

Heather Ferguson, LCSW

<https://heatherfergusonlcsw.com>

EDUCATION

Master of Science in Clinical Practice

Columbia University School of Social Work, New York, NY (1988)

Bachelor of Arts, Psychology (With Honors)

Sainy Mary's University, Halifax, Nova Scotia (1986)

PROFESSIONAL TRAINING

Certificate in Psychoanalysis, Institute for the Psychoanalytic Study of Subjectivity (2008)

Certificate in Analytic Group Therapy, Postgraduate Center for Mental Health (2000)

Sensorimotor Psychotherapy, Level 1 (2020)

Certificate in Clinical Hypnosis, American Society of Clinical Hypnosis (2021)

EMDR Level 1 and 2 (2022-2023)

WORK HISTORY

Private Practice and Consultation

New York, NY (1991 - Present)

- Psychodynamic psychotherapy with individuals, couples and groups; special focus on body image/eating disorders, trauma, substance misuse, identity issues and work with creative and performing artists.
- Developed workshops for New York University, Barnard College, Parson's School of Design, Cooper Union, Pace University, Hunter College, Drummer's Collective, Manhattan School of Music, Juilliard, and PGCMH Group Therapy Department and American Ballet Theatre, Pre-professional division.

Institute for the Psychoanalytic Study of Subjectivity

Faculty and Training Supervisor

New York, NY (2010 - Present)

Certificate Program in Psychoanalysis

One-Year Intensive Psychotherapy Program

- Working With Trauma and Affect
- Exploring Emotional Dysregulation: Trauma, Eating Disorders, and Substance Misuse
- Writing Seminar

National Institute for the Psychotherapies

Faculty and Training Supervisor

New York, NY (2010 - Present)

Adult Training Program in Psychoanalysis and Comprehensive Psychotherapy

- Self Psychology I and II
- Contemporary Perspectives on Intersubjectivity Theory

Institute for Contemporary Psychoanalysis

Faculty

New York, NY (2018 - 2020)

Four-Year Analytic Training Program in Psychoanalysis and Psychoanalytic Therapy

- Self Psychology II: The Relational Turn

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Institute for Expressive Analysis**Faculty, Certificate Program in Psychoanalysis**

New York, NY (2010 - 2016)

- Narcissism, Self Psychology and Intersubjectivity Theory
- Work With Trauma

Manhattan Institute for Psychoanalysis**Faculty, Certificate Program in Trauma Studies**

New York, NY (2022 - 2024)

Faculty, Certificate Program in Psychoanalysis

New York, NY (2012 - 2018)

- Eating Disorder Treatment
- Developmental Theory and Contemporary Clinical Issues

Case Consultant, Certificate Program in Trauma Studies

New York, NY (2012 - 2017)

New York University School of Education**Adjunct Faculty, Department of Nutrition**

New York, NY (1997 - 2002)

- Graduate seminar on the treatment of Eating Disorders

Renfrew Center**Clinical Coordinator, Day Treatment Program**

New York, NY (1996 - 1997)

- Developed and implemented an intensive Day Treatment Program for women suffering from eating disorders as well as depression, anxiety, and post-traumatic stress.

New York University Counseling Service**Coordinator of Group Services and Senior Social Worker**

New York, NY (1990 - 1996)

- Provided short-term dynamic therapy to individuals and couples.
- Facilitated groups for students with HIV-positive status and eating disorders.

Social Worker/Counselor, Saint Mary's University

Halifax, Nova Scotia (1988 - 1989)

PROFESSIONAL AFFILIATIONS

International Association for Relational Psychoanalysis and Psychotherapy (IARPP)

International Association for Psychoanalytic Self Psychology (IAPSP)

International Association of Eating Disorder Professionals (IAEDP)

American Psychological Association's Division of Psychoanalysis (APA, section 39)

International Sandor Ferenczi Network (ISF)

American Society of Clinical Hypnosis (ASCH)

SERVICE

Director of Training, Institute for the Psychoanalytic Study of Subjectivity (2023-Present)

Consultant, Drummers Collective (2004-2021)

Consultant, ABT Pre-Professional Program (2019-2022)

Associate Editor, *Psychoanalysis, Self and Context* (2016-2019)Book Review Co-Editor, *Psychoanalysis, Self and Context* (Jan. 2020-Jun. 2024)

Education Committee, IAPSP (2018-2023)

