MONIQUE LANG, LCSW-R
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CLINICAL EXPERIENCE

Psychotherapist

1980 - Present	Private Practice Insight oriented trauma informed psychotherapy with individuals, couples and groups.
1999 – 2016	Omega Institute for Holistic Studies, Rhinebeck, NY. Staff Counselor.
1989 - 1991	Bronx Center for Community Services, Bronx, N.Y. Provided individual and group psychotherapy for mostly Spanish speaking women.
1980 - 1985	Institute for Modern Psychoanalysis, N. Y. C. Counseled individual and couples and led a group for clients on parole /probation for drug related crimes.

Director

1991 - 1993	Kingsbridge Heights Community Services, Bronx, N.Y. Parent & Child Program. Supervised staff; worked with Child Welfare Administration; wrote proposals; implemented programs; created new liaison with other programs; interfaced with other programs and agencies. Treatment of individuals and families around parenting issues to prevent foster care placement or to facilitate return to biological family.

Supervisor

2004 - Present	Individual and group supervision of junior psychotherapists with emphasis on the treatment of trauma related issues. Teach Internal Family Systems, Sensorimotor Psychotherapy and mindfulness practices as most relevant models for trauma treatment.
2015 - 2017	Weschester Medical Center, Valhalla NY Supervise 3rd. year Psychiatric residents
2013- 2015	Aldea Counseling Center NYC Provide monthly group supervision.
2006 - 2015	Institute for Contemporary Psychotherapy, Trauma Program, NY Supervise candidates in the trauma program
1995 - 1997	Inwood Community Services, N. Y. C. Led a weekly supervision group for clinicians who lead groups. Facilitated directors' meetings

Consultant

1984 -1991	Victims Assistance Services of Westchester, Westchester, N.Y. Designed and helped implement the prototype for a 24 hour Rape Crisis Help Line and counseling services. Conceived and delivered the training program for staff and volunteers. Designed expanded programs such as court and hospital escorts. Keynote speaker at "Rape Day", 1987. Provided individual and family counseling.
1986 - 1988	AIDS Related Community Services, Westchester, N.Y. Instrumental in developing counseling program. Conducted part of the "Buddies" training. Led psychotherapy and meditation groups for AIDS and HIV+ clients and their significant others.
2004, 2006, 2010, 2014, 2015	Kingsbridge Heights Community Center, Bronx, NY Led a 6 weeks course on Multi Modal Integrative Psychotherapy

FOUNDER, COORDINATOR, FACILITATOR

1980 - 1984	SHARING, Westchester, N.Y. Initiated the first rape crisis help line in Westchester. Formed and led the first group for survivors of sexual abuse. Counseled individuals and significant others. Designed and conducted workshops to train mental health and nursing professionals who work with survivors of sexual abuse.

TEACHING

Faculty

2006- 2015	Institute for Contemporary Psychotherapy, Trauma Studies Program
2003 – 2005	Center for Spirituality & Psychotherapy of the National Institute for the Psychotherapies, one year training program.
1991-1993	Columbia School of Social Work – Fields Supervision
1983	Stony Brook Department of Child Welfare
1980 - 1984	Mercy College, Dobbs Ferry, N.Y.

