

## CURRICULUM VITAE

### PATRICIA DOWLING BARRY, PhD. APRN

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Professional Certification: Advanced Practice Registered Nurse, State of CT  
American Nurses' Association, Certified Specialist in Psychiatric/Mental Health Nursing

Education: The Union Institute\*  
632 Vine Street  
Cincinnati, Ohio

Degree: Ph.D. in Nursing  
Major: Psychoneuroimmunology  
Dissertation: An Investigation of Cardiovascular, Respiratory, and Skin Temperature Changes During Inductions of Relaxation and Anger

Yale University School of Nursing  
855 Howard Avenue  
New Haven, CT

Degree: Master of Science in Nursing  
Major: Psychiatric Consultation/Liaison Nursing

Academic Achievement: Honors  
Thesis: A Comparison of the Outcomes of Primary and Team Nursing: Self Esteem, Job Satisfaction, Involvement, and Turnover Rates.

\*The Union Institute is a fully accredited Ph.D.-granting institution by the State of Ohio Board of Higher Education. All course work was completed in Connecticut at the University of Connecticut and Yale University Schools of Medicine, and the Graduate Programs in Neurophysiology and Psychology at the University of Hartford. Doctoral committee members included academic faculty from Vanderbilt, Columbia and Yale Universities and the University of Washington.

Central Connecticut State University  
New Britain, CT

Degree: Bachelor of Science  
Major: Nursing Education

Academic  
Achievement: Magna cum laude

Mary Fletcher Hospital School of Nursing  
(University of Vermont-affiliated)  
Medical Center Hospital of Vermont  
Burlington, Vermont

Degree: Diploma  
Academic  
Achievement: Florence Nightingale Leadership in Nursing Award

#### EMPLOYMENT

1984-Current Psychotherapist in private practice

Organizational management consultant to organizations re: systems approaches to organization development, planned change, conflict and stress resolution, and training of middle and upper level managers in inter-personal aspects of management (See pages 5-9 for examples of training programs)

Consultation to health care agencies re: holistic health care approaches; psychological stress issues of staff members, patients, and families related to physical illness; and the impact of emotions on physical health.

1980-1983 Psychiatric Liaison Clinical Specialist in Nursing  
St. Francis Hospital and Medical Center, Hartford, CT  
Responsibilities included:

Psychiatric consultation to general hospital medical staff about medical/surgical patients

Staff education to increase the psychosocial support available to physically-ill patients and their families

Consultation to medicine, nursing and other hospital departments regarding clinical, interpersonal and organizational dynamics within the hospital system

Psychiatric liaison support group leader for hospital staff members from medicine, nursing, physical therapy, respiratory therapy, and so on

1980-1983 Lecturer, Department of Continuing Education,

- University of Hartford, West Hartford, CT
- 1979-1982 Group Supervisor/Consultant to Director and Service Director  
American Cancer Society of Hartford, Hartford, CT
- 1979-1980 Lecturer and Clinical Instructor. University of Hartford, Department of  
Nursing, Bloomfield Avenue, West Hartford, CT
- 1979-1980 Mental Health Consultant. Visiting Nurse Association of Hartford,  
Hartford, CT
- 1970-1971 Medical-Surgical Staff Nurse. Newton-Wellesley Hospital, Newton,  
MA
- 1968 Organized program and taught childbirth education to unwed mothers.  
Catholic Family Services, Washington, D.C.
- 1964-1965 Organized and conducted an occupational therapy program for the  
elderly. Adams Memorial Nursing Home, Williamstown, MA
- Organized and taught a training program for 25 volunteers to work  
with geriatric patients in 18 Northwestern Massachusetts nursing  
homes
- 1963-1964 Medical-Surgical Team Leader. North Adams Hospital, North Adams,  
MA
- 1962-1963 Charge Nurse-Evenings, Maximum Care Surgical Unit.  
Medical Center Hospital of Vermont, Burlington, VT