Coordinating Committee, Institute for the Psychoanalytic Study of Subjectivity (2004-2010)

PUBLICATIONS

- Ferguson, H. (2024) Meeting at the precipice: Creative visualization in the treatment of trauma, *Psychoanalysis, Self and Context*.
- Ferguson, H. (2023) Searching for Embodied Connection in the Age of COVID-19, *Psychoanalytic Inquiry*, 43:8, 629-640.
- Ferguson, H. (2023) Pockets of Resilience: Musician-patients' creative responses to Covid-19. *Psychoanalysis, Self and Context*, 18:1, 115-118.
- Ferguson, H. (2023) Standing in the Breach: Discussion of Alexis Tomarken's "The Shroud of Suicide," *Psychoanalytic Dialogues*, 33:2, 181-191.
- Ferguson, H. (2022) Courting Aliveness: A Review of Vitalization in Psychoanalysis, Perspectives on Being and Becoming. *Psychoanalysis, Self and Context*.
- Ferguson, H. (2022) Grappling Toward Emotional Engagement: Discussion of Andrew Eig's "Self-Defeating Aggression and the Need for Rough-and-Tumble Play in an Adult Psychoanalysis." *Psychoanalytic Perspectives*, 19(3), 286-298.
- Ferguson, H. (2020) Reflections of a Rock 'n' Roll Drummer-Analyst. *Rock Music and Psychoanalysis*, (Leo, ed). Italy: Frenis Zero Press.
- Ferguson, H. (2020) Dreaming the Field: The Analyst's Dream as a Co-Creative Act. *Psychoanalytic Inquiry*, 40(4), 1-10.
- Ferguson, H and Mendelsohn, S. (2020) In Vienna 2018: Searching for Creativity in Times of Crisis. *Psychoanalysis, Self and Context*, 15(1), 1-4.
- Ferguson, H. (2020) One is the Loneliest Number: A Developmental Second Chance. Discussion of the Case of Mr. L. *Psychoanalysis, Self and Context*, 15(1), 52-57.
- Rustin, J and Ferguson, H. (2019) Expanding the Empathic Grasp in the Treatment of Anorexia Nervosa: Adding a Neuroscience Perspective. *Psychoanalysis, Self and Context*.
- Ferguson, H. (2019) Eins ist die einsamste Zahl-eine zweite Entwicklungschance (One is the loneliest number: The developmental second chance) Krise und Kreativitat. In: *Jahrbuch Selbstpsychologie, Vol 2. Self Psychology Journal*, pp. 161-171.
- Ferguson, H. (2018) Close to the Edge. *Psychoanalytic Perspectives*, 15(1), 122-126.
- Ferguson, H. (2018) The Analyst's Affect: The Way Back from Gridlock, Blindspots and Loss of Vitality, *Psychoanalysis, Self and Context*, 13 (1), 2018.
- Ferguson, H. (2017) I've Got a Rock and Roll Heart: Reflections of a Musician-Analyst. In *Analyst/Artist: Reports from the Frontier of Art and Psychoanalysis*, (Hagman, ed). N.Y: Routledge.
- Ferguson, H. (2016) Ghostly intrusions: Unformulated trauma and its transformation in the therapeutic dyad. In *Ghosts in the Consulting Room: Echoes of Trauma in Psychoanalysis*, (Harris, Kalb and Klebanoff, eds). N.Y: Routledge.
- Ferguson, H. and Klebanoff, S. (2014) The Enigma of Ana: Lost or Found in Cyberspace? *Journal of Infant, Child, and Adolescent Psychotherapy*, 13, 224-234.
- Ferguson, H. and Mendelsohn, S. (2011) Full of Yourself: How Eating Disorder Symptoms Encode a Relational History. *International Journal of Psychoanalytic Self Psychology*, 6, 352-376.
- Ferguson, H. (2002) In Search of Bandhood: Consultation with Original Music Groups. *Group*, 26(4), 267-282.

PRESENTATIONS AND WORKSHOPS

Expanding the Edges of Self Psychology: Harm Reduction, Creative Arts, and Guided Imagery, Panel Presentation, Institute for the Psychoanalytic Study of Subjectivity, LGBT Community Services Center, NYC, Sat. May 4, 2024.

Mental health in the Music Industry, Presentation, Stress-Free Living and Working in the Music Industry class, NYU Steinhardt Music and Performing Arts Professions, NY, April 17, 2024.

