

**KENNETH BARISH, Ph.D.**  
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## **CURRICULUM VITAE**

New York State License #006545

### **Education**

*Certificate in Psychoanalysis and Psychotherapy, Westchester Center for the Study of Psychoanalysis and Psychotherapy, White Plains, NY, 1988*

*Ph.D. in Clinical Psychology, Graduate Faculty, New School for Social Research, 1980*

*B.A. Yale University, 1972*

### **Present Positions**

*Clinical Professor of Psychology in Psychiatry, Weill Cornell Medical College  
Faculty, Westchester Center for the Study of Psychoanalysis and Psychotherapy  
Faculty, William Alanson White Institute, Child and Adolescent Psychotherapy  
Training Program*

*Visiting Professor, Wuhan Mental Health Center,  
Tongji Medical College, Huazhong University of Science and Technology*

*Adjunct Supervisor, Ferkauf Graduate School of Psychology, Yeshiva University*

*Adjunct Clinical Associate, Pace University, Thomas J. McShane Center for  
Psychological Services*

*Private Practice, 280 North Central Park Avenue, Hartsdale, NY*

## Publications

Barish, K. (2018). Cycles of Understanding and Hope: Toward an Integrative Model of Therapeutic Change in Child Psychotherapy. *Journal of Infant, Child, and Adolescent Psychotherapy*, Vol. 17, No. 4, 232 – 242.

Barish, K. (2018). *How to Be a Better Child Therapist: An Integrative Model for Therapeutic Change*. New York: W.W. Norton.

Barish, K. (in press). The Art of Child Therapy: A Review of Child and Adolescent Psychotherapy: Stories From a Curious Space, by Henry Kronengold. *Psychoanalytic Psychology*.

Barish, K. (2018). Bad Feelings: A Theory of Pathological Development in Childhood. *Journal of Infant, Child, and Adolescent Psychotherapy*, Vol. 17, No. 2, 96 – 99.

Barish, K. (2018). Pride. In M. H. Bornstein (Ed.) *SAGE Encyclopedia of Lifespan Human Development*. Thousand Oaks, CA: SAGE Publications.

Lingiardi, V. and McWilliams, N. (Eds.) (2017). *Psychodynamic Diagnostic Manual, Second Edition*. New York: The Guilford Press. (Consultant, Part III: Childhood).

Barish, K. (2016). We Are Always Essential. In S. Tuber (Ed.). *Parenting: Contemporary Clinical Perspectives*. Lanham, MD: Rowman and Littlefield.

Barish, K. (2012). *Pride and Joy: A Guide to Understanding Your Child's Emotions and Solving Family Problems*. New York: Oxford University Press.

*Emotion: An Integrative Framework for Child Psychotherapy*. Guest Commentary, Brown University Child and Adolescent Behavior Letter (December, 2009).

Barish, K. (2009). *Emotions in Child Psychotherapy: An Integrative Framework*. New York: Oxford University Press.

Barish, K. (2006). *On the Role of Reparative Processes in Childhood: Pathological Development and Therapeutic Change*. *Journal of Infant, Child and Adolescent Therapy*, 5(1): 92-110.

Barish, K. (2004). *What is Therapeutic in Child Therapy? I. Therapeutic Engagement*. *Psychoanalytic Psychology*, Vol. 21, No. 3, 385-401.

Barish, K. (2004). *The Child Therapist's Generative Use of Self*. *Journal of Infant, Child and Adolescent Psychotherapy*, 3(2): 270-282.

### **Awards**

*Pride and Joy*

2013 International Book Award (Parenting and Family)

2013 Eric Hoffer Book Award (Home Category)

Mom's Choice Awards (Gold)

National Parenting Publications Awards (Silver)

Finalist, 2013 *ForeWord* Reviews Book of the Year Award (Family and Relationships)

June, 2009. Teacher of the Year. Presented by the Postdoctoral Fellows of New York-Presbyterian Hospital, Payne-Whitney Westchester

### **Professional Workshop Presentations and Papers**

June 6, 2019. *How to Be a Better Child Therapist: Ten Principles of Therapeutic Change*. Society for the Exploration of Psychotherapy Integration, Lisbon, Portugal

May 29, 2019. Discussion of *More Than Child's Play: A Multimodal Approach to Working With Children and Families*, by Dr. Lauren Antler. Child and Adolescent Psychiatry Grand Rounds, New York Presbyterian Hospital