#### APPOINTMENTS

- 1993-Current Appointed member of Consulting Staff. Department of Psychiatry,  
Hartford Hospital, Hartford, CT
- 1999-2002 Research Affiliate. Department of Medicine.  
St. Francis Hospital and Medical Center, Hartford, CT
- 1988-1994 Clinical Associate II. University of Connecticut School of Nursing,  
Storrs, CT
- 1986-2000 Lecturer. Yale University School of Nursing, New Haven, CT

#### PUBLICATIONS

- 2008 Interpersonal Psychotherapy. In Basics of Psychotherapy for the  
Advanced Practice Registered Nurse, K. Wheeler (Ed.). St. Louis,  
MO, C.V. Mosby.
- 2005 New Perspectives on the Origins and Psychobiology of Violence. In  
T. Palmsierna, H. Nijman, & N. Oud (Eds.). Proceedings of the 4<sup>th</sup>

- European Congress on Violence in Clinical Psychiatry. Amsterdam, Netherlands, Oud Consultancy.
- 2004-2006 Ongoing column. Perspectives on Private Practice. In Perspectives on Psychiatric Care. Blackwell Publications. Cambridge, MA.
- 2002 Mental Health and Mental Illness, Ed.7. Philadelphia: Lippincott, Williams & Wilkins.
- 2002 Holistic Health Care Approaches. In Minarik, P. & Anderson, N.. Transactional Nursing Assessment and Intervention. Springer.
- 1987-1997 Mental Health and Mental Illness, Eds. 2 through 6. Philadelphia: Lippincott-Raven.
- 1984-1996 Psychosocial Nursing Assessment of Physically-Ill Persons and Families, Eds 1 through. 3. Philadelphia: Lippincott-Raven. (Ed. 1 awarded: Book of the Year, American Journal of Nursing, December, 1984 and Outstanding Book of 1984, Nursing 84, December, 1984).
- 1993 The Adverse Effects of the Critical Care Unit on the Nurse. In Critical Care Nursing, Ed. 5. C. Hudak, T. Lohr, and B. Gallo (Eds.). Philadelphia: J. B. Lippincott Co.
- 1991 Doctoral dissertation. An Investigation of Cardiovascular, Respiratory, and Skin Temperature Changes During Relaxation and Anger Inductions. The Union Institute.
- 1986 Psychiatric Liaison Nursing. In Psychiatric\Mental Health Nursing: Adaptation and Growth. B. Johnson (Ed.). Philadelphia: J. B. Lippincott Co.
- 1983 Position Paper: "Legal Impediments to Third Party Nurse Reimbursement." Co-author. (Adopted by CT Nurses' Association as official position paper in successfully obtaining Connecticut legislation supporting third party insurance reimbursement to certified nurse specialists.)
- 1983 Organic Brain Syndrome: Important Etiological Considerations in Nursing Diagnosis. In Proceedings of the 5th National Conference on Nursing Diagnosis. M. Kim (Ed.). St. Louis: C. V. Mosby Co., 1984
- 1979 Master's Thesis. A Comparison of Outcomes of Primary and Team Nursing: Self-Esteem, Job Satisfaction, Involvement, and Turnover Rates. Yale University, 1979.

## RESEARCH

- 1999 Within Subject Variability of Cardiopulmonary, Cortisol, and Skin Temperature Responses during Induced Emotional States of Serenity, Helpless Anger, Justified Anger, and Shame. St. Francis Hospital and Medical Center, Hartford, CT. Department of Cardiovascular Rehabilitation.
- 1989-1991 Doctoral Dissertation: An Investigation of Cardiovascular, Respiratory and Skin Temperature Changes During Relaxation and Anger Inductions. The Union Institute.
- 1981-1983 A Study of Self-Esteem, Job Satisfaction, and Work Related Stressors, and Retention Rates of Staff Nurses. St. Francis Hospital and Medical Center.
- 1981-1982 Experimental Study of the Effects of Psychiatric Liaison Nurse Intervention. St. Francis Hospital and Medical Center.
- 1979 Master's Thesis: "A Comparison of the Outcomes of Primary and Team Nursing: Self-Esteem, Job Satisfaction, Involvement, and Turnover Rates." Yale University.
- 1979 Exploratory Study of the Psychological Adjustment of Cardiac Surgical Patients during the First Post-surgical Year. Hartford and Yale New Haven Hospitals.
- 1978 Survey Study of the Educational Needs of 1,000 Diploma Registered Nurses in the Central Connecticut Region. Central Connecticut State College Baccalaureate in Nursing Proposal Committee.