Psychoanalytic Substance Use Treatment: Reducing Harm through Attuned Responsiveness, Workshop Discussant, Institute for Contemporary Psychoanalysis, Los Angeles, CA, April 13, 2024 (virtual).

How are Trauma and Dissociation Embodied?, Panel presentation, WAWI William Alanson White Institute in collaboration with the Wilhelm Reich Center for the Study of Embodiment, Feb. 24, 2024 (virtual).

Finding Balance in the Music Business, Conversation with Nicole Blonder, Integrative Nutrition Health Coach from Equilibrium, Jan 17, 2024 (Instagram Live Chat).

Expanding the Edges of Self Psychology: Harm Reduction, Creative Arts, and Guided Imagery, Plenary presentation, 44th Annual IAPSP Conference, October 22, 2023. Chicago, Illinois.

Art, Psychoanalysis and Survival, Pre-conference workshop, The Creative Edges(s) of Contemporary Self Psychology, 44th Annual IAPSP Conference, October 19, 2023. Chicago, Illinois.

Grappling Towards Emotional Engagement, Discussion of Dr. Andrew Eig's "The Need for Rough and Tumble Play," Explorations Series, Institute for the Psychoanalytic Study of Subjectivity, March 23, 2023, New York, NY (Hybrid).

Out of Tune: The challenges of keeping a band together. Podcast and radio interview with Colin McEnroe. Connecticut Public Radio (NPR), February 9, 2023.

A Holistic Perspective on Eating Disorder Treatment: Practical Guidelines for Psychoanalysts, workshop, National Institute of the Psychotherapies Professional Association (NIPPA) Focus Seminar, Oct 30, 2022. New York, N.Y.

The connection between trauma and eating disorders, an interview and podcast with Rachelle Heinemann, LCSW, Aug 2022.

Searching For Embodied Connection in the Age of COVID-19, Pre-conference workshop, Curving Potential Space: Adapting Our Principles of Analytic Engagement to the Trauma of the Pandemic, 43rd Annual IAPSP Conference, Oct 20, 2022, Washington, DC.

Searching For Embodied Connection in the Age of COVID-19, paper, Explorations Series, Institute for the Psychoanalytic Study of Subjectivity (IPSS), March 24, 2022 (Virtual).

Search for Embodied Connection in the Time of Peril, paper on panel, Psychology and the Other Conference, Sept 18, 2021, Boston College, MA (Virtual).

Unwelcomeness as an Embodied State of Being, Pre-Congress paper on panel, 52nd International Psychoanalytic Association Conference, July 12, 2021 (Virtual).

Unwelcomeness as an Embodied State of Being, Seminar on Contemporary Exploration of Ferenczi's The Unwelcome Child and his Death Instinct, Sandor Ferenczi Center, New School for Social Research, April 17, 2021, NYC (Virtual).

Unwelcomeness as a State of Being, paper on panel, Ferenczi Center Workshop, New School, April 13th, 2019, NY, NY.

Scaffolding Trauma Treatment: Collaboration between Psychoanalysis and EMDR, paper presentation, for NIP's Integrative Trauma Program Colloquium Series (with Patricia Tidwell PhD, LCSW) March 14, 2019, NY, NY.

One is the loneliest number: A developmental second chance, plenary discussion, 41st Annual International Association for Psychoanalytic Self Psychology Annual Int'l Conference, Oct 2018, Vienna, Austria.

Building a Shared Geography. Discussion of Force Field Transformation and Therapeutic Alliance, presentation by Dr. Steven Stern, Institute for the Psychoanalytic Study of Subjectivity, Explorations Series, Sept. 2018, NY, NY.

Three Subjectivities with a Common Goal: The Intersectionality of Culture, Gender, and Sexual Orientation on the Treatment Experience, panel discussion, 16th Annual International Association for Relational Psychoanalysis (IARPP) Conference, June 2018, New York, N.Y.

The Unwelcome Child, the Unwelcome Patient and the Unwelcome Body, co-authored panel paper, 13th International Ferenczi Conference, May 2018, Florence, Italy.

Beasts of the Southern Wild: A Film Workshop Reflecting on Mourning and Resilience, panel presentation, 38th Annual Spring meeting, American Psychological Association (APA), Division of Psychoanalysis, April 2018, New Orleans, LA.