May 12, 2019. *The Role of Empathy in Successful Psychodynamic Psychotherapy: What Is Empathy and How Does It Help?*  
The 6<sup>th</sup> Chinese Psychoanalytic Congress  
Shanghai, China

May 9, 2019. *The Role of Empathy in Successful Psychodynamic Psychotherapy: What Is Empathy and How Does It Help?*

Chinese-American Continual Training Program for Senior Psychodynamic  
Psychotherapists, Wuhan Mental Health Center, Tongji Medical College of  
Huazhong University of Science and Technology, Wuhan, China

May 4, 2019. *A Framework for Effective Psychotherapy Supervision, Part 2.*  
Chinese-American Continual Training Program for Senior Psychodynamic  
Psychotherapists, Wuhan Mental Health Center, Tongji Medical College of  
Huazhong University of Science and Technology, Wuhan, China

Oct. 26, 2018. *Healthy and Pathological Development in Childhood.*  
Chinese-American Continual Training Program for Senior Psychodynamic  
Psychotherapists, Wuhan Mental Health Center, Tongji Medical College of  
Huazhong University of Science and Technology, Wuhan, China

Oct. 23, 2018. *How to Motivate Children for Success in School.*  
Chinese-American Continual Training Program for Senior Psychodynamic  
Psychotherapists, Wuhan Mental Health Center, Tongji Medical College of  
Huazhong University of Science and Technology, Wuhan, China

Oct. 22, 2018. *A Framework for Effective Psychotherapy Supervision.*  
Chinese-American Continual Training Program for Senior Psychodynamic  
Psychotherapists, Wuhan Mental Health Center, Tongji Medical College of  
Huazhong University of Science and Technology, Wuhan, China

October 4, 2018. *How to Be a Better Child Therapist: An Integrative Model for  
Therapeutic Change.* William Alanson White Institute, NY, NY

September 30, 2018. *How to Be a Better Child Therapist: An Integrative Model for  
Therapeutic Change.* Westchester Center for the Study of Psychoanalysis and  
Psychotherapy, White Plains, NY

May 21, 2018. *How to Solve Common Family Problems.* Greenwich House, NYC,  
NY

April 25, 2018. *Understanding Children's Emotions.* Conference on Play and  
Wonderment in Childhood, Brooklyn College, Brooklyn, NY

May 11, 2017. *How to Strengthen Students' Motivation and Commitment to Learning*  
Cardinal Hayes High School  
Bronx, NY

May 4, 2017. *How To Nurture Cooperative and Caring Behavior in Young Children*  
Young Child Expo  
NY, NY

April 26, 2017. *Why Behaviorists Are Right (And Why I Am Not a Behaviorist)*  
Frieda Fromm-Reichmann Graduate Society  
William Alanson White Institute  
NY, NY

March 13, 2017. *Helping Children Solve Common Problems*  
ADAPP, Bronx, NY

June 18, 2016. *What Is Empathy and How Does It Help?*  
Society for the Exploration of Psychotherapy Integration  
Dublin, Ireland

June 17, 2016. *What Is Therapeutic In Child Therapy?*  
Society for the Exploration of Psychotherapy Integration  
Dublin, Ireland

June 10, 2016. *Parenting Through The Lifespan*  
Westchester Center for the Study of Psychoanalysis and Psychotherapy

May 31, 2016. *Psychoanalytic Theory: A Roundtable Discussion*  
Westchester Center for the Study of Psychoanalysis and Psychotherapy

April 15, 2016. *Solving Common Family Problems*  
Young Child Expo, NYC

December 1, 2015.  
*Understanding Children's Emotions and Solving Family Problems*  
National Head Start Association  
Parent and Family Engagement Conference, San Diego, CA

November 22, 2015. *Understanding Children's Emotions and Solving Family Problems: A Guide for Therapists*  
Nefesh International, Brooklyn, NY

June 21, 2015. *The Art of Child Psychotherapy.*  
Paper presented at Society for the Exploration of Psychotherapy Integration  
Baltimore, MD

June 19, 2015. *Helping Parents Help Their Children.*  
Society for the Exploration of Psychotherapy Integration  
Baltimore, MD

March 20, 2015. *Trauma and Resilience: A Parenting Perspective*.  
Archdiocese of New York Drug Abuse Prevention Program, NY, NY

March 7, 2015. *Helping Parents Help Their Children*.  
Workshop presented at Annual Retreat  
Westchester Center for the Study of Psychoanalysis and Psychotherapy, Fairfield,  
CT