#### AWARDS AND OTHER

- 2002 Featured subject. *Hartford Courant*: The Lingering Effects of 9/11. February 24, 2002.
- 1998 Featured subject. *Hartford Courant*: Anger: Out with Pain, In with Peace. May 26, 1998.
- 1993 Recipient. First Annual Research Award. National Association of Psychiatric Liaison Nurses.
- 1992 Interviewed by WFSB (CBS affiliate) TV news anchor, Gerry Brooks, for 3-day feature story on the role of anger in mental and physical illness.
- 1992 Recipient, Vera R. Keane Distinguished Service Award, Connecticut Nurses' Association, for the development of a statewide nursing peer assistance program for substance-addicted nurses.
- 1989 Recipient, Distinguished Alumna Award, Yale University.
- 1987- Present Listed in Who's Who in Medicine and Technology.

- 1985-Present Listed in Who's Who in American Nursing.
- 1985- 2004 Listed in The International Authors and Writers' Who's Who.
- 1983 Subject of article: "Patient Crisis, Nursing Stresses Respond to Psychiatric Liaison Nurse." Hospital Progress, 64:26-28.
- 1984

#### PRESENTATIONS, SEMINARS, AND CONSULTATIONS

- 2007 Taking Charge from the Inside Out. CT Chapter, American College of Health Care Administrators. Cromwell, CT.
- 2007 Psychosocial Aspects of Prostate Surgery. Prostate Cancer Group. St. Francis Hospital and Medical Center. Hartford, CT.
- 2006 Taking charge from the Inside Out. Capital Region Education Council. Farmington, CT.
- 2005 New Perspectives on the Origins and Psychobiology of Violence. Presented at the 4<sup>th</sup> European Congress on Violence in Clinical Psychiatry. Vienna, Austria.
- 2005 Learn to Use the Neurothymic Integration Method in the Clinical Setting: A Day-Long Preconference Training Program. American Holistic Nurses Annual Conference. Valley Forge, PA
- 2005 The Neurothymic Integration Method: A New Intervention to Relieve the Emotional and Physical Effects of Fear and Anger. Contemporary Forums 2005 Update on Psychiatric Nursing. Philadelphia, PA.
- 2005 The How-To's of Private Practice. Pre-conference program. International Society of Psychiatric Nurses. Pittsburgh, PA.
- 2004 Developing a Private Practice: Considerations As You Begin. International Society of Psychiatric Nurses. St. Louis, MO.
- 2004 Fight, Flight, or Freeze: Treating Emotional Shutdown. Presented at annual conferences of the following organizations:  
CT Mental Health Counselors Annual Conference. Wallingford, CT.  
CT Marriage and Family Therapy Association. Rocky Hill, CT  
CT Counseling Association, Cromwell, CT
- 2002 Reclaiming Your Productivity. One-day seminar for professional State of Connecticut employees. A & R Union. State of Connecticut.
- 2002 Healthy Anger Management in the Workplace. One-day seminar for professional State of Connecticut employees. A & R Union. State of Connecticut.

