

Curriculum Vitae

Monique Class MS, APRN, BC

3 Rochambeau Ave
Ridgefield, Connecticut 06877
(H) 203-431-1349 (W) 203-321-0200

Current Position:

Monique Class MS, APRN, BC is a board certified Family Nurse Practitioner and a Clinical Nurse Specialist in Holistic Health at the Center for Women's Health in Stamford, CT. In addition to her role as a Nurse Practitioner at The Center, Monique moderates Mind-Body skills groups, utilizes imagery technique with private clients, consults with clients on herbal and natural remedies for a variety of health issues, and performs routine gynecological exams and procedures. Monique is a senior faculty member at The Center for Mind Body Medicine in Washington D.C., a faculty member for The Institute for Functional Medicine, a Clinical Instructor at Yale University, and an Adjunct Professor at The College of New Rochelle School of Nursing. She also holds a certification in Imagery from the New York Psychosynthesis Institute.

License:

2002-current Connecticut Advance Practice Nurse #002776

2002-current New York Advanced Practice Nurse #F333772-1

1986-Current New York Professional Nurse #394984-1

1988-Current Connecticut Professional Nurse #R42305

Certification:

Sept 2002- Current ANCC Family Practice Nurse Practitioner
#0370552-22

June 1996 Imagery Certification,

Education:

2002 Nurse Practitioner Program
College of New Rochelle
New Rochelle, NY

1996 M.S. Nursing Clinical Specialist Holistic Health
College of New Rochelle
New Rochelle, NY

1986 B.S.N Nursing
University of Virginia
Charlottesville, Virginia

Professional Experience:

2005-present Clinical Instructor
School of Nursing
Yale University

2002-present	Adjunct Professor School of Nursing College of New Rochelle New Rochelle, New York
1996-present	Director of Nursing The Center for Women's Health Stamford, Connecticut
1996-present	Faculty The Center for Mind-Body Medicine Washington, D.C.
1995-2000	Clinical Nurse Specialist Holistic Health Columbia-Presbyterian Complementary Care Center New York, New York
1987-1997	Registered Nurse, The Stamford Hospital Birthing Center Stamford, Connecticut

Professional Awards:

1996	Induction into Sigma Theta Tau International The honor society of Nursing
1997	Leadership Award for distinguished graduate student College of New Rochelle, New Rochelle, N.Y.
1995	Charles A. Vaughn Award for scholarly achievement

College of New Rochelle, New Rochelle, N.Y.

Professional Associations: Current Membership

American Holistic Nurses' Association
Connecticut State Nurse Practitioner Association
Sigma Theta Tau International Honor Society

Research Activity:

- 1995-1998 Therapeutic Touch on Cardiac Surgical Patients
Columbia-Presbyterian Complementary Care
Center, New York, New York
- 1999-2000 A randomized control study comparing Black Cohosh to
Placebo for the reduction of hot flashes in women with breast
cancer, Columbia University, New York, New York

Presentations:

- Jan-May 2010 **The Art and Science of Herbalism**
Professor: Course 746
Graduate Nursing School
College of New Rochelle

- 1/10
Speaker
Shifting the Therapeutic Encounter into a Healing Environment.
Applying Functional Medicine in Clinical Practice
Tampa, FL
- 9/09
Speaker
PCOS; Current treatments and Natural Approaches.
College of New Rochelle
New Rochelle, NY
- 9/09
Speaker
Shifting the Therapeutic Encounter into a Healing Environment.
Applying Functional Medicine in Clinical Practice
Baltimore, MD.
- 9/08
Speaker
Shifting the Therapeutic Encounter into a Healing Environment.
Applying Functional Medicine in Clinical Practice
San Antonio, TX.
- 5/08
Speaker
Functional Medicine approach to Depression
Institute for Functional Medicine
Hollywood, FL.
- 11/07
Speaker
Psychological and Spiritual Equilibrium
The Readiness to change Model
Applying Functional Medicine in Clinical Practice
Atlanta, GA.

9/07-12/07

Holistic Health Assessment

Course Instructor
Graduate Nursing School
College of New Rochelle

5/07

Mind Matters: Integrating Mind-Body-Spirit
Medicine into a Functional Medicine Practice
The 14th International Symposium on Functional
Medicine. Tucson, AZ.

10/06

Inspiration and Information: Core Diets for
Cancer Patients.

Speaker

Cancer Guides Training
The Center for Mind Body Medicine
Chicago IL.

