

Practice & Experience – Carmela Sansone, Ph.D.

Dr. Sansone began practicing psychology independently in 1984 when she was licensed by the state of New Jersey, however her experience in the field began many years prior to that time.

During her schooling, Dr. Sansone did rotations through such facilities as Arthur Kill Rehabilitation Center, a correctional site on Staten Island; New Dorp Home Care for the elderly and convalescent; and St. Loretta's home for troubled youths. It was in these places that she became familiarized with treating the varied ills, which plagued a broad spectrum of ages and individuals. Her Internship was at St. Clare's in Denville NJ, where she gained familiarity dealing with more severely ill psychiatric patients who required hospitalization.

Just prior to licensure, Dr. Sansone worked for the Family Life Center a joint venture between Hackensack Hospital and The Division and Youth And Family Services (DYFS). Dr. Sansone worked with households divided by physical and sexual abuse within the family. Her role was to reunite the parents with their children and assist them in transitioning into a healthy, functional family unit.

Dr. Sansone brought to her private practice an acute sense of the unique distinctions among groups of people. In 1978 she served on The President's Commission on Mental Health with Roslyn Carter. It was the largest commission of its type dealing with the mental health needs of diverse ethnic, racial, socioeconomic and geographical populations. This understanding led to her doctoral dissertation on Ethnic Identification and Self-Esteem in Third Generation Italian-Americans.

When Dr. Sansone opened the doors to her private practice, she came with expertise in a variety of areas. Through the years she has treated individuals, couples and families, ranging in age from children to the elderly, utilizing both individual, family and group treatment modalities. The types of conditions she has worked with include: anxiety; depression; addiction in its many forms i.e. drug, alcohol, food and sexual; identity confusion; marital conflict; dysfunction in families; sexual and physical abuse in the home; to mention some of the most prevalent disorders.

After all these years, Dr. Sansone still has tremendous interest in and gains much satisfaction from her work. She remains eager to learn of the newest finding in the vast field of psychology so she frequently attends workshops, which specialize in areas from anxiety disorders to sexual addiction. She also continues to present at conferences the results of her work in the discipline. Dr. Sansone believes in an arena as rich in depth and breath as psychology one can never stop learning, and that each person who walks through her door brings their own wonder for her to understand.

Dr. Sansone's Office is located at 271 Route 46 West (Suite A210) in Fairfield, New Jersey. Her office phone number is 973-227-9190.