

**Michael Langlois, LICSW**

*14 The Grove  
Nantucket, MA  
(617) 776-3409*

***SUMMARY OF QUALIFICATIONS***

Early adopter, enterprise social media platform co-founder, psychotherapist; I wear many hats, from clinical social worker to public speaker to corporate consultant for Fortune 500 companies, schools & non-profits. I'm committed to applying principles of play & game design to psychology & education to maximize fun & learning. If you're looking for an engaging, direct, friendly futurist to help guide you or your organization into a better & more vital place, I'm your guy.

My work focuses on gaming, social media, & psychology, as well as the impact of social networks on relationships. A gamer-affirmative psychotherapist & educator, I'm interested in team-building between the video game industry, consumers & mental health. I wrote a book about it, called *Reset: Video Games & Psychotherapy* & have conducted workshops at SXSW, PAX East, Harvard University, Boston University, Boston College, SUNY-Buffalo, & dozens of other organizations. I am a lifelong teacher and learner about racism in the areas of psychology, social justice and tech.

My current writing, research, and teaching focus is online technologies and psychodynamic theory and practice; in particular on the use of online gaming from a psychological perspective; as well as the impact of social networks on interpersonal relationships. I'm a gamer-friendly therapist.

***NOTABLE ACHIEVEMENTS UNLOCKED***

- Public Speaker, SXSW, PAX East, Harvard, Boston University, Boston College, SUNY-Buffalo, & dozens of other organizations. Info at <http://bit.ly/2pgSKFE>
- Psychotherapist for adults, children & adolescents for over 25 years.
- Author, *Reset: Video Games & Psychotherapy*
- Educational Consultant helping children & adolescents who need extra support & understanding in order to make effective progress in their school environment
- Supervisor at Harvard Medical School
- Resource on digital literacy & social justice issues such as LGBT awareness to the Massachusetts Commission for GLBT Youth, & serve in an advisory capacity to the NASW on issues including youth suicide prevention
- Faculty member at Boston College, University at Buffalo & Harvard Medical School teaching graduate classes on Technology & Social Practice, Diversity, & Psychodynamic Theory
- Contributor, Tauren Think Tank, GamerTherapist & Joan Ganz Cooney Center at Sesame Workshop.

***EDUCATION***

**M.S.W., Clinical Social Work**

Smith School for Social Work, Smith College, 1994.

**B.A., English, Philosophy, with Concentration in Writing**

Connecticut College, Magna Cum Laude, 1991.

**WORK HISTORY**

**Teaching Associate in Psychiatry, Harvard Medical School, Cambridge, MA**

*August 2007-Present*

- Supervises Staff and Trainees in Clinical Psychiatry, HMS.
- Provides Consultation and Presentations to the Department of Psychiatry as needed.

**Psychotherapy and Consultation, Private Practice, Cambridge, MA**

*November 1997-present.*

- Provided individual and family psychotherapy.
- Consulted with schools and community agencies.
- Facilitated workshops on multiple topics, including GLBT youth.

**Visiting Scholar, Simmons University CIBER, Boston, MA**

*March 2020-present.*

- Consulted and taught on integrating and improving telehealth and distance social work education during COVID19.
- Created and produced a yearlong multimedia series on Race, Racism & Technology in Social Work Practice.

**Producer and Host, Social Work Tech Now, Buffalo, MA**

*September 2015-present*

- Created and produced SWTN, an ongoing multimedia series on the relevance of emerging technologies to social work and social justice. Yearlong topics have included Race and Racism in Technology.

**Part-time Lecturer, Boston College Graduate School of Social Work, Chestnut Hill, MA**

*September 2006-2018*

- Teaches graduate course on Psychodynamic Theories of Individual Development.
- Teaches graduate course on Diversity and Cultural Awareness, with emphases on racism, sexism, heterosexism, ableism, ageism, and classism.
- Taught graduate course on Human Behavior in Social Environment.
- Participates in College initiatives, such as curriculum analysis and development for child, youth and families.
- Utilizes web-based materials and instruction in addition to real-time instruction.

