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## Current Appointments and Positions

2018-present Founder and owner of Touchstone Psychology, PLLC, New York, NY  
2019-present Clinical Associate Professor, Department of Psychiatry, NYU Langone Health, New York, NY  
April 2012-present Clinical Psychologist, Supervisor, Steven A. Cohen Military Family Center NYU Langone Health

## Education and Training

May/2009 PhD University of Virginia, Charlottesville, VA Clinical Psychology  
January/2003 BA University of Virginia, Charlottesville, VA Psychology Major

### Pre-Doctoral Internship:

Sept 2008- Aug 2009 Clinical Psychology, Bronx Psychiatric Center

### Postdoctoral Clinical Training:

Sept 2009-Sept 2010 Clinical/Forensic Psychology Andrew Shiva, PhD Bellevue Hospital

### Postdoctoral Research Fellowship:

Sept 2010-June 2012 Clinical Psychology, PTSD Research Program at NYU Langone Medical Center. Mentor: Charles Marmar, MD

### Specialty Certification

2020 Certified Supervisor in Emotionally Focused Therapy. Issued by ICEEFT  
2017 Certified Therapist in Emotionally Focused Therapy. Issued by ICEEFT  
2017 Certified Therapist in Cognitive Processing Therapy (CPT)

## Licensure and Certification

2021 New Jersey Clinical Psychologist License; #35SI00643700  
2012 New York State Clinical Psychologist License, #019446

## Previous Appointments and Positions

### Faculty Academic Appointments

2017-2019 Clinical Assistant Professor, Department of Psychiatry, NYU Langone Health, New York, NY

### Hospital Appointments

Oct 2014-April 2019 Clinic Director, Steven A. Cohen Military Family Center NYU Langone Health  
July 2012-present Clinical Psychologist, Steven A. Cohen Military Family Center NYU Langone Health  
2009-2010 Forensic Psychology Fellow, Bellevue Hospital, New York, NY  
2008-2009 Psychology Intern, Bronx Psychiatric Center, New York, NY

## Administrative Leadership Positions

- April 2019-Dec 2021 Lead Clinician, Steven A. Cohen Military Family Center NYU Langone Health  
Oct 2014-April 2019 Clinic Director, Steven A. Cohen Military Family Center NYU Langone Health

## Other Professional Positions

- 2012-2014 Clinical Psychologist/Study Clinician on the STAIR Narrative Therapy Research Study, NYU Langone Medical Center, Bellevue Hospital Center. Randomized control study investigating treatment efficacy of the STAIR Narrative Therapy among women survivors of interpersonal violence  
2005-2008 Staff Clinician, Center for Clinical Psychology, Curry School of Education, University of Virginia  
2006-2007 Mental Health Therapist, Fluvanna Correctional Center for Women  
2005 Doctoral Practicum Student (Clinical Psychology), Henley Middle School  
2003-2004 Clinical Case Manager, Whisper Ridge Behavioral Health System, a Residential Treatment Center for Adolescents  
2003 Mental Health Specialist, Whisper Ridge Behavioral Health System, a Residential Treatment Center for Adolescents

## Awards, Honors, and Memberships in Honorary Societies

- 2008 Richard Abidin Award for achievement in research  
2005 Buffett Scholarship  
2003 Charlottesville-Albemarle Community Foundation  
2002, 2003 Dean's List, University of Virginia

## Membership Activity

- 2020--present NYCEFT Board member  
2016—present International Centre for Excellence in Emotionally Focused Therapy (ICEEFT), member  
2016—present New York Center for Emotionally Focused Therapy (NYCEFT), member

## Clinical Activity

I have a strong foundation in attachment and psychodynamic theories and evidence-based care. I am a certified Emotionally Focused Couple Therapist and Supervisor and help couples build stronger, more secure and lasting relationships. My other specialized training also includes psychodynamic therapy, Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), STAIR-NT, Complicated Grief Treatment, and other approaches.

- 2012-present Clinical Psychologist and Supervisor at the Steven A. Cohen Military Family Center NYU Langone Medical Center  
2018-present Owner and Clinical Psychologist at Touchstone Psychology, PLLC  
2009-2010 Forensic Psychology Fellow, Bellevue Hospital  
2008-2009 Psychology Intern, Bronx Psychiatric Center

## Education Activity

I have a great passion for teaching, supervising, and supporting other clinicians in their clinical work. I provide supervision and training in Emotionally Focused Therapy for Couples to clinicians in the community as well as the psychology trainees at the Steven A. Cohen Military Family Center at NYU Langone Health. I have developed and coordinated the Trauma Curriculum for the PGY Residents in the Department of Psychiatry and continue to offer regular lectures, presentations, supervision, and consultation to psychiatry and psychology trainees, focusing on the area of diagnosis and treatment of trauma, PTSD, attachment and relationship problems, and other concerns.

