Biography Jeffrey Deitz



Jeffrey Deitz is a Psychiatrist, Psychoanalyst, and writer who has contributed widely to the professional psychotherapy literature, while also publishing articles in the New York Times and The Huffington Post on topics including sports psychology, sleep deprivation, and the power of psychotherapy. He has also contributed regularly to the *New* York Times blog about horse racing, one of his lifelong interests. In addition to his private practice, Jeffrey is also Assistant Professor of Psychiatry at The Frank Netter

School of Medicine of Quinnipiac University and a prize-winning instrumentalist. He lives in Connecticut with his wife JoAnn. *Intensive Therapy: A Novel* is his first book.