- Works with Child Treatment Committee to develop Certificate Program in School Social Work

**Director of Guidance, Pre K-12, Needham Public Schools, Needham, MA**

*July 2005-July 2006*

- Supervised a department of 20+ guidance counselors, adjustment counselors, behavior specialist and school social workers in a suburban public school district.
- Developed annual departmental budget of approximately 2 million dollars.
- Wrote and managed multiple grants for services including substance abuse, adoption and teen violence.
- Oversaw and coordinated delivery of 504 evaluations and services, Pre-K to Gr. 12.
- Hired, oriented and evaluated counseling staff.
- Provided ongoing professional development.
- Evaluated and consulted to staff on clinical issues, including psychiatric emergency, concerns of possible abuse and neglect, suicide postvention.
- Established standards of best practice both departmentally and interdepartmentally on a variety of issues.
- Conveyed professional expectations quickly and effectively to staff.
- Evaluated performance.
- Advised administrators on clinical and organizational issues.

**School Social Worker, Lowell Public Schools, Lowell, MA**

*September 1995-July 2005*

- Worked as school-based clinician with children grades Pre-K-12.
- Provided individual and group therapy, crisis intervention, psychosocial assessment and referral.
- Conducted home-based assessment and interventions in English and Spanish.
- Consulted with faculty and Special Education teams.
- Advocated for strong emphasis on multicultural treatment issues with Southeast Asian, Latino, and Portuguese populations.
- Led groups on issues including Bereavement, HIV Peer education, developing social skills, and Childhood Depression.
- Engaged with families on outreach basis including home visits and family therapy. Evaluated children for eligibility for Special Education services.
- Educated school staff around Ch. 766, IDEA, and IEP modifications and services.
- Led best practices as District-wide Instructor for Crisis Prevention Institute, a nonviolent de-escalation and physical restraint curriculum.

**Adjunct Faculty, Endicott College, Beverly, MA**

*July 2000- July 2002*

- Instructed for the psychology department of the school for Advanced Graduate Studies and Continuing Education.
- Taught courses including the Psychology of Stress and Illness, Psychological Theories, Psychology of Personality and Human Behavior.

- Revised and updated departmental course curriculum.
- Instructed Individual and Group studies using distance e-learning.

**Clinical Social Worker, Merrimack Valley Hospice, Lawrence, MA**

*June 2000-January 2001*

- Worked as a home-based clinician for individuals and families on the Hospice Program, around issues of death, dying, and bereavement.
- Teamed with nursing staff and affiliated health providers.

**Clinical Social Worker, South Shore Mental Health Center, Quincy, MA**

*September 1996-September 1998*

- Co-led Stonewall, a long-term psychotherapy group for GLBT adults with major mental illnesses including Bipolar Disorder, Alcohol Dependence, PTSD, and Anorexia.
- Worked with multi-disciplinary team to case manage clients.

**Clinical Social Worker, Nantucket Counseling Services, Nantucket, MA**

*August 1994-August 1995*

- Worked on school-based, outpatient, and crisis intervention bases counseling adults, adolescents and children.
- Provided individual, group, and family counseling on both long and short-term bases. Instructed the Commonwealth's Driver Alcohol Education Course.
- Founded and facilitated first local support group for parents of children with ADHD. Led men's therapy group for court ordered offenders.
- Treated clients with PTSD, eating disorders, Schizophrenia, Bereavement, Substance Abuse, Dependence, and Recovery, Learning Disabilities, Couples and Family Issues, and issues of Sexual Orientation and Sexuality.

**Instructor, Nantucket Community School**

*September 1991-May 1993*

- Taught workshops on creative writing, racism, and philosophy in film to adults in continuing education.
- Proposed and developed innovative course offerings.

