

7803 Nelson, Phone: (504) 723-1317
New Orleans, LA 70125 Email: nlegshe@gmail.com

Ngawang Legshe, DSW, LCSW-BACS

Education:

Tulane University School of Social Work New Orleans, LA Degree: Doctorate of Social Work	May, 2019
Tulane University School of Social Work New Orleans, LA Degree: Master of Social Work	Dec, 2008
Hampshire College, Amherst, MA Degree: Bachelor of Arts	May, 2005
Central Institute of Higher Tibetan Studies (Tibetan University) India Degree: <i>Shastri</i> , Graduated <i>summa cum laude</i> , Gold Medalist	May, 2001
Central Institute of Higher Tibetan Studies (Tibetan University) India Diploma in Tibetan Fine Arts (Thangka Painting)	1997
Sera Mahayana Monastic University India Buddhist Logic and Philosophy	1994

ACADEMIC EXPERIENCE

Tulane University Adjunct Instructor

Courses taught (both face to face with online components and fully online)

Undergraduate Courses developed and taught:	2006-2017
SOWK 2300-01 Social Welfare, Buddhist Culture, and Tibetan Refugees	
SOWK 2320-01 Tibet: Social Welfare, Social Change, and Social Movement	
SOWK 3892-01 Service Learning	
TIDE 1113-01 Mindfulness: Understanding Self and Emotions	2015-Present

Master of Social Work courses:

2018-Present

SOWK 7230 - Community Organizing and Policy Advocacy

SOWK 7421 - Research for Program Evaluation and Evidence-Based Social Work

SOWK 7120 – Social Welfare History and Policy

SOWK 7140 – Introduction to Organizations and Community Practice

SOWK 7421 – Research for Program Evaluation and Evidenced Based Social Work

SOWK 7015 - Collective Trauma

Loyola University Adjunct Lecturer

August 2015-2017

“Mindfulness for the Performing Artists”

Professional Experience:

- Private Practice – The Institute of Mindfulness and Psychotherapy 2021
- Louisiana ACT Director, Central Division, Resources for Human Development 2019-2021
Responsible for timely submission of outcome reports to managed care companies, (MCO), Jefferson Parish Human Service District (JPSHA), Metropolitan Human Service District (MHSD), and Baptist Community Ministries (BCM). Overseeing five Assertive Community Treatment Teams, including a startup team in New Orleans East and supervising five clinical managers and five team leaders. Obtained 20,000 COVID-related clients emergency grants.
- Clinical Manager, Resources for Human Development, 2017-2019
Provides clinical supervision and oversight of ACT team, responsible for the fiscal budget, hiring, training, approval of clinical documentations, supervision of the team leader. Manages admissions, discharges, psychosocial assessments, authorizations, CARF accreditation and DACTS fidelity for ACT.
- Clinical Supervisor, Bruce Professional Counseling Services 2016-2017
Provides clinical supervision to MHPs, manages authorizations, hiring and employee evaluations. Completing individual assessment, treatment plan and individual psychotherapy.
- Clinical Administrator/Supervisor – Covenant Youth Empowerment 2016
Provides clinical supervision with new hires/employee, independent assessment, locus, authorizations, and individual therapy.

