Freedman*. R. Lasky (Ed.) Other Press, NY, 2002, pp. 280-305.

6. Ellman, S. and Carsky, M. DR's Dreams: Endogenous Stimulation, the Functions of REM Sleep, and Interpretable Transference. In: *DR's Dreams: New Interpretations and New Formulations*. J. Fossaghe (Ed.) NY: Analytic Press.

Review

1989

1. *Carsky, M. *Impasse and Interpretation: Therapeutic and Anti-Therapeutic Factors in the Psychoanalytic Treatment of Psychotic, Borderline and Neurotic Patients* by Herbert Rosenfeld. *Contemporary Psychology*, 34(3): 270-271, 1989.

Presentations

Transference Focused Psychotherapy for Personality Disorders. Department of Psychiatry Grand Rounds, Bronx Lebanon Hospital Center, Albert Einstein College of Medicine, December 13, 2016

Carsky, M. (chair), Rand, S and Diamond, D. Conflict between Fantasy and Reality: A Patient and therapist talk about psychotherapy and schizophrenia. Panel at the American Psychological Association Division 39 Meeting, April 25, 2014, New York, New York

"Borderline Personality Disorder and Transference Focused Psychotherapy." Department of Psychiatry Grand Rounds, University of Medicine and Dentistry of NJ, Newark, NJ, April 20, 2011.

"How I Learned to Do Psychotherapy with a Manual and still feel like an Analyst." New Jersey Psychoanalytic Society Scientific Meeting, Jan 28, 2010, and IPTAR's 50th Anniversary Panel, Radical Innovations in Psychoanalytic Technique. Dec. 5, 2009.

"Psychotherapy in Schizophrenia: A Patient and Therapist Discuss Their Work"
Presented at the 9th Annual Meeting, International Society for the Psychotherapy of Schizophrenia and other Psychoses, US Branch, New York, NY, March 14, 2008.
Also presented at the Winter Meeting of the American Psychoanalytic Association Discussion Group on psychoanalysis and the treatment of the seriously disturbed patient, January 18, 2007.

"Supportive Psychodynamic Psychotherapy: NOT a Contradiction in Terms." Presentation for the Bergen County Psychological Association, Jan 13, 2008.

Discussant for Lissa Weinstein, "When Sexuality Reaches Beyond the Pleasure Principle: Attachment, Repetition and Infantile Sexuality." NJ Psychoanalytic Society Scientific Meeting, Hackensack Hospital University Medical Center, September 18, 2007.

"Transference Focused Psychotherapy (TFP) for Borderline Personality Disorder." Presentation at NJ Psychoanalytic Society Scientific Meeting, Hackensack Hospital University Medical Center, October 19, 2006.

"Transference Focused Psychotherapy for Borderline Personality Disorder: Containing and Interpreting Split-off Action." Presentation with Catherine Haran at Freud 2006, conference sponsored by the Czech Psychoanalytic Society in honor of the anniversary of the birth of Sigmund Freud, Prague, May 4-6, 2006.

"An Analyst Looks at Dialectical Behavior Therapy," Institute for Psychoanalytic Training and Research Third Avenue Series, April 2, 2006, New York.

"Learning Theory and/in Psychoanalytic Psychotherapy" Panel presentation, XXI Meeting, Society for the Exploration of Psychotherapy Integration, May 6, 2005, Toronto.

"Approaching Multi-Problem Personality Disorder Patients: An Analyst and a DBT Therapist Look at Each Other's Work" Symposium with Lisa Lyons and Paolo Mignone. XX Meeting of the

Society for Exploration of Psychotherapy Integration, June 25, 2004, Amsterdam, The Netherlands.

Discussant for Jay Greenberg presentation, "Psychoanalysis in the Middle Voice: Thoughts on Desire, Conflict and the Problem of Agency." Contemporary Center for Advanced Psychoanalytic Studies, Madison, New Jersey, April 18, 2004.

"Are the Limits Theirs or Ours? A Conversation on Approaches to Multi-problem Patients." With Lisa Lyons. Conversation Hour at the Spring Meeting of Division 39, Psychoanalysis, American Psychological Association, Miami Beach, FL, March 18, 2004.

"Therapeutic Alliance and Analytic Trust: A Convergence of Trends in Contemporary Analytic Thought." NJ Psychoanalytic Society Scientific Meeting, Hackensack University Medical Center, Hackensack, New Jersey, Feb. 8, 2001.

Chair for Fourth Panel, Symposium 2001. Sponsored by the PEP-CD ROM Journals and Institutes. What Analysts Do: Interpretation and Beyond. Mt. Sinai Medical Center, New York, New York, Feb.23-25, 2001.

"Borderline Patients, Countertransference and Enactment." NJ Society for Clinical Social Work. Fair Lawn, NJ, February 7, 1999.

"A Psychoanalytic Approach to the Difficult Patient in Once-A-Week Treatment." IPPNJ Workshop at Mid-Bergen Community Mental Health Center, Paramus, New Jersey, March 22, 1996.

"An approach to the treatment alliance with individuals with schizophrenia." North Central Bronx Hospital Department of Psychiatry Rounds, November 1992. October 27, 1993, discussion of case presented by NCB Department of Psychiatry at Montefiore Hospital Psychiatry Grand Rounds.

"Countertransference issues in maintaining a holding environment in the treatment of the 'difficult' patient." Institute for Psychotherapy and Psychoanalysis of New Jersey Faculty Presentation series. Saddle Brook, NJ, May 4, 1990 and East Brunswick, NJ June 1, 1990.

"Alternative Perspectives on Dynamic Psychotherapy: Self-Psychology and Object Relations: A Case Presentation." Panel with David Maclsaac. M. Sperling, Chair. St. Joseph's Hospital and Medical Center, Paterson, NJ, June 7, 1989

"Treating borderline conditions." Presentation at Clinical Division Meeting, Westchester County Psychological Association, Larchmont, New York, April 25, 1984.

"Schizotypal vs. Affective responses on the Rorschach." Research Colloquium of the Graduate School of Applied and Professional Psychology, Rutgers University, Piscataway, New Jersey, April 18, 1983.

"The role of hospital staff in the resolution of impasses in long-term inpatient psychotherapy." Presented at the Central Neuropsychiatric Hospital Association Meeting, Asheville, N.C., March 18, 1983. Also presented at Austin Riggs Center, Stockbridge, Massachusetts, May 2, 1983.