



Andrew Tatarsky, PhD

- [Press Kit](#)
- [CV](#)

BIO

Andrew 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 the Founder and Executive Director of the Center for Optimal Living in NYC, a treatment, education, and professional training center based on IHRP. He is a founding board member and twice Past-President, Division on Addiction of New York State Psychological Association, and a Member of the Medical and Clinical Advisory Boards of the New York State Office of Alcoholism and Substance Abuse Services. Andrew has trained individuals and organizations in 18 countries. His writing, teaching, clinical work, and leadership aim to promote a re-humanized view of addiction and a harm reduction continuum of care that will extend help to everyone who needs and wants it where ever they are ready to begin their positive change journeys.



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