



Andrew Tatarsky, PhD

Dr. Andrew Tatarsky will deliver the welcoming keynote “The Scientific Revolution of Treating Addiction towards an Integrative Harm Reduction Approach,” at The Center for Great Expectations’ 3rd Annual Trauma at the Core Conference “Building Resiliency across the Lifespan,” Friday, December 6, 2019, at The College of New Jersey, in Ewing, New Jersey.

Dr. Tatarsky has developed Integrative Harm Reduction Psychotherapy (IHRP) for treating the spectrum of risky and addictive behavior. IHRP brings psychoanalysis, CBT, and mindfulness together in a harm reduction frame. The therapy has been described in his book, *Harm Reduction Psychotherapy: A New Treatment for Drug and Alcohol Problems*, and a series of papers. The book has been translated into Polish and Spanish. He holds a doctorate in clinical psychology from the City University of New York and is a graduate of New York University’s Postdoctoral Program in Psychoanalysis and Psychotherapy. He is Founder and Director of the Center for Optimal Living in New York City, a treatment and training center; founding member and Past-President, Division on Addiction of New York State Psychological Association, and Member of the Medical and Clinical Advisory Boards of the New York State Office of Alcoholism and Substance Abuse Services. Dr. Tatarsky trains nationally and internationally.

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