

New Orleans, LA  
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Ngawang Legshe, MSW, DSW, LCSW-BACS

## Education:

### **Tulane University School of Social Work**

Doctor of Social Work (2019)

New Orleans, LA

### **Tulane University School of Social Work**

Master of Social Work (2008)

New Orleans, LA

### **Hampshire College,**

Bachelor of Arts (2005)

Amherst, MA, USA

### **Central Institute of Higher Tibetan Studies (Tibetan University)**

*Shastri*, Graduated *summa cum laude*, Gold Medalist (2001)

Varanasi, UP, India

### **Central Institute of Higher Tibetan Studies (Tibetan University)**

Tibetan Fine Arts (Thangka Painting) (1997)

Varanasi, UP, India

### **Sera Mahayana Monastic University**

Buddhist Logic and Philosophy (1994)

Mysore, KS, India

## Academic Appointments:

### **Tulane University School of Social Work**

**Interim Director of Doctor of Social Work Program**

2024-Present

**Assist Director of Doctor of Social Work Program**

July 2023-Dec 2023

- Teach on-ground and online courses in fall, spring, and summer semesters as assigned to meet the position workload, following established syllabi and canvas-built online courses:  
SOWK-9309 Community Advocacy and Participatory Research for Applied Practice  
SOWK- 9010 Portfolio Planning Seminar

- Developed and managed Professional Mentoring Program
- DSW Accreditation
- Reviewed and evaluated DSW students' APP defenses.

**Clinical Assistant Professor**

July 2021-Present

- Teach on-ground and online courses in fall, spring, and summer semesters as assigned to meet the position workload, following established syllabi and Canvas-built online courses:  
 SOWK 7341: Advanced Clinical-Community Practice  
 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 7130- Diversity and Social Justice  
 SOWK 7140 – Introduction to Organizations and Community Practice  
 SOWK 7421 – Research for Program Evaluation and Evidenced-Based Social Work  
 SOWK 7015 - Collective Trauma  
 SOWK 7221: Human Behavior and the Social Environment II  
 SOWK 7075: Disaster Mental Health and Trauma Interventions  
 SOWK 7380: Treatment of Anxiety and Depression
- Assigned Sequence Co-Chair for the Community and Policy as it relates to academics and social work practice.
- Provide Academic Advising services to assigned members of enrolled social work students.
- Provide Clinical Supervision to MSW students in the field.

**Tulane University School of Social Work**

**Adjunct Professor**

2006-2021

Undergraduate Courses developed and taught:

- 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

**Loyola University**

New Orleans, LA

**Adjunct Professor**

Course: Mindfulness for the Performing Artists

2015-2017

***Professional Experience:***

- Private Practice – The Institute of Mindfulness and Psychotherapy 2021-Present
- 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 the ACT team, responsible for the fiscal budget, hiring, training, approval of clinical documentation, and 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, and manages authorizations, hiring, and employee evaluations. Completing individual assessments, treatment plans, and individual psychotherapy.
- Clinical Administrator/Supervisor – Covenant Youth Empowerment 2016  
 Provides clinical supervision with new hires/employees, 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; coordinates 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 and individual supportive therapy, Coordinates and establishes treatment plans, Coordinates discharge plans from hospitals, Provides wellness and harm reduction interventions, and DBT group therapy.
- Addiction Specialist, RHD Metropolitan Assertive Community Treatment, 2011-2012  
 Provides substance abuse education, Psychosocial assessment, 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 training 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 Directors, 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, 199

**Publications/Presentations:**

- Legshe, N., (Submitted 2018). The Effect of Mindfulness-Based Compassion Therapy on Pain and Mood Among Breast Cancer Survivors: AB Research Design. *Journal of Mindfulness*.
- Legshe, N., (Submitted 2018). The Sequential Protocol of Mindfulness-Based Compassion Therapy. *Journal of Mindfulness*. (Under Review).
- Legshe, N., (2018). Transitioning to Tele-psychiatry: Steps to Implementation and Lessons Learned. ACT Conference- Ontario Association of ACT and FACT.
- Legshe, N., (2013). Is Mindfulness Enough? Strength Through Compassion and Connection, Tulane University.
- Legshe, N., (2022). Holistic Interventions in Alcohol and Drug Use Disorder, LSU School of Medicine.
- Legshe, N., (2022). Plenary Speaker, Holistic Approach for Individuals: Beyond the Patient, LSU School of Medicine.
- Legshe, N., (2021). Research and Translation Workshops, (Translation Unit) Sera Jey Monastic University.

**License:**

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