WORKSHOPS AND LECTURES GIVEN

Women's Power & Purpose Journey, with Kate Bednarski, Ecuador
Renew Relax Renew Refresh - Aguada, P.R
Integrating Shamanism & Psychotherapy - Kripalu Institute for Yoga and Health
Omega Institute for Holistic Studies - Soul Reflections (also at Wainwright house and Center for Health & Healing)
Great Lakes Mini IFS Conference - Self Reflections
Integrating Mindfulness and Ceremony - SICP annual retreat, Good Shepherds, Midtown Family Center
Week of deepening and Vision Questing - Privately
Soul Reflections - Connecting with one's inner guidance. Privately, Wainwright House & upcoming at Omega
Shift Happens - Breathwork & IFS with Ted Riskin. Privately & at Omega
The Gatekeeper with Itzhak Beery
Blending psychotherapy with Shamanic practices to help people connect with and unburden the parts that hold negative beliefs. Privately and upcoming at Kripalu
Healing the Inner Warrior with Itzhak Beery Integrating psychotherapy and Shamanic practice to help people re-own their inner strength and potential
Healing Trauma – A multi modal approach
A workshop for clinicians who work with Trauma - Omega Institute for Holistic
Picking Up the Pieces
A workshop on healing post traumatic stress – Omega Institute for Holistic Studies
Managing yourself, Managing Others
Is an easy and fun personality assessment tool to understand yourself and others better and maximizing your strengths and your successes. Good Shepherds, Omega Institute Staff.
The Use of Ceremony in Psychotherapy
Ceremonies help clients let go, complete and integrate material. Helps mark the stepping stones to healing. Internal Family Systems Conference, Arts & Healing Conference.
Multi-modal Integrative Psychotherapy
Class and supervision: an experiential approach to integrating imagery, body focused approaches, meditation, art making, authentic movement and ceremony with insight oriented psychotherapy.
Integrating Psychotherapy & Energy Work
Teaches clinicians how to feel energy blocks and how to help release them, from both an insight oriented psychotherapy model and energetically, to heal the emotional cellular memory of traumatic events.
ASP Conferences 2003 & 2005, ASP one year class 2004, 2005, 2006.
Safe Anger
Participants are guided to discover the reasons they deal with anger the way they do; taught the difference between releasing and expressing anger; and offers techniques for appropriate and safe release and expression of anger. Given at the New York Open Center, Phoenicia Pathwork Center, The Sanctuary, YMCA, Omega Institute for Holistic Studies, Riverdale Neighborhood House, Good Shepherds.
Sharing
Workshops for Survivors of Sexual Abuse.
Victims Assistance Services, Wainwright House and privately.
Preventing Burnout - Stress Reduction
Workshops on self care, meditation, relaxation, breathing, visualization. Various Centers & Good Shepherd Services
Circling Home - Week-end and week long workshops aimed at providing participants with the opportunity to experience quiet, to be, to be introspective, do deepening insight work, appreciate their connection to nature and share safe community. Omega Institute Holistic Studies Program and privately.
The Gift of Mid-Life
Addresses the issues of aging from a positive, forward-looking point of view. WJCS.
Being in Right Relationship with Food
A series of workshop for people with eating issues to understand the underpinnings of their poor relationship with food and to heal them. Omega Institute Holistic Studies Program.
Renewing Relationships
Facilitating communication between first responders and their significant other. New York Disaster Counseling Center.

VOLUNTEER WORK

Catholic Charities, Archdioses of New York,HealthRight International, Sanctuary for Families
Interview and perform psychological evaluation on adults and children seeking asylum due to trauma in their country of origin. Write affidavit to be presented in court by their lawyer.Testify either by phone or in court.

WRITINGS

Ceremonies for Healing (Blurb.com 2014)
"Safe Anger: A workbook" (Unpublished)
Meditations for Healing (blurb.com 2010)
Healing Post Traumatic Stress: A Workbook for Recovery (McGraw Hill 2007)
Journey to Wholeness: Healing from the Trauma of Rape (Learning Publications 2000)
"Safe Anger: A workbook" (Unpublished)

Board of Directors

From 2013	Former Program Director, Aldea Counseling Services
2004 – 2015	Executive Committee, Trauma Study Center of the Institute for Contemporary Psychotherapy
2006 –2008	Internal Family Systems Association
2002 – 2006	Association for Spirituality & Psychotherapy of National Institute for Psychotherapies
1988-1990	New York State Coalition Against Sexual Abuse

EDUCATION

Bachelor of Arts	Brandeis University Waltham, Mass. 1966
Masters of Social Work	George Warren Brown School of Social Work Washington University St. Louis, Mo. 1979
SIFI (formerly CIFI)	Seminar in Field Instruction, Fordham University, N.Y. 1990
Post Graduate Training	Philadelphia School of Psychoanalysis 1975 - 1980 Gestalt Institute, St. Louis, Mo. 1978 - 1979 Center for Modern Psychoanalytic Studies, N.Y. 1981 Institute for Modern Psychoanalysis, N.Y. 1981 - 1985 Group Therapy Training, Dr. Ormond, N.Y. 1973 - 1989 Gestalt Center of Long Island, N.Y. 1986 - 1988 Internal Family Systems, CT. 1999 - 2001 Training and Supervision - Gunilla Norris, M.A. 1994 -2005 EMDR I & II, Laurel Parnell, PhD 2005 Sensorimotor Psychotherapy 2005 - 2006 Comprehensive Resource Model, Lisa Schwarz 2015 Hypnotherapy - level 1 - Judith Kurzer - 2016 Family Constellation - Ron Young - 2017