



## **December Feature: Carol Forgash, LCSW, BCD**

As many of you may already know, Carol Forgash is a well-known and highly respected specialty EMDR therapy trainer. She has presented at EMDRIA and ISSD international conferences. She is the director of Advanced Educational Productions and a Facilitator for the EMDR Institute. Carol has also been a long standing member and volunteer for Trauma Recovery, EMDR Humanitarian Assistance Programs (HAP).

Carol grew up in Brooklyn, NY. She started out in education as an elementary school teacher, and began her volunteer work through the League of Women's Voters. After completing her MSW at Adelphi University, Carol became a social worker. In the 80s, she worked in the New York Mental Health System in outpatient clinics. She started noticing the effects of trauma and PTSD, which was still a newly developed diagnosis. This inspired her to develop and present courses on PTSD & dissociation, along with ones on assessment & treatment of sexual abuse survivors. Her work with PTSD eventually led to her completion of the EMDR therapy training and becoming an EMDRIA Approved Consultant.

As Carol's involvement in the EMDR therapy community grew she became involved in Trauma Recovery/HAP as a volunteer, board member and donor. She served on the Board of Directors for eleven years and was Board President for six. Currently, she chairs the Board Recruitment & Education Committee. In 2001, in response to 9/11, Carol was involved as a coordinator in creating the Long Island Disaster Mental Health Recovery Network (now the Long Island TRN). She helped develop a database of local clinicians and provided referral services after 9/11. Carol also travelled to Thailand after the tsunami. While there she spoke about EMDR therapy at a Pacific Region conference on trauma treatment. Surprised to be met with a full house she noted "The enthusiasm in the room was just remarkable, and I knew more than ever that HAP's training mission was so important." She went on to observe and provide consultation for EMDR therapy sessions with tsunami survivors and found that within days they were able to get full nights of sleep and smile after not being able to do so for months.

Carol has also produced a DVD set of one of her two specialty workshops for Trauma Recovery/HAP with the assistance of board member, Gary Scarborough, which is available in the [Resource Center](#). These workshops are *EMDR Treatment of Health Related Problems* and *Healing the Heart of Trauma with EMDR and Ego State Therapy* which are presented as two-day workshops. She will be presenting her *EMDR Treatment of Health Related Problems* for Trauma Recovery/HAP on March 19-20, 2016 in Hamden, Connecticut. This workshop explains how EMDR therapy can be integrated into the comprehensive treatment of health related problems by processing obstacles that may be complicating healing, such as traumas related to early abuse, past and current difficult medical treatment, chronic illness, pain, the traumas that patients experience when they become ill, and other somatic issues. The intertwined effects of these problems on mental health will be explored. Research indicates that many who have PTSD and adverse childhood experiences will have even more severe health problems than the general population.

Data from the ACE study ([www.cdc.gov/ace/index.htm](http://www.cdc.gov/ace/index.htm)) supports the critical relationship between trauma and health issues. Carol has published an article further explaining this correlation which can be read [here](#).

The contributions Carol Forgash has made and continues to make to not only Trauma Recovery/HAP, but the EMDR therapy community as a whole are invaluable. Her extensive knowledge in treating dissociation, trauma, performance enhancement and health issues makes her trainings an excellent resource to clinicians. We at Trauma Recovery/HAP are grateful for all of her efforts and are looking forward to the workshop in March.

*Interview with Carol Forgash click [here](#)*

*Carol's article on the ACE study click [here](#)*

*To purchase Carol Forgash's DVD click [here](#)*

*To register for the her workshop in CT click [here](#)*