

## **SUMMARY**

Psychiatric Nurse Practitioner with a diverse background in massage therapy, midwifery, maternity nursing, childbirth education, counseling, elder care and complementary therapies. Experienced professional with proven success in collaborating with colleagues and community leadership to identify health needs and create positive solutions.

## **EDUCATION**

**MSN (Psychiatry)**, Massachusetts General Hospital Institute of Health Professions Boston, MA), 2007.  
Membership in MGHIHP's Nursing Honor Society, *Iota Eta Pi*. GPA maintained at 3.92.

**BA (Women's Learning and Development)**, Lesley University (Cambridge MA), 2004.  
Undergraduate thesis on Menopause.

**RN**, Massachusetts General Hospital School of Nursing, 1978.  
Independent Study: application of mind-body principles in the clinical setting (particularly massage therapy)

**Arica Institute** (Boston and New York, NY), 1974 -1979.  
Studied meditation, massage, breath work, therapeutic movement, stress management, esoteric studies, group process and relaxation techniques.

**Wheelock College** (Boston, MA), 1970 -1971.  
Undergraduate studies in early childhood education.

## **CERTIFICATION AND LICENSURE**

Board Certification as Psychiatric Nurse Practitioner, American Nurse Credentialing Center (ANCC)

RN & NP Licensure in Massachusetts.

Massachusetts Midwives Alliance (MMA) and Midwives Alliance of North America, (MANA), 1980 –1988.  
Credentialed as Independent Practicing Midwife

Council of Childbirth Educators (Shawnee Mission, KS), Childbirth Educator Certification (CCE), 1993.

Usui Reiki Healing, 1996, First and Second Degree Reiki training completed

## **EMPLOYMENT**

**North Shore Medical Center** (Salem, MA), December 2007 – April 2010  
As the Psychiatric Education Specialist, plans, implements and teaches in-house education programs through the Learning Resource Center. Is responsible for education and training of staff at the pediatric psychiatry unit in Danvers, the geriatric unit at Union Hospital in Lynn, and the adult in-patient unit in Salem.

**North Shore Medical Center** (Salem, MA) April 2008 – June 2009. As a psychiatric nurse practitioner, member of the nursing home consult team, conducted on site psychiatric evaluations and assessments, made subsequent psycho-pharmacologic recommendations and provided supportive psychotherapy and psycho-education.

**Private Psychotherapy Practice** Works with adults ages 18-100, providing individualized integrative mental health care. Specialties in areas of Grief and Loss. **Chronic Pain and illness, Perinatal issues** Modalities include, Mindfulness based psychotherapy, Interpersonal and cognitive behavioral therapy,

### **MATERNITY CARE**

**New England Memorial Hospital** (Stoneham and Malden, MA) 1978 – 1984.  
Charge nurse in Labor and Delivery, staff nurse in post-partum and nursery.

**OB-GYN practice of Dr. Leo Sorger** (Malden, MA) 1979 – 1981.  
Office nurse, assisted in out-of-hospital births.

**Addison Gilbert Hospital** (Gloucester, MA) 1981.  
RN (per diem), maternity.

**Beverly Hospital** (Beverly, MA) 1983-1985.  
Staff nurse in labor and delivery and maternity.

**North Shore Birth Center** (Beverly, MA), 1980 – 1982, 1993 -- 1999.  
Birth Attendant.

**New Mothers of Marblehead** (MA), 1999 – 2001.  
Provided in-home postpartum care.

### **INDEPENDENT MIDWIFERY PRACTICE**

**Childbirth Support Services** (my private practice, Rockport, MA) 1980 – 1988.  
Attended women at out-of-hospital births, provided labor support and doula care to women giving birth in hospitals and postpartum home care.

### **CHILDBIRTH EDUCATION AND COUNSELING**

**Beverly Hospital Parent Education Department**, 1990 - 2001.  
As a Certified Childbirth Educator, initiated the Teen Prenatal Program, ran six-week pre-natal classes, refreshers, sibling, VBAC and cesarean prep classes.

**North Shore Birth Center** (Beverly, MA), 1994 - 2000.  
Founded and facilitated Mothertime, a pilot postpartum group.

**Childbirth Support Services** (my private practice, Rockport, MA), 1985 - present.  
Teach individualized childbirth classes, provided consultation, and counseling for families during the childbearing year.