- 2002 Caring for the Caregiver. Oncology Nursing Society. New Britain General Hospital. New Britain, CT.
- 2001 Healthy Anger Management in the Classroom. One-day seminar for teachers and administrators in various Connecticut school districts.
- 2000 The Anger Template: Assessment and Treatment Implications Over the Life Span. International Society of Psychiatric Nurses. Miami, FL.
- 2000 Assessing and Treating the Stress Response. University of Massachusetts School of Nursing. Lowell, MA.
- 1999 StressSolutions<sup>SM</sup> Corporate Stress Reduction Programs. Lincoln Financial Group. Hartford, CT
- 1997 Psychoneuroimmunology and the Chronic Fatigue Syndrome and Fibromyalgia. National Disability Training Program. The Hartford Insurance Group, Hartford, CT.
- 1996 The Neurothymic Integration Method<sup>SM</sup> Training for Mental Health Professionals, Hartford, CT.
- 1996 Consultation: Implementing Alternative Medicine into a Traditional Hospital and Health Maintenance Organization. Griffin Hospital. Derby, CT.
- 1995 National Psychiatric Liaison Nursing Conference. San Diego, CA. Psychoneuroimmunology: The Scientific Basis for Mind - Body - Spirit, Integration.
- 1995 Address to student body and faculty. Quinnipiac College School of Nursing, Hamden, CT. Psychoneuroimmunology: Implications for a Holistic Nursing Model.
- 1995 Visiting Nurse Association of Bridgeport. Bridgeport, CT. Mind - Body - Spirit Integration: The Foundation of Holistic Nursing Care.
- 1995 Grand Rounds. Department of Psychiatry. St. Francis and Mt. Sinai Hospitals. Hartford, CT. Psychoneuroimmunology: The Effects of Helpless Anger on Physical and Mental Illness.
- 1995 Consultation: Hartford Hospital, Hartford, CT. Conflict Management.
- 1995 Consultation: Community Visiting Nurse and Home Care, Putnam, CT. Intervention and Management of Acute Responses to Change.
- 1995 Boston Behavioral Medicine Study Group (Boston area medical school researchers in psychoneuroimmunology), Boston, MA. Emotion Induction in Stress Research.

- 1994 The Gathering Place, Hartford, CT. Maintaining the Human Spirit During Downsizing.
- 1994 Health Care Reform: The Impact on Mental Health Treatment. National Psychiatric Liaison Conference: Baltimore, Maryland.
- 1994 Connecticut Mental Health Center, Hartford, CT. Mind-Body-Spirit Integration: Implications in General Psychiatry.
- 1994 St. Patrick and St. Anthony Church, Hartford, CT. Mind-Body-Spirit: Connections in the Workplace. First Friday Business Forum.
- 1994 Meriden-Wallingford Hospital Continuing Education. Meriden, CT. Psychoneuroimmunology: Psychodynamic Implications of Anger-Related Factors in Physical and Mental Illness.
- 1994 Sigma Theta Tau Annual Meeting. Hartford, CT. Maintaining Wholeness During Chaos: Caregiving of the Self During Health Care Reform.
- 1994 Yale University. New Haven, CT. Faculty and doctoral candidate lecture regarding the research investigation potential for psychoneuroimmunology studies in specific clinical disciplines.
- 1993 McLean Home Hospice Annual Invitational Lecture. McLean Home. Simsbury, CT. Healing: The Mind-Body Connection.
- 1993 Contemporary Forums. Chicago, Illinois. Anger and Psychoneuroimmunology: The Mind-Body Connection.
- 1993 Contemporary Forums. Chicago, Illinois. A Forum on Anger.
- 1993 National Psychiatric Liaison Nursing Conference. Philadelphia, Pennsylvania. Keynote Address: Creating Healing Environments.
- 1993 Regional Psychiatric Nursing Conference. Bristol, CT. Keynote Address: The Psychophysiology of Anger.
- 1993 St. Francis Hospital. Hartford, CT. Keynote Address: Health Care Empowerment in the 90's.
- 1993 Veterans Memorial Medical Center. Department of Oncology. Meriden, CT. Organization consultation, teambuilding, and strategic planning.
- 1993 Hartford Hospital. Hartford, CT. Group Consultation. Multidisciplinary clinical department heads re: Systems planning to meet emotional needs of patients and families with cancer.
- 1993 Hartford Hospital. Hartford, CT. Process Consultation re: Nursing staff stress of oncology patients and families.