October 17, 2014. *Understanding Children's Emotions and Solving Family Problems*.  
Workshop presented at Mid-Fairfield Child Guidance Center, Norwalk, CT

October 16, 2014. *Solving Common Family Problems*. Colloquium presented at  
William Alanson White Institute, NY, NY

April 11, 2014. *Bad Feelings: An Integrative Framework for Understanding  
Pathological Development in Childhood and Adolescence*. Paper presented at Society  
for the Exploration of Psychotherapy Integration, Montreal, Canada

January 26, 2014. *Psychoanalysis and Child Therapy: A Conversation*. Westchester  
Center for the Study of Psychoanalysis and Psychotherapy, White Plains, NY

November 16, 2013. *Helping Parents Help Their Children*. Workshop presented at  
National Association of Social Workers - Westchester Mentorship Program,  
White Plains, NY

October 30, 2013. *Helping Parents Help Their Children*. Workshop presented at  
Annual Conference, Interdisciplinary Council on Developmental and Learning,  
Montclair, NJ

October 2, 2013. Webinar: *Solving Common Family Problems: 5 Essential  
Steps*. Interdisciplinary Council on Developmental and Learning

July 10, 2013. Webinar: *Understanding Children's Emotions and Solving Family  
Problems*. Interdisciplinary Council on Developmental and Learning

June 7, 2013. *Understanding Children's Emotions and Solving Family Problems: A  
Framework for Therapists, Part II*. Workshop presented at South Coast Educational  
Collaborative, Providence, RI

April 26, 2013. *Understanding Children's Emotions and Solving Family Problems: A  
Framework for Therapists*. Workshop presented at South Coast Educational  
Collaborative, Providence, RI

April 6, 2013. Keynote Address: *Pride and Joy*. Afternoon Workshop: *Pride and  
Joy in the Classroom*. Parenting Matters 2013, Providence, RI

May, 2012 – January, 2013. *Helping Parents Help Their Children: A Guide for Therapists*. This workshop was presented to Family Services of Westchester; Rockland County Chapter of New York State Society of Clinical Social Work; Westchester County Chapter of NYSSCW; and National Association of Social Workers, NY State Chapter, Westchester Division

November 19, 2102. *Understanding Children's Emotions: A Child Therapist's View*. Paper presented at Annual Conference of the Westchester Center for the Study of Psychoanalysis and Psychotherapy, Tarrytown, NY

October, 2012. *Understanding Children's Emotions: A Guide for School Psychologists*. Colorado Society of School Psychologists, Beaver Creek, Colorado

October, 2012. *Solving Common Family Problems: A Guide for School Psychologists*. Colorado Society of School Psychologists, Beaver Creek, Colorado

May, 2012. *Working With Resistance in Child Therapy*. Paper presented at Society for the Exploration of Psychotherapy Integration, Chicago, Ill

May, 2011. *Helping Parents Help Their Children*. Paper presented at Society for the Exploration of Psychotherapy Integration, Washington, DC

May, 2011. *Emotion: An Integrative Framework for Child Psychotherapy*. Workshop presented at Society for the Exploration of Psychotherapy Integration, Washington, DC

Spring, 2011. *Helping Parents Help Their Children*. Seminar presented to Faculty, Staff, and Post-doctoral Fellows at New York-Presbyterian Hospital, Payne-Whitney Westchester, White Plains, NY

April, 2011. *Humor and Rage in the Psychotherapy of a Young Adult*. Paper presented at the Annual Conference of the Westchester Center for the Study of Psychoanalysis and Psychotherapy

May, 2010. *Emotion: An Integrative Framework for Child Psychotherapy*. Workshop presented at Society for the Exploration of Psychotherapy Integration, Florence, Italy

Spring, 2010. *Working with Difficult Families*. Seminar presented to Faculty, Staff, and Post-doctoral Fellows at New York-Presbyterian Hospital, Payne-Whitney Westchester, White Plains, NY

Fall, 2009, 2010, 2011. *Emotion: An Integrative Framework for Child Psychotherapy*. Seminar presented at Andrus Children's Center, White Plains, NY

April, 2009, April, 2010, April, 2011. Discussant, Film Series, Westchester Center for the Study of Psychoanalysis and Psychotherapy, Rye, NY

February, 2110. *Emotion: An Integrative Framework for Child Psychotherapy*. Online seminar presented by PsyBC

December, 2009. Invited Discussant, Clinical Case Conference, Department of Psychology, Graduate Faculty, New School for Social Research

May, 2009, September, 2009, October, 2009, November, 2009. *Emotion: An Integrative Framework for Child Psychotherapy*. Colloquium presented at the William Alanson White Institute; the Columbia University, Department of Psychology; and the City University of New York, Department of Psychology

Spring, 2009, Winter, 2007, Fall, 2005. *Principles of Effective Psychotherapy with Children*.