## **OTHER PROFESSIONAL EXPERIENCE AND TRAINING**

**Massachusetts Midwives Alliance (MMA) and Midwives Alliance of North America, (MANA)**, 1980 – 1988. Credentialed as Independent Practicing Midwife member, attending state and national conferences and participating in legislative lobbying, education and establishment of practice standards.

**Council of Childbirth Educators** (Shawnee Mission, KS), Childbirth Educator Certification (CCE), 1993.

### **Massage Therapy Practice**

**Addison Gilbert Hospital** Women's Health Center (Gloucester, MA), Credentialed Massage Therapy Practitioner, 1996 – 2000.

**Visiting Nurses Association of the North Shore** (Gloucester, MA) 1993 – 1995.

**Harbor Health Group** (Rockport, MA), 1990-2000.

**HealthMatters** (my private practice, Rockport, MA), 1973 – Present  
Provided therapeutic massage in client's homes, hospitals, nursing homes and rehabilitation facilities. Modalities include Esalen, deep tissue, trigger point, shiatsu, reflexology, Swedish, myofascial, therapeutic touch, and Reiki. Offers clients of all ages individualized treatment for optimal health and healing during illness, recovery and health and life transitions, including pregnancy and childbirth, menopause, recovery from illness, trauma and surgery

**Elder Care** (my private practice, Rockport, MA), 2001 – Present.  
As a direct care RN private practitioner, provide, coordinate and manage individualized home and facility care for the elderly.

## **SCHOLARSHIPS AND AWARDS**

One Family Foundation Grant, September 2002.

MGH School of Nursing Felicia Kulig Scholarship awarded in 2005 and 2006.

The Mary Clapham Endowed Nursing Scholarship awarded in February 2006.

Partners in Excellence Award from North Shore Medical Center awarded December 2009

## **RESEARCH**

***Women's Emotional Health before and after Childbirth.*** A longitudinal study, designed by Dr Janice Goodman, on perinatal depression and anxiety conducted at Vincent OB Clinic, Massachusetts General Hospital. RN/researcher and recruiter, June 2006 – April 2007

## **PSYCHIATRIC CLINICAL TRAINING**

**Harvard Vanguard Behavioral Health Fellowship** (Somerville and Medford, MA), July 2007 – November '07. Postgraduate training and supervision in individual and group psychotherapy and psychopharmacology in outpatient, behavioral health clinical setting; included weekly seminar with lectures from expert clinicians in behavioral health.

**Health and Education Services** (Haverhill, MA), September 2006 – April 2007. Psychiatric internship at community mental health agency, under the supervision of the chief psychiatrist and senior social worker; 16 hours per week facilitating groups, practicing individual psychotherapy, and conducting interviews and medication assessments in the psychopharmacology clinic.

**Elder Service Plan of the North Shore** (Lynn, MA), January – May 2006. Twelve week rotation working with elder clients under the supervision of Psychiatric Clinical Nurse Specialist in a multidisciplinary daycare program.

**Rose Baker Senior Center** (Gloucester, MA), January – May 2005. As part of the community nursing practicum at MGHHP, designed and implemented stress reduction, Reiki/ massage program for seniors.

**Eric Lindemann Mental Health Center** (Boston, MA), 1976. Psychiatric clinical rotation as a student at the Massachusetts General Hospital School of Nursing.

**The Institute of Living (Hartford CT, 1973.** Comprehensive training and work experience as a psychiatric aide on locked women's unit. Transcendental Meditation: participated in pilot training program for staff and patients.

## **COMMUNITY ACTIVITIES**

**North Shore Post-Partum Depression Task Force**, August 2007 - Present  
Member of community activist group whose mission is to foster education, awareness and the need for services for women with perinatal mood disorders.

**Common Ground Center** (Starksboro, Vermont), 1996- 2009  
Camp Nurse, Group facilitator, Member of Board of Directors of this 700-acre family camp, education and wellness center.

**Cape Ann Women's Health Forum**, 1994 – 1996.  
As a Steering Committee member, planned community educational and screening programs, and facilitated the opening of the Babson Women's Health Center at Addison Gilbert Hospital.

**Gloucester Prevention Network**, 1992 – 1994.  
Member of the advisory board of the Young Women's Pregnant and Parenting Support Group.

**Rockport Public Schools**, 1992 – 1995.  
Member of the Comprehensive Health Advisory Committee.

**Mothers' Center of Cape Ann**, 1982 – 1984  
Co-founder and group facilitator.