- 1992-1993 Day Kimball Hospital. Department of Maternal-Child Health. Putnam, CT. Organization Consultation, teambuilding, and strategic planning
- 1992 Joint Grand Rounds. Departments of Psychiatry. St. Francis and Mt. Sinai Hospitals. Hartford, CT. Anger: Psychodynamic Implications in Psychiatric Disorders.
- 1992 National Psychiatric Liaison Nursing Conference. St. Louis, Missouri. Good or Bad Anger: Implications for Physical Health.
- 1992 Psychiatric Nursing Conference. New Orleans, Louisiana. The Neurophysiology of Anger: New Findings on the Relationship with Mental and Physical Health.
- 1992 Psychiatric Nursing Conference. New Orleans, Louisiana. Helpless vs. Active Anger: Application to Personal and Professional Well-Being.
- 1992 Psychiatric Consultation Grand Rounds. Anger: Physiologic Effects. Hartford Hospital. Hartford, CT.
- 1992 Yale University School of Nursing. Psychiatric Assessment of Cognitive Mental Disorders.
- 1992 Hospice of Meriden/Wallingford. Meriden, CT. Annual Retreat and Planning Program.
- 1991 Day Kimball Corporation. Putnam, CT. Strategic Planning Retreat.
- 1991 Office of the General Counsel and Legal Department. Aetna Insurance Company. Hartford, CT. Strategic Planning for Change.
- 1991 Yale University School of Nursing. New Haven, CT. Mental Status Assessment.
- 1990 Psychiatric Liaison Nursing Conference. Charleston, South Carolina. Collaboration: An Essential Element in Psychoneuroimmunology Research.
- 1990 Yale University School of Nursing. New Haven, CT. Psychosocial Assessment in the Community Health Setting.
- 1989-1990 Hartford Visiting Nurse Association. Hartford, CT. Ongoing process consultation with upper and middle level managers re: Departmental change and reorganization.
- 1989-1990 Center for Illness in Families. New Haven, CT. Consultation re: Organization Change.

- 1988-1989 Day Kimball Hospital, Putnam, CT. Consultation re: Strategic intervention for multidisciplinary conflict in major hospital department.
- 1988 National Psychiatric Liaison Nursing Conference. San Francisco, CA. Psychoneuroimmunology: Implications for Psychiatric Liaison Nursing.
- 1988 United Community Services, Public Health Nursing Division, Norwich, CT. Consultation regarding change in health care delivery.
- 1987-1988 Mt. Sinai Hospital. Department of Nursing. Hartford, CT. Consultation re: Team Development. Chronic Pain Unit.
- 1987 New Britain General Hospital. Psychiatric Unit. New Britain, CT. Planned change consultation re: Professional development of nursing staff integrating the ANA Guidelines for Psychiatric Nursing Practice.
- 1987 Hartford Visiting Nurse Association. Hartford, CT. Stress management during times of change.
- 1987 Aetna Insurance Company. Hartford, CT. Assessment skills with rehabilitation complications. Nurse consultants.
- 1987 Willimantic Mental Health Association. Willimantic, CT. Avoiding burnout.
- 1986 New Britain General Hospital. Psychiatric Unit. New Britain, CT. Assessing need for change in psychiatric nursing care planning and developing planned change approach with leadership and staff members.
- 1986 West Haven Veterans Administration Hospital. West Haven, CT. Strategizing During Change.
- 1986 University of Connecticut Health Center. Farmington, CT. Nursing Administrative Group. Team-building facilitator.
- 1986 Bristol Hospital. Bristol, CT. Ongoing consultation re: Decentralization and its outcomes during departmental change. Operating Room and Psychiatric Unit management personnel.
- 1986 Visiting Nurse Association, Hartford, CT. Support group for Alzheimers' Professionals. A group developed by the VNA for professionals from Hartford, Manchester, Windsor, and West Hartford agencies who work with Alzheimers' patients and their families.
- 1986 St. Raphael's Hospital. New Haven, CT. Consultation re: Effects of change following decentralization.

