



NANCY SCHERLONG, LCSW

Nancy is a licensed clinical social worker, she has over 20 years of experience in the fields of education and human services and is an expert in adjustment disorders, traumatic stress and relaxation methods as well as assisting clients through the stages of addiction recovery. She teaches at the college level in both graduate and undergraduate programs and assists in training new therapists and supervising staff. Nancy has worked with a variety of EAP programs over the past 15 years providing programs in Stress Reduction, Smoking Cessation, Work/Life Balance, Healthy Communication and Corporate Wellness.

She is also a Wellness and Life Coach. Additionally, she is Level II trained in EMDR (Eye Movement and Desensitization and Reprocessing, a trauma treatment model), An Advanced Graduate of Somatic Experiencing, Level I trained in the Internal Family Systems model and a graduate of the Hudson Valley Psychodrama Institute as well as a trainer for the International Federation of Biblio-Poetry and Writing Therapies