

Ellen P. Lubensky, Esq.

Attorney. Speaker. Author. Advocate.

Media Kit 2026

About Ellen

Ellen P. Lubensky, Esq. is an attorney, speaker, author, advocate, and Founder of The Mental Health Choice Project. With a distinguished legal career—including working as Law Clerk to Chief Justice Stuart Rabner of the New Jersey Supreme Court—she brings a legal-first lens to mental health advocacy.

After being wrongly diagnosed and prescribed psychiatric medication at age 20, Ellen lost 25 years of her life to physical decline, suffering, and limitation caused by tardive dystonia—a debilitating movement disorder caused by the medications. Now, through careful tapering and holistic approaches to healing, she is reclaiming her health and her voice.

Her story speaks to the human cost of misdiagnosis, the complexity of psychiatric medication withdrawal, patient advocacy, and the hope of recovery. Ellen's mission is to increase transparency, accountability, and informed consent in psychiatric treatment.

Credentials

- Stanford University, B.A. Psychology (with Distinction and Departmental Honors)
- University of Pennsylvania, M.S. in Education
- Rutgers Law School, J.D. with High Honors (Lead Articles Editor, Rutgers Law Journal)
- Law Clerk to Chief Justice Stuart Rabner, New Jersey Supreme Court
- Founder, The Mental Health Choice Project

Speaking Topics

- Wrongful Psychiatric Diagnosis: A Personal and Legal Perspective
- Medication Harm and Tardive Dystonia: What Patients Need to Know
- The Fight for Informed Consent in Psychiatry
- Recovery and Healing: Life After Psychiatric Medication
- Patient Rights and Self-Advocacy in Mental Healthcare
- The Intersection of Law and Mental Health

Recent Media Appearances

- The Honest Middle with John Knopick
- Freedom Unlocked Podcast

- SCV Law and Life Podcast
- Mad in America (Featured Article)
- Your Health Magazine
- The Chicago Journal

Contact

Please direct media inquiries to me for now.

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