- On-call Crisis Supervisor, RHD Metropolitan Assertive Community Treatment
2014-2016
Provides clinical supervision, crisis assessment, crisis intervention, and emotional support to on-call staff; coordinate on hospitalizations and collaboration with concerned families, hospitals and crisis teams. The HIPAA point person for the team.
- Mental Health Professional, RHD Metropolitan Assertive Community Treatment
2012-2016
Provides psychosocial assessment, Individual supportive therapy, Coordinate and establish treatment plans, Coordinate discharge plans from hospitals, Provide wellness and harm reduction interventions, and DBT group therapy
- Addiction Specialist, RHD Metropolitan Assertive Community Treatment,
2011-2012
Provides substance abuse education, Psychosocial assessment, Provide wellness and recovery group therapy, Harm reduction interventions and Coordination on treatment and discharge plans.
- MST-Family Therapist, Resources for Human Development 2009-2011
Multisystemic Therapy (MST) is an intensive family- and community-based treatment program that focuses on addressing all environmental systems that impact chronic and violent juvenile offenders -- their homes and families, schools and teachers, neighborhoods and friends. Presented expert testimonies to Juvenile Court, Jeff Parish and Orleans Parish
- Clinical Counseling Intern, Trinity Counseling and Training Center 2007-2008
- Consultant, Louisiana Himalaya Association, 2003-Present
Provides support and consultation on LHA's various programs in India to help Tibetan refugees with their housing, healthcare, education, vocational trainings and advocacy.
- Assistant Teacher, Smith College 2004-2005
- Assistant Teacher, Hampshire College 2004-2005
- Kahn-Fellow in Trans-Buddhism, Smith College 2003-2004
- Special Reporter, Tibetan Parliamentary Secretariat, Dharamsala 1997-2001

NGO/Community Experience:

- Board of Director, Clearwater Sanctuary, Covington, LA 2010 – present
- Consultant and board member, The Dalai Lama Committee (Invited Dalai Lama to New Orleans and Tulane University in 2013)
- President, Samten Choeling Center, New Orleans, LA, 2005 - Present
- Consultant, Louisiana Himalaya Association May,2005-present
- St. Joseph Hospice July, 2005-July, 2006
- President, Students for a Free Tibet, Hampshire College August, 2003 - August, 2004
- Teacher, Tibetan Community of Western Massachusetts, MA 2001-2005
- Secretary of Students Welfare Committee at Tibetan University July, 2000 – July, 2001
- Treasurer of Gelugpa Students Welfare Committee, Tibetan University 1999-2000
- Secretary for Dhenma House, Sera Monastic University May, 1993 - May,1994
- Translator for Tibetan refugees for hospital visits and sponsorship program May,1990-December, 1994

Skills:

- Evidence-Based Research
- Quantitative and Qualitative data
- Program evaluation
- Computer Skills: Excel, MS, PowerPoint,
- Written and Spoken English, Tibetan, Hindi
- Translation works (many Editing, and Translation works in Tibetan) available upon request.

Awards and Honors:

- Consultant and board member, The Dalai Lama Committee (Invited Dalai Lama to New Orleans and Tulane University in 2013)
- MST Sustained Excellence Award (RHD MST Team) 2010
- Leanne Joy Knot Award, Tulane University, 2008
- Tulane Merit Scholarship, 2006-2008
- Hampshire College Fulbright Tibetan Scholarship, 2001-2005
- Global Green Grant 2004
- Gold Medalist, Tibetan University 2001
- Gold Medalist, Seraje School, 1992
- Best Boy Award, Sera Mahayana Monastic University, 1991

Publications/Presentations:

- The Effect of Mindfulness-Based Compassion Therapy on Pain and Mood Among Breast Cancer Survivors: AB Research Design. (submitted to the Journal of Mindfulness)
- The Sequential Protocol of Mindfulness-Based Compassion Therapy. (Under review with Journal of Mindfulness)
- Transitioning to Tele-psychiatry: Steps to Implementation and Lessons Learned. (2018). ACT Conference- Ontario Association of ACT and FACT.
- Is Mindfulness Enough? Strength Through Compassion and Connection, Tulane University, New Orleans May 15, 2013

License:

- LABSWE Licensed Clinical Social Worker (BACS) – Lic# 10419
- T.E.A.M Certified Therapist
- Cognitive-Based Compassion Training Trainer

References:

- Ron Marks, Dean Emeritus of Tulane University School of Social Work (504) 220-3684
- Dr. Reginald Parquet, Ph.D. Clinical Assistant Prof. Tulane University School of Social Work rparquet@tulane.edu
- Dr. Bruce Thyer, Ph.D. Professor, Florida State University bthyer@tulane.edu
- Adrienne Warren, MPH, Program Director, Health Grants at BCM awarren@bcm.org;