***SELECTED PRESENTATIONS***

*2018*

- Rhode Island Institute for Psychoanalytic Psychologies: [Video Games in Psychodynamic Psychotherapy](#)
- Austen Riggs: [The Unnecessary Obstacle: Psychoanalysis, Play, & Video Games](#) (Poster Presentation)

2017

- **The University at Buffalo: Self-Harm, Social Media, and Violent Games: How Do They Relate With Each Other?**
- **Harvard Medical School: Assessing and Treating Self-Destructive Behaviors**

2016

- **Harvard Medical School: "Assessing and Treating Self-Destructive Behaviors"**
- **Hotel-Dieu Grace "1st Annual Conference on Digital Dependency"**
- **California Marriage & Family Therapist 52<sup>nd</sup> Annual Conference**

2015

- **Harvard Medical School- "Social Media, Intimacy, and Relationships"**
- **SXSW 2015- "[Better Living Through Minecraft](#)"**
- **University at Buffalo- "[Understanding and Addressing Cyberbullying and Online Harassment](#)"**

2014

- **UMass Amherst- "Social Media, Sexting and Cyberbullying"**
- **Sage College- "Drama In The Digital Age: Emerging Adults and Social Media"**
- **Boston College High School- "Minecraft and Student Success"**

2013

- **MA Department of Mental Health- "Mental Health and Technology Use"**
- **[Horace Mann School](#)**
- **[Harvard Medical School Conference on Child Psychotherapy](#)**
- **[Boston University School Graduate School of Social Work](#)**

2012

- **Massachusetts Mental Health Counselors Association, "Social Media for Counselors in Practice and Organizational Structure."**
- **SXSW, Interactive Conference, "Rethinking Gaming Addiction and Using Video Games in Psychotherapy."**
- **NASW Symposium, "Social Work 2.0: Social Media and Its Implications for Practice"**
- **Harvard Medical School Conference on School Mental Health: Treating Students K-12, "Social Media and Video Gaming: How Technology Effects Behavior."**

2011

- **The University at Buffalo, Summer Session for Continuing Education**, “Engaging Adolescents in Treatment: What Does Social Media Have to Do With It?”
- **The Cambridge Hospital, Workshop**, “World of Selfcraft: Video Games and Psychotherapy.

### ***SELECTED PUBLICATIONS***

- Langlois, M. Saving the Game : The Use of Gaming within Psychotherapy. (2011). Therapeutic Innovations in Light of Technology.
- Langlois, M. Reset: Video Games & Psychotherapy. (2011) Bookbrewer Publications
- Langlois, M. Suicide Prevention Current Trends – Risk Factors and Intervention Strategies for Gay, Lesbian, Bisexual and Transgender Youth. (2008) <http://www.helpstartshere.org/mind-and-spirit/suicide-prevention/suicide-prevention-current-trends-risk-factors-and-intervention-strategies-for-gay-lesbian-bisexual-and-transgender-youth.html>
- Building a Learning Community On A Minecraft Server
- More than Toys — Gamer Affirmative Therapy By Christina Reardon, MSW, LSW, *Social Work Today* Vol. 15 No. 3 P. 10
- Article on Spiegel Online (German)

### ***MEMBERSHIP/AFFILIATIONS***

- Advisory Board, Cambridge Commission for Persons with Disabilities.
- Commissioner, Massachusetts Commission for Gay, Lesbian, Bisexual, Transgendered Youth.
- Suicide Curriculum Committee, NASW, Washington, DC
- Region I Representative, Executive Committee, Smith School for Social Work Alumni Association.
- Board of Directors, Castle School, a 766 School for children with psychiatric special needs.
- Metrowest Healthcare Foundation Coalition.
- Founder and Board Member, Sparta Social Networks.
- Chairperson, Needham Public Schools Social Pragmatics Task Force.
- Founder, Improvisation, an Improvisational Comedy Troupe for social justice.
- Member, National Association of Social Workers.
- Member, Massachusetts Institute for Psychoanalysis.
- Member, International Association for Psychoanalytic Self Psychology.

- Member, NASW Lesbian, Gay, Bisexual Training Subcommittee.
- Past Lecturer at Mt. Auburn Hospital, Harvard University Health Services, and other Schools and Community Agencies on Adolescent Development and Sexual Orientation.
- Founder, GamerTherapist.
- Consultant, Winchester Hospital, on issues of Adolescent Substance Abuse.
- Steering Committee, Gay, Lesbian, Bisexual and Transgender Forum Planning Group, Cambridge Substance Abuse Task Force.