10/06

Speaker

Pap Management
College of New Rochelle
New Rochelle, NY

9/06-12/06

Holistic Health Assessment

Course Instructor
Graduate Nursing School
College of New Rochelle

- 11/14/05
Speaker
OB Management & Current Menopausal
Management
College of New Rochelle
New Rochelle, NY
- 10/16/05
Speaker
Stress: Influence on Health and
Hormones
College of New Rochelle
New Rochelle, NY
- 3/14/05
Speaker
The Spirit of Insulin Regulation;
The Mind-Body connection between
Dysglycemia and Cancer
Cancer Guides Training Program
The Center for Mind Body Medicine
Berkeley, CA
- Jan-May 2005
Professor
The Art and Science of Herbalism
Course 746
Graduate Nursing School
College of New Rochelle
- 4/04
Speaker
Alternatives to Fibroids
Tully Center
Stamford, CT
- 3/04
Transforming The Transitions:
Creating Health Throughout The Lifespan

Young Women's League of New Canaan
New Canaan, CT

1/04 Speaker **Cancer Guides: A Collaborative Model**
Cancer Guides Training Program
The Center for Mind Body Medicine
Berkeley, CA

1/04 Speaker **The Spirit of Insulin Regulation;
The Mind-Body connection between
Dysglycemia and Cancer**
Cancer Guides Training Program
The Center for Mind Body Medicine
Berkeley, CA

Sep-Dec 2003 **Science and Art of Herbalism**
Course 746
Graduate Nursing School
College of New Rochelle
New Rochelle, New York

10/03 Speaker **1. Pap Management &
2 .Prenatal Care (PERRLS OF)**
College of New Rochelle
Graduate Nursing Program
New Rochelle, New York

- 10/03 Speaker **Imagery and Healing:**
Mind/Body/Spirit Medicine: Professional
Training Program, Minneapolis, MN
- 4/03 Speaker **A Ounce of Prevention is Worth Losing
Pounds: Insulin Resistance and Weight
Loss.**
College of New Rochelle
New Rochelle, New York
- 2/03 Speaker **1.Role of EFA in Health Prevention
2. Natural Approach to Fibroids**
College of New Rochelle
New Rochelle, New York
- 1/03 Speaker **Natural Approach to PMS and Menopause**
College of New Rochelle
New Rochelle, New York
- 11/02 Speaker **Biofeedback and Beyond**
Mind/Body/Spirit Medicine: Professional
Training Program, Panama City, Florida

- 11/02 Speaker **Imagery: Research & Clinical Implications**
Mind/Body/Spirit Medicine: Professional
Training Program, Panama City Florida
- 11/02 Faculty **Mind/Body/Spirit Medicine: The
Professional Training**
The Center for Mind/Body Medicine
Panama City Florida
- 8/02 Panelist **Creating a Healing Team**
Cancer Guides: The Center for Mind/Body
Medicine
Aspen, Colorado
- 8/02 Faculty **Cancer Guides:**
The Center for Mind/Body Medicine
Aspen, Colorado
- 6/02 Faculty **A Workshop for Firefighters:**
Decreasing Stress and Promoting Wellness
After 9/11. The Center for Mind/Body Medicine
Callicoon, NY

- 11/01 Speaker **Imagery: Research & Clinical Implications**
Mind/Body/Spirit Medicine: Professional
Training Program, Scottsdale Arizona
- 11/01 Speaker **Genograms as a Tool for self-awareness**
Mind/Body/Spirit Medicine: Professional
Training Program, Scottsdale, Arizona
- 11/01 Panelist **Creating and Integrative Medical Center**
Mind/Body/Spirit Medicine: Professional
Training Program, Scottsdale, Arizona
- 11/01 Faculty **Mind/Body/Spirit Medicine: The
Professional Training**
The Center for Mind/Body Medicine
Scottsdale, Arizona
- 10/01 Moderator **The Soy Controversy**
Comprehensive Cancer Care
Arlington, VA
- 10/01 Moderator **Research in CAM Women's Health**
Comprehensive Cancer Care

- 9/01 Speaker **Introduction to Mind/Body/Skills Groups**
Wainwright House
Rye, NY
- 4/01 Faculty **Advanced Training Mind/Body/Medicine**
The Center for Mind/Body Medicine
Arlington, VA
- 11/00 Speaker **Imagery: Research & Clinical Implications**
Mind/Body/Spirit Medicine: Professional
Training Program, Hilton Head, SC
- 11/00 Panelist **Creating and Integrative Medical Center**
Mind/Body/Spirit Medicine: Professional
Training Program, Hilton Head, SC
- 11/00 Faculty **Mind/Body/Spirit Medicine:
The Professional Training**
The Center for Mind/Body Medicine
Hilton Head, SC
- 11/99 Speaker **Imagery: Research & Clinical Implications**
Mind/Body/Spirit Medicine: Professional
Training Program, Hilton Head, SC

- 11/00 Panelist **Creating and Integrative Medical Center**
Mind/Body/Spirit Medicine: Professional
Training Program, Hilton Head, SC
- 11/00 Faculty **The Center for Mind/Body Medicine**
Hilton Head, SC
- 6/99 Moderator **CAM Therapies for Breast Cancer**
Comprehensive Cancer
Arlington, VA
- 3/99 Speaker **Herbs and Nutrition for PMS**
Rexall Pharmacy
Ardsley, NY
- 2/98 Speaker **Nutrition and Herbs During Pregnancy**
Center for Women's Health
Darien, CT
- 10/97 Speaker **A Holistic Approach to Menopause**
Wainwright House
Rye, NY

6/97 Speaker Transforming the Transition: The Wise Use
of Conventional and Complementary
Treatment in Menopause
The Stamford Hospital
Stamford, CT

10/96 Speaker Menopause Naturally
Western Connecticut College
Danbury, CT