- 1986 Mid-Maine Medical Center. Waterville, ME. Seminar and consultation. Implementing Psychosocial Nursing Assessment, Diagnosis, and Intervention in the Nursing Care Plan.
- 1986 New Britain General Hospital. New Britain, CT. Consultation: Reorganization of Department of Psychiatric Nursing.
- 1986 New England Hospital Assembly. Hospital Managers' Conference. Boston, MA. Manager Counseling Techniques for the Troubled Employee. Day-long seminar.
- 1986 Northern Westchester Hospital Center. Mt. Kisco, NY. Biweekly telephone consultation with psychiatric liaison nurse.
- 1985-1986 International Business Machines. World Trade Headquarters. White Plains, NY. Problem-solving in the organization. Four one-day seminars.
- 1985-1986 International Business Machines. World Trade Headquarters. White Plains, NY. Giving and taking criticism. Four one-day seminars.
- 1985 University of Connecticut Department of Physical Education. Storrs, CT. Assessment and Counseling Regarding Stress Management. Managers of exercise spas for certification exam.
- 1985 Bristol Hospital Administrative Retreat Days. Bristol, CT. Problem-Solving During Change for Nursing Care Coordinators. Upper Level Nursing Service Administrators: Interfaces of Positions and Two-Way Expectations.
- 1985 St. Mary's' Hospital. Waterbury, CT. Communication and Change. Head nurses and Supervisors.
- 1985 Northern Westchester Hospital Center. Mt. Kisco, NY. Consultation day: Developing a Psychiatric Liaison Nurse position. Meeting with Vice-President of Nursing and Associates to discuss systems implementation and implications.
- 1985 West Haven Veterans Administration Hospital. West Haven, CT. Process consultation with Associate Chiefs re: planning for new Chief Nurse.
- 1985 International Business Machines. World Trade Headquarters. White Plains, New York. Managing Stress Within the Organization. Six one-day seminars.
- 1985 University of Connecticut. Department of Continuing Education in Nursing. Storrs, CT. Psychosocial Nursing Assessment and Intervention. Spring and Fall.

- 1985 Connecticut Nurses' Association. Waterbury, CT. District 3 Annual Meeting. Women's Issues: Implications for the Continuing Development of Nursing.
- 1985 New Britain General Hospital. New Britain, CT. Consultation re: development of psychosocial assessment tool for nurses on psychiatric unit.
- 1984-1985 J. B. Lippincott Company. Philadelphia, PA. Psychosocial Nursing Assessment and Intervention. A day-long program presented in launching new division of Continuing Education in Nursing. These programs were presented in Chicago, Cleveland, Baltimore, Washington, Hartford, Philadelphia, Pittsburgh, New York, Boston, Raleigh, Tampa, and Atlanta.
- 1984 Vermont State Nurses' Association. Burlington, VT. Keynote Address at annual meeting: Women's Issues: Their Effects on Women and Men in Nursing.
- 1984 New Britain General Hospital. New Britain, CT. Communication and Change. This topic was presented in two separate one-day programs, each with different content, for the supervisor and assistant head nurse groups.
- 1984 St. Francis Hospital School of Nursing. Hartford, CT. Values Clarification: Its Impact on Faculty Decision-Making.
- 1984 West Haven Veterans Administration Hospital. Department of Nursing Service. West Haven, CT. Women's Issues: Critical Dynamics in the Ongoing Development of the Nursing Profession.
- 1984 American Cancer Society Chapters. Hartford, New Haven, and New Britain, CT. Communication: A Vital Component of Cancer Care and Coping. This program gives nurses a stronger theoretical base in assessing and intervening in the emotional aspects of cancer on patients and families. It also addresses the emotional effects on the nurse. It was given in day-long programs.
- 1983-1984 West Haven Veterans Administration Hospital. West Haven, CT. Process consultation with all nursing administration divisions. Examining the Effects of Decentralization.
- 1980-1983 St. Francis Hospital, Hartford, CT. Department of Surgery. Psychiatric Liaison Consultant to weekly Grand Rounds presentations.
- 1983 Sacred Heart Church. Bloomfield, CT. The Stresses of Mid-Life: Potential for Crisis.
- 1983 WPOP and WTIC. Hartford, CT. Dispelling the Myths of Hysterectomy and Menopause. Radio interviews.

- 1983 Nursing Expo. Windsor Locks, CT. Stress in Nursing Practice.
- 1983 St. Francis Hospital. Hartford, CT. Nursing Grand Rounds. Conference on a Patient with Acute Pancreatitis: Psychiatric Liaison Intervention.
- 1983 Institute of Living. Hartford, CT. Anxiety States in General Hospital Patients.
- 1