

# **Steven Jay Poskar, M.D.**

## **RESEARCH FELLOWSHIP**

**ALBERT EINSTEIN COLLEGE OF MEDICINE OF YESHIVA UNIVERSITY**, Bronx, NY

Research Fellow: Compulsive, Impulsive, and Autism Spectrum Disorders Program, July 2010 – June 2011

## **RESIDENCY TRAINING**

**ALBERT EINSTEIN COLLEGE OF MEDICINE OF YESHIVA UNIVERSITY**, Bronx, NY

Psychiatry Resident, June 2010

## **EDUCATION**

**SUNY DOWNSTATE COLLEGE OF MEDICINE**, Brooklyn, NY

Doctor of Medicine, May 2006

**COLUMBIA UNIVERSITY**, New York, NY

Postbaccalaureate Pre-Medical Program, May 2000

**UNIVERSITY OF COLORADO**, Boulder, Colorado

B.A., Communications, May 1994

## **CERTIFICATIONS**

- **Florida State Medical License**, July 2019, License #ME141845
- **American Board of Psychiatry and Neurology**, Certified Diplomate in Psychiatry, September 2011
- **New York State Medical License**, July 2007, License #245316

## **PROFESSIONAL MEMBERSHIPS**

- **OCD New York: An Affiliate of The International OCD Foundation**, 2010 – Present (Co-founder, Vice President, Board of Directors)
- **International OCD Foundation (IOCDF) Scientific and Clinical Advisory Board**
- **IOCDF Body Dysmorphic Disorder SIG**
- **New York City Cognitive Behavioral Therapy Association**
- **Trichotillomania Learning Center**

## **RESEARCH EXPERIENCE**

- **Department of Psychiatry**, Mount Sinai School of Medicine, Mentor: Eric Hollander, M.D., New York, NY, August 2005 - October 2005  
Worked in the Compulsive, Impulsive and Anxiety Disorders Program on several studies involving OCD-spectrum and impulse-control disorders.
- **Department of Gastroenterology**, St. Luke's-Roosevelt Hospital Center, Mentor: Donald Kotler, M.D., New York, NY, January 2001 - May 2002  
Examined the effects of diet and exercise on lipodystrophy in obese HIV-positive women. Developed the weight training protocol used in the study and trained all women in the study.

## **VOLUNTEER EXPERIENCE**

- **National Alliance for the Mentally Ill**, November 2002 –December 2009  
Facilitator OCD Support Group

## **WORK EXPERIENCE**

- **OCD NYC**, New York, NY.  
Clinical Director  
February 2017 – Present  
Psychiatrist specializing in psychopharmacology and cognitive behavioral therapy.
- **Spectrum Neuroscience and Treatment Institute**, New York, NY,  
July 2011 –February 2017  
Psychiatrist specializing in psychopharmacology and cognitive behavioral therapy.

## **PUBLICATIONS**

- Poskar, S., Hollander, E., Gerard, A.: *OCD: Subtypes and Spectrum Issues*. Obsessive Compulsive Disorder: Current Science and Clinical Practice. J. Zohar (ed.). Wiley-Blackwell, 2012.

## **PRESENTATIONS**

- Poskar, S., Rodriguez, C., Pinto, A., Pittenger, C., Wheaton, M. (July, 2019). Lecture. Ask the Experts: Enhancing Treatments for OCD and OCPD. International Obsessive Compulsive Foundation Conference, Austin, Texas.
- Poskar, S., Kassinove, J., Nogales, J. (May, 2019). Lecture. “Unstuck: An OCD Kids Movie” Film Screening and Panel Discussion. Therapy West, New York, New York.
- Poskar, S. (December, 2018). Lecture. Medication Treatment for Adults with OCD. NEFESH International Annual Conference, Long Island, New York.
- Poskar, S., Stewart, E., Feusner, J., Pittenger, C., Rodriguez, C. (July, 2018). Lecture. Ask the Experts: Optimizing OCD Medication Outcomes Across the Lifespan. International Obsessive Compulsive Foundation Conference, Washington, D.C.
- Poskar, S., McKay, D., Hoffman, J. (July, 2018). Lecture. Getting the Most Out of Exposure with Response Prevention (ERP): A Fresh Perspective. International Obsessive Compulsive Foundation Conference, Washington, D.C.
- Poskar, S. (June, 2018). Lecture. Pharmacological Treatment of OCD. Behavior Therapy Training Institute (BTI), Brooklyn, NY.
- Poskar, S. (June, 2017). Lecture. Medication Treatment of OCD. Quarterly Meeting of OCD New Jersey, East Brunswick, New Jersey.
- Poskar, S. (July, 2016). Lecture. The Treatment of OCD and Related Disorders: Similarities and Differences. International Obsessive Compulsive Foundation Conference, Chicago, Illinois.
- Poskar, S., Grant, J., Saxena, S., Pittenger, C., Phillips, K., Feusner, J. (July, 2016). Lecture. Pharmacology Roundtable: The Pharmacologic Treatment of Resistant OCD and Related Disorders. International Obsessive Compulsive Foundation Conference, Chicago, Illinois.
- Poskar, S. (April, 2016). Lecture. The Treatment of OCD and Related Disorders: Similarities and Differences. Anxiety and Depression Association of America Annual Conference. Philadelphia, Pennsylvania.
- Poskar, S. (July, 2015). Lecture. Why Is the Psychiatrist Prescribing This for my Patient, and is it Based on Evidence? International Obsessive Compulsive Foundation Conference. Boston, Massachusetts.
- Poskar, S., Grant, J., Saxena, S., Pittenger, C., Phillips, K. (July, 2015). Lecture. Pharmacology Roundtable: The Pharmacologic Treatment of Resistant OCD and Related Disorders. International Obsessive Compulsive Foundation Conference. Boston, Massachusetts.
- Poskar, S. (April, 2015). Lecture. The Treatment of OCD and Related Disorders: Similarities and Differences. Anxiety and Depression Association of America Annual Conference. Miami, Florida.
- Poskar, S. (July, 2014). Lecture. Why Is the Psychiatrist Prescribing This for my Patient, and is it Based on Evidence? A Therapist’s Guide to the Pharmacologic Treatment of OCD. International Obsessive Compulsive Foundation Conference. Los Angeles, California.

- Poskar, S., Saxena, S., Pittenger, C. (July, 2014). Lecture. Pharmacology Roundtable: Pharmacological Approaches to Treatment-Refractory OCD and Related Disorders. International Obsessive Compulsive Foundation Conference. Los Angeles, California.
- Poskar, S. (May, 2014). Lecture. The Treatment of OCD and Related Disorders: Similarities and Differences. American Psychiatric Association 167<sup>th</sup> Annual Meeting. New York, New York.
- Poskar, S. (March, 2014). Lecture. The Treatment of OCD and Related Disorders: Similarities and Differences. Anxiety and Depression Association of America Annual Conference. Chicago, Illinois.
- Poskar, S. (January, 2013). Lecture. Pharmacologic Treatment of OCD. Psychiatry Grand Rounds at Elmhurst Hospital Center, Elmhurst, New York.
- Hoffman, J.H., Poskar, S., Sachs, R.E. (July, 2012). Presentation. OCD and Dating. International Obsessive Compulsive Foundation Conference, Chicago, Illinois.
- Poskar, S. (December, 2012). Lecture. Medication Treatment for Adults with OCD. Quarterly Meeting of OCD New Jersey, New Brunswick, New Jersey.
- Poskar, S. (October, 2011). Lecture. Medication Treatment for Adults with OCD. OCD Awareness Week Conference, New York, New York.
- Poskar, S., & Jacofsky, M.D. (July, 2011). Lecture. Integrated Framework for CBT In Obsessive Compulsive Spectrum Disorders. International Obsessive Compulsive Disorder Foundation Conference, San Diego, California.