

Author Bio Media Page Eugene F. Moynihan, Jr.

Eugene F. (Gene) Moynihan, Jr. is a licensed psychotherapist in private practice and a former New York City Police Officer having served in the Emergency Services Unit, Tactical Patrol Force and the Youth Division. He was the Clinical Director for POPPA Inc., an anti-suicide agency that has a contract with the New York City Police Department to help police officers deal with mental health issues unique to their job. He was the Clinical Director when POPPA won APA's Silver Achievement Award in recognition of its success in encouraging NYPD officers to seek help for mental health issues. He personally experienced short term symptoms of post-traumatic stress disorder having been involved in several shooting incidents. He conducts seminars, workshops and a master class in *Thinking Anew*. His approach is unique and is considered by his peers as highly effective at getting people under considerable stress to *Think Anew*.