Lecture series presented to the Faculty, Staff, and Trainees of New York-Presbyterian Hospital, Payne-Whitney Westchester, White Plains, NY

November, 2008. Invited Discussant, Grand Rounds, New York-Presbyterian Hospital, Payne-Whitney Westchester, White Plains, NY

January, 1998 – October, 2008. *Therapeutic Engagement with Children and Adolescents*.

This workshop was initially presented at the Westchester Center for the Study of Psychoanalysis and Psychotherapy, White Plains, NY, and subsequently presented to meetings of the William Alanson White Institute; the Rockland County Psychological Association; the Rockland County Association of Clinical Social Workers; the New Rochelle Child Guidance Center; and the Stamford Child Guidance Center

March, 2008. Panel Discussion: *The Essential Collaboration Between Psychologists in Schools and Private Practice*. Westchester County Psychological Association, White Plains, NY

January, 2007. *On the Role of Empathy – and its Limitations – in Child Psychotherapy*. Psychology Ground Rounds, New York-Presbyterian Hospital, Payne-Whitney Westchester, White Plains, NY

September, 2004. *Reparative Processes in Clinical Work with Children and Families*.



Child Grand Rounds, New York- Presbyterian Hospital, Payne-Whitney Westchester, White Plains, NY. This lecture was also presented in May, 2008 to the Westchester County Psychological Association, White Plains, NY

February, 2004. *The Reparative Transference in Child Therapy*. Paper presented at Symposium 2004: Transference, New York City, NY

June, 2002. *Floor Time: An Introduction to Stanley Greenspan's Treatment Program for Children with Autistic Spectrum Disorders*. Child Grand Rounds, New York- Presbyterian Hospital, Westchester Division, White Plains, NY

April, 2002. *A Classical Patient in the Modern Era*. Paper presented at Spring Meeting, Division 39, American Psychological Association, New York City, NY

April, 2001 *Observations on Affect Tolerance and Inner Sustainment*. Paper presented at Spring Meeting, Division 39, American Psychological Association, Santa Fe, NM

October, 2000. *The Child Therapist's Generative Use of Self*. Paper presented at Annual Conference, Westchester Center for the Study of Psychoanalysis and Psychotherapy, White Plains, NY

April, 1999. *Affect Development in Child Therapy*. Paper presented at Spring Meeting, Division 39, American Psychological Association, New York City, NY

April, 1997. *Creativity and Psychoanalytic Technique*. Paper presented at the Annual Conference of the Westchester Center for the Study of Psychoanalysis and Psychotherapy, White Plains, NY

May, 1996. *The Sources of Passion*. Discussion of paper presented by Neil Skolnick, Ph.D. Scientific Meeting of the Westchester Center for the Study of Psychoanalysis and Psychotherapy, White Plains, NY

March, 1996. *Psychoanalytic Training and The Work of the Psychotherapist*. Paper presented at the Westchester Center for the Study of Psychoanalysis and Psychotherapy, White Plains, NY

November, 1992. *Learning Disabilities in Children and Adolescents - Case Studies II*. Workshop presented at Northeast Conference on Learning Disabilities and Mental Health, Newport, RI

November, 1990. *Learning Disabilities in Children and Adolescents - Case Studies.*  
Workshop presented at Northeast Conference on Learning Disabilities and  
Mental Health, Hartford, CT

April, 1987. *The Patient-Therapist Relationship.*  
Workshop presented at the Annual Conference of the Westchester Center for  
the Study of Psychoanalysis and Psychotherapy

### **Additional Professional Experience**

February, 2001. Member, Delegation of Child Psychologists led by Lewis Lipsett,  
Ph.D., invited to meet with child development professionals in Cuba.

### **Parent Education Workshops**

April 17, 2019. *15 Rules to Promote Good Behavior in Children.*  
Special Music School, NY, NY.

April 9, 2019. *15 Rules to Promote Good Behavior in Children.*  
PS 9, NY, NY.

September 19, 2017. *Managing Stress and Nurturing Joy.* Healthy Families  
Training Institute, Albany, NY

September 19, 2017. *How To Solve Common Family Problems.* Healthy Families  
Training Institute, Albany, NY

May 16, 2017. *Curious Parenting for Your Curious Child: How to Nurture Intellectual  
and Social Development in Young Children*  
Curious-on-Hudson  
Dobbs Ferry, NY

November 8, 2016. *How To Solve Common Family Problems*  
Mt. Kisco Elementary School  
Mt. Kisco, NY

November 10, 2015. *Solving Common Family Problems: 5 Essential Steps*  
Mt. Kisco Elementary School, Mt. Kisco, NY

August 19, 2015. *Developing Resilience in Children and Adolescents*  
Boys and Girls Clubs of New Rochelle, New Rochelle, NY

March 12, 2015. *How to Have Better Conversations With Your Children.*  
World Class Learning Academy  
New York, NY

February 26, 2015. *Solving Common Family Problems.*  
British School of Chicago  
Chicago, Ill

November 13, 2014. *Solving Common Family Problems.*  
World Class Learning Academy  
NY, NY

Oct. 1, 2014. *Solving Common Family Problems.* White Plains Public Library,  
White Plains, NY

May, 2014. *Solving Common Family Problems: 5 Essential Steps.* Parent Center,  
William Alanson White Institute, New York, NY

April, 2014. *Solving Common Family Problems.* Rodeph Sholom School, New York,  
NY

June 4, 2013. *Solving Common Family Problems.* Bedford Village Elementary  
School, Bedford, NY

April 18, 2013. *Solving Common Family Problems.* Van Wagner Company, New  
York, NY

March 10, 2013. *Solving Common Family Problems.* St. Joseph's School, Bronxville,  
NY

February 13, 2013. *Understanding Children's Emotions and Solving Common Family  
Problems.* Early Childhood Development Center, New York, NY

February 7, 2013. *Understanding Children's Emotions and Solving Common Family  
Problems.* Bet Torah Nursery School, Mt. Kisco, NY

January, 2009. *On Being a Father in Difficult Economic Times.*  
Pelham Father's Forum, Pelham, NY

March, 2006. *The Problem of Bullying.*  
Mamaroneck Public Schools, Mamaroneck, NY

October, 2004. *Helping Adolescents Cope with Stress.*

Mamaroneck Public Schools, Mamaroneck, NY

October, 1997. *Advances in Child Psychology: The Development of Self-Esteem and Emotional Intelligence in Young Children.*

Workshop presented at the Mid-Westchester YM-YWHA, Scarsdale, NY

October, 1996. *Advances in Child Psychology: Optimism and Emotional Intelligence in the School-Age Child.*

Workshop presented at the Solomon Schechter School of Westchester, White Plains, NY

December, 1991. *The Role of the Father in Child Development.* Workshop presented at Temple Israel Nursery School, White Plains, NY

October, 1991. *The Development of Self-Esteem in Young Children.* Workshop presented at Temple Israel Nursery School, White Plains, NY

March, 1991. *The Stress of Parenting in the 90's.* Workshop presented at YWCA, White Plains, NY

October, 1990. *Effective Discipline for Young Children.* Workshop presented at Temple Israel Nursery School, White Plains, NY

### **Interviews**

June 11, 2019. Celebrating Average Kids. CBC Radio

August 17, 2015. CNN News Hour with Ana Cabrera

October 6, 2014. The Matt Townsend Show, BYU Radio

September 3, 2014. *How to Motivate Children for Success in School*, FIOS1 News: Raising Our Kids

August 9, 2014. *Should Kids Get a Trophy for Showing Up?* National Public Radio, Weekend Edition

August 6, 2014. *When Kids Start Playing to Win.* National Public Radio, Morning Edition.

February 27, 2013. *Pride and Joy: A Guide to Understanding Your Child's Emotions and Solving Family Problems.* Interview by Michael Dresser, The Michael Dresser Show.

Dec. 7, 2012. *Pride and Joy: A Guide to Understanding Your Child's Emotions and Solving Family Problems*  
Interview by Steven Walfish, The Practice Institute

July 2, 2012. *How to Build a Culture of Empathy in the Family.*  
Interview by Edwin Rutsch, Center for Building a Culture of Empathy

Feb. 29, 2012. *Pride and Joy: A Guide to Understanding Your Child's Emotions and Solving Family Problems*  
Interview by Judith Regan, The Judith Regan Show

### **Affiliations**

*Member, American Psychological Association*

*Member, Westchester County Psychological Association*