More than Words: Collaborating with Adjunctive Treatment Modalities, panel presentation, Institute for Expressive Analysis (IEA), April 2018, New York, N.Y.

Extending the Analytic Instrument: Embodied Resonance in Treatment, workshop, National Institute for the Psychotherapies Professional Association Focus Seminar, April 2018, New York, NY.

Close to the Edge, paper, Exploring the Wounded Healer Workshop, The Sandor Ferenczi Center at the New School, Dec. 2017, New York, N.Y.

Swimming Lessons: Aging, Dissociation, and Embodied Resonance, discussion of Sherman-Meyer's paper, Creative Seminar, Institute for Expressive Analysis, Jan. 2017, New York, N.Y.

How Bodies Speak: Expanding the Analytic Instrument, pre-conference workshop, 40th Annual International Association for Psychoanalytic Self Psychology (IAPSP) Conference, Oct. 2017, Chicago, IL.

Extending the Empathic Grasp in the Treatment of Anorexia Nervosa: Adding a Neuroscientific Perspective, co-authored paper, 40th Annual IAPSP Conference, Oct. 2017, Chicago, IL.

A Creative Mind: Safe-Haven or Psychic Retreat, panel paper, 37th Annual Spring Meeting, APA, Division of Psychoanalysis, April 2017, New York City.

Dreaming as a Portal to Witnessing, paper, Psychoanalytic Explorations Series, Institute for the Psychoanalytic Study of Subjectivity (IPSS), April 2017, New York, N.Y.

The Analyst's Affect: The Way Back from Gridlock, Blindspots and Loss of Vitality, plenary presentation, 39th Annual IAPSP Conference, Oct. 2016, Boston, MA.

Analyst/Artist: Reports from the Frontier of Art and Psychoanalysis, panel paper, 13th Annual IARPP Conference, June 2016, Rome, Italy.

You're Only Old Once: Aging within Psychoanalysis, panel paper, 36th Annual Spring Meeting, APA, Division of Psychoanalysis, April 2016, Atlanta, Georgia.

One Size Does Not Fit All: Challenges of Understanding the Complex Interplay of Body and Mind in Working with Patients with Binge-Eating Disorder (BED). Workshop, National Institute for the Psychotherapies, Continuing Educational Series, July 2015, NYC.

One Size Does NOT Fit All: Understanding the Complex Interplay of Body and Mind in Working with Overweight (or Fat) Patients, workshop, International Association for Eating Disorder Professionals, N.Y. Chapter, with Caryn Sherman-Meyer, Susan Klebanoff and Alexis Conason, November 2014, New York, N.Y.

Revisiting Searles: Conflict and Mutual Change in the Analytic Relationship, paper, Scientific Meeting, IEA, Fall 2013 and 34th Annual Spring Meeting, APA, Division of Psychoanalysis, April 2014, NYC.

My Belly is an Old Friend: Compulsive Overeating in Affect Regulation, pre-Conference Workshop, 36th Annual IAPSP Conference, Oct. 2013, Chicago, IL.

The Unburied Dead: Ghostly Visitations in the Treatment Dyad, paper, 36th Annual IAPSP Conference, Oct. 2013, Chicago, IL.

Look but Don't Touch: Integrating the Neuroscientific Perspective in Clinical Practice, co-authored paper, 43rd Annual New York State Society of Clinical Social Work Conference, May 2012, New York, N.Y.

Look but Don't Touch: Integrating the Neuroscientific Perspective in Clinical Practice, co-authored paper, 10th Anniversary IARPP Conference, March 2012, New York, N.Y.

Razor's Edge: How It Cuts Both Ways, paper, 34th Annual IAPSP Conference, Oct. 2011, L.A., CA.

The Unburied Dead: Ghostly Visitations in the Treatment Dyad, panel paper, 9th Annual IARPP Conference, July 2011, Madrid, Spain.

Tend and Befriend: Successes and Failures in a Women's Therapy Group, paper, 50th Annual Three-Day Workshop in Analytic Group Psychotherapy, Group Therapy Training Program, Postgraduate Center for Mental Health, June 2009, New York, N.Y.

Full of Yourself: How Eating Disorders Encode a Relational History, co-authored paper, 31st Annual IAPSP Conference, Oct. 2008, Baltimore, MD.

In Search of Bandhood: Keeping Your Band Together, panel, College Music Journal Musicfest (CMJ) Conference, Oct. 2000, New York, N.Y.