## Teaching Activities

- 2021 A full day online workshop on Emotionally Focused Therapy presented to the Cohen Veterans Network's clinicians across the country

- 2020 A full day online workshop on Emotionally Focused Therapy presented to the Cohen Veterans Network's clinicians across the country
- 2014-2019 Introduction to Cognitive Behavioral Theory; Course Instructor for the PGY3 Psychiatry Residents at NYU Langone Medical Center
- 2015-present Course Director of Trauma Curriculum for PGY residents, Psychiatry Department, NYU Langone Health. Serve as instructor/lecturer for the following courses: Assessment and treatment of trauma-related disorders; Advanced topics in trauma and PTSD; Vicarious trauma and self-care; Trauma Theory and Integration; Foundations of Cognitive Behavioral Therapy
- 2008 Psychopathology; Teaching Assistant for graduate students in clinical psychology at the University of Virginia
- 2006, 2007 Personality Assessment; Teaching Assistant for graduate students in clinical psychology at the University of Virginia

### **Curriculum development and other innovative educational activities**

- 2015-present Developed curriculum and coordinated lectures for Trauma Curriculum for PGY residents, Psychiatry Department, NYU Langone Health

### **Invited Talks and Teaching of Peers**

Sponsored by NYU Langone Health

- 2020 Therapist's Self-care. Seminar presented to psychology trainees (externs and postdoctoral fellows) at the Steven A. Cohen Military Family Center, NYU Langone.
- 2019 Emotionally Focused Therapy for Couples. Workshop presented to community providers and trainees at the Military Family Center, NYU Langone.
- 2016 Integrative Approach to Understanding and Treating Trauma. Lecture given to psychology trainees (externs and postdoctoral fellows) at the Steven A. Cohen Military Family Center, NYU Langone
- 2016 The Art and Science of Assessing Risk of Violence to Self and Others. Lecture given to psychology externs at the Steven A. Cohen Military Family Center, NYU Langone.
- 2015 Introduction to Emotionally Focused Couple's Therapy. Lecture given to psychology externs at the Steven A. Cohen Military Family Center, NYU Langone.
- 2015 Seminar on Integrative Treatment of Trauma and Posttraumatic Stress delivered to psychology externs at Steven A. Cohen Military Family Center at NYU Langone

### **Community Presentations**

- 2019 Emotionally Focused Therapy for Military Couples and Families. Workshop presented for the Mental Health Association of Nassau County.
- 2019 Delivering Trauma-Informed Care in Mental Health Setting. Presentation delivered to Mental Health Service Corps, Thrive NYC
- 2018 Safety First: Assessment and Interventions for Couples Presenting with Intimate Partner Violence. Webinar given to the Cohen Veterans Network
- 2017 Operation Mending the Bond: Facilitating Connection and Communication in Military Couples. Presentation given at New York Psychological Association annual conference, Saratoga Springs, NY.
- 2017 Providing Trauma-Sensitive Care in Trauma-Prone Environment: Challenges and Considerations. Training/presentation given to mental health staff at Riker's Island jail, New York, NY.
- 2016 Trauma and PTSD in Veterans: Psychiatric and Legal Perspectives. Lecture presented at NYC Bar Association at the Veterans on Death Row symposium
- 2015 Traumatic Brain Injury in Veterans. Lecture Presented for the Veterans Defense Program, New York State Defenders Association.

- 2010 Lecture on the cycle of trauma and violence among incarcerated population, presented to PTSD Research Program, Psychiatry Department, NYU Langone Health
- 2007 Lecture on Posttraumatic Stress Disorder for undergraduate Psychopathology course at the University of Virginia
- 2007 Lecture on Psychopathy Checklist Revised (PCL-R) to a team of mental health professionals at Bellevue Hospital
- 2006 Lecture on vicarious traumatization for the Center Staff Meeting at the Center for Clinical Psychology Service

### **Mentoring and Advising**

- 2018-present Supervise therapists and clinicians in the community who are practicing in private practice setting or mental health agencies
- 2015-present Supervise psychology externs, postdoctoral fellows, and psychiatry residents in Emotionally Focused Couples Therapy at the Steven A. Cohen Military Family Center, NYU Langone Health
- 2015-present Supervise postdoctoral psychology fellows at the Steven A. Cohen Military Family Center, NYU Langone Health
- 2015-June 2019 Supervised third year psychiatry residents in Cognitive Behavioral Therapy for PGY3; NYU Langone Health
- 2009-2010 Supervised psychology externs; Bellevue Hospital

### **Bibliography**

#### **Publications**

- Wen, I. (2021). A beginner's mind: How to stay on the path. The EFT Community News, 50th Issue.
- Simakhodskaya, Z., & Wen, I. (2021). Let me tell you a story about you: EFT assessment feedback session. The EFT Community News, 50th Issue.
- Wen, I., Price, L., Spray, A., & Marmar, C. (2020). Mending broken bonds in military couples using emotionally focused therapy for couples: Tips and discoveries. *Journal of Clinical Psychology*, <https://doi.org/10.1002/jclp.22921>.
- Spray, A., Wen, I., Price, L., Marmar, C. (2020). Challenging the patient and therapist during evolving phases of a veteran's treatment within a strong public-private partnership. *Journal of Clinical Psychology*, *76*, 871-877
- Price, L., Noulas, P., Wen, I., Spray, A. (2018). A portal to healing: Treating military families and veterans through telehealth. *Journal of Clinical Psychology*, doi: 10.1002/jclp.22720.
- Ford, J.D., Schneberger A.R., Komarovskaya, I., Muenzenmaier, K., Castille, D., Opler, L.A., Link, B. (2017). The Symptoms of Trauma Scale (SOTS): Psychometric evaluation and gender differences with adults diagnosed with serious mental illness. *Journal of Trauma Dissociation*, *18*, 559-574.
- Jackson, S., Komarovskaya, I., Warren, J., Loper, A. (2016). The role of forms of traumatic exposure in relational and physical aggression perpetrated by incarcerated men and women. *Victims & Offenders*, *12*, 1-14.
- Komarovskaya, I., Brown, A., Galatzer-Levy, I., Madan, A., Henn-Haase, C., Teater, J., Clarke, B., Marmar, C., Chemtob, C. (2013). The role of early physical abuse in PTSD symptoms following Hurricane Katrina in police and firefighter personnel. *Psychological Trauma: Theory, Research, Practice, and Policy*, *6*, 92-96. doi 10.1037/a0031600
- Komarovskaya, I., Maguen, S., McCaslin, S., Metzler, T., Madan, A., Brown, A., Galatzer-Levy, I., Henn-Haase, C., & C., Marmar, C. (2011). The impact of killing and injuring others on mental health symptoms among police officers. *Journal of Psychiatric Research*, *7*, 1332-1336.
- Komarovskaya, I., Loper, A., Warren, J., & Jackson, S. (2011). Exploring gender differences in trauma exposure and the emergence of symptoms of PTSD among incarcerated men and women, *Journal of Forensic Psychiatry & Psychology*, doi:10.1080/14789949.2011.572989
- Komarovskaya, I., Loper, A., & Warren, J. (2007). Impulsivity, antisocial behavior, and personality disorders among incarcerated women. *Criminal Justice and Behavior*, *34*, 1499-1515.
- Warren, J., Loper, A., & Komarovskaya, I. (2009). The structure of symptoms and the nature of trauma associated with Post-traumatic Stress Disorder among female prison inmates. *The Journal of the American Academy of Psychiatry and the Law*, *37*, 294-305.
- Warren, J., DuVal, J., Komarovskaya, I., Chauhan, P., Buffington-Vollum, J., & Ryan, E. (2009). Developing a forensic service delivery system for juveniles adjudicated incompetent to stand trial. *Journal of the International Association of Forensic Mental Health*, *8*, 245-262.
- Teachman, B., Wilson, J., & Komarovskaya I. (2005). Implicit and explicit stigma of mental illness in diagnosed and healthy samples.

### Media appearances

- 2021 Doctor Radio, NYU Langone Health. Topic: Veterans health and relationships
- 2019 Doctor Radio, NYU Langone Health. Topic: PTSD in veterans
- 2019 The New York Times - December 17. Seven Successful People Dish On Their Worst Job Interviews (and What They Learned) – By Jen Doll. Read more: <https://www-nytimes-com.ezproxy.med.nyu.edu/2018/12/17/smarter-living/7-successful-people-dish-on-their-worst-job-interviews-and-what-they-learned.html>
- 2017 Doctor Radio, NYU Langone Health. Topic: Children of military veterans
- 2016 Doctor Radio, NYU Langone Health. Topic: Impact of PTSD on military families

### Oral and poster presentations

- Szuhany, K., Austern, D., Milton, N., McInerney Kemp, C., Stiffer., J.D., Spray, A., Wen, I., Simon, N., Marmar, C. (2019). Do substances make a difference? Impact of comorbid substance use disorders on treatment engagement and outcomes among PTSD-diagnosed veterans and family members in a naturalistic outpatient setting. Poster presented at the NYU Langone Research Day.
- Wen, I. (2018, August). Expanding Care for Veteran Families: Emotionally Focused Therapy with Military Couples. Presentation given at the Long Island's Symposium Dedicated to Supporting Military Members, Veterans, and Families.
- Wen, I. (2017, September). Trauma and PTSD in US military veterans. Presentation given at New York Historical Society.
- Wen, I. (2017, August). Understanding trauma, posttraumatic stress, and traumatic brain injury in veterans. Presentation given at the Center for Court Innovation, Enhancing Court Service for Veterans Initiative.
- Wen, I. (2017, June). Operation Mending the Bond: Facilitating Connection and Communication in Military Couples. Presentation given at New York Psychological Association annual conference, Saratoga Springs, NY.
- Wen, I. (2017, January). Providing Trauma-Sensitive Case in Trauma-Prone Environment: Challenges and Considerations. Training/presentation given to mental health staff at Riker's Island jail, New York, NY.
- Wen, I. (2016, November). Traumatic Brain Injury in Veterans: Causes, Symptoms, and Treatment. Training/presentation given NYSDA Veterans Defense Program, New York, NY
- Wen, I. (2016, October). Trauma and PTS(D) in Veterans: Psychiatric and Legal Perspectives. Training/presentation given NYSDA Veterans Defense Program, New York, NY.
- Komarovskaya, I. (2015, March). Trauma and PTSD in Veterans. Training/presentation given to the Samaritan Village case workers, New York, NY
- Komarovskaya, I. (2015, January). Military to Civilian Transition: Seeing the Strengths and Addressing the Needs. Presentation given at the Healthcare Chaplaincy Network grand rounds, New York, NY
- Komarovskaya, I. & Van Gunst, S. (2013, September). PTSD and TBI in Veterans: Signs to Look For and Ways to Help. Presentation given at CSH conference, New York, NY.
- Komarovskaya, I. & Van Gunst, S. (2013, December). Working with Military Families. Presentation given at the Veterans Mental Health Coalition Conference, NY, NY
- Komarovskaya, I. & Van Gunst, S. (2013, August). Balancing Act: Self-Care and Stress Management Strategies in Public Service. Presentation given to the Iraq and Afghanistan Veterans of America (IAVA) staff members, New York, NY.
- Komarovskaya, I. & Van Gunst, S. (2012, December). Taking Care of Yourself While Helping Others: Stress Management and Self-Care Strategies. Presentation given to the Iraq and Afghanistan Veterans of America (IAVA) staff members, New York, NY.
- Komarovskaya, I., Van Gunst, S. (2012, December). Family Conflict and Stigma. Presentation given to the recruiting battalion at Fort Hamilton, NY, NY.
- Komarovskaya, I., Van Gunst, S., & Cooney, A. (2012, October). Suicide Prevention: Standing Up For Life at Times of Stress. Presentation given to the recruiting battalion at Fort Hamilton, New York, NY.
- Komarovskaya, I., Maguen, S., McCaslin, S., Metzler, T., Madan, A., Brown, A., Galatzer-Levy, I., Henn-Haase, & C., Marmar, C. (2011, November). The Impact of Killing and Injuring Others on Mental Health Symptoms among Police Officers. Symposium presentation

presented at the annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

Komarovskaya, I. & Warren, J. (2011, November). Psychopathy Traits and Early Traumatic Life Experiences Among Criminally Involved Men and Women. Paper panel presentation presented at the annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

Komarovskaya, I., Loper, A., Warren, J., & Jackson, S. (2008, October). Trauma Model of the Cycle of Violence Among Incarcerated Men and Women. Poster presented at the annual meeting of the American Psychological association, Boston, MA.

Komarovskaya, I., Loper, A., Warren, J., Jackson, S., & Ashbaugh, L. (2007, November). Trauma Model of Violence: Identifying Risk Factors in Incarcerated Populations. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Baltimore, Maryland.

Komarovskaya, I. (2006, October). Trauma and Its Effects in Inmates' Lives. Presentation given as a part of the Prison Rape Study presentation (Chair: Janet Warren, D.S.W.) at the meeting of the Society for Police and Criminal Psychology, Washington, D. C.

Komarovskaya, I., Loper, A., & Warren, J. (2006, August). Impulsivity, Antisocial Behavior, and Personality Disorders Among Incarcerated Women. Poster presented at the annual meeting of the American Psychological Association, New Orleans, LA.

Komarovskaya, I., Hernandez, B., Patberg, Z., & Teachman, B. A. (2004, February). Lack of In-Group Bias on Measures of Implicit and Explicit Stigma of Mental Illness. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX