

## Peter Fraenkel Biography



Peter Fraenkel, Ph.D., is internationally regarded as a leader in the field of couple and family therapy. Since his 1994 publication of the first major professional article on time and rhythm in couples, he has been regarded as a pioneer in developing theory and clinical techniques that address couples' challenges with time.

A licensed, in-demand couple therapist practicing in New York City for two decades, his presentations on couples and time at professional conferences and couple workshops are enthusiastically received, as are his publications in peer-reviewed journals and prominent edited books both here and abroad. He has also written popular articles on this topic for more general readership magazines such as the *Psychotherapy Networker* and *Parent Guide*, and appears frequently and internationally as a couples and marriage expert on television and in the print media. Dr. Fraenkel is Associate Professor of Psychology at The City College of the City University of New York; and Founder and Director of the Ackerman Institute for the Family's Center for Work and Family and its Work and Family Balance Forum. Dr. Fraenkel is also a Clinical Assistant Professor at New York University Medical Center, and past Director of the Prevention and Relationship Enhancement Program (PREP®) for couples at the NYU Child Study Center.

Diverse in his areas of expertise and output, Dr. Fraenkel is author of numerous publications on prevention of relationship distress and integrative approaches to couple therapy; on interventions to help homeless families in the transition from welfare to work; and co-author of *The Relational Trauma of Incest: A Family-Based Approach to Treatment* (Guilford Press, 2001). Along with Marcia Sheinberg and Fiona True, he received the 2004 American Family Therapy Academy's Award for Distinguished Contribution to Family Therapy Theory and Practice for their work on family-based treatment of incest. He is a founding Board Member of the international Take Back Your Time movement, a former Board member and Advisory Editor for *Family Process*, an Advisory Editor for the *Journal of Marital and Family Therapy* and the *Journal of Psychoanalytic Psychology*, a Contributing Editor for the *Psychotherapy Networker*, and former Vice President of the American Family Therapy Academy.

Peter is also a professional jazz drummer, educated at the Berklee School of Music and New England Conservatory. He has appeared with Dizzy Gillespie, Betty Carter, Claudio Roditi, Margaret Whiting, Fred Hersch, Paul Meyers, and Cody Marshall, among many others. He currently tours with the Jazz Arts Trio; their new CD, entitled *Tribute*, came out in the fall of 2008. Peter draws upon his intimate knowledge of musical rhythms to provide a unique perspective on the rhythms of intimate relationships.

He lives in Dobbs Ferry, New York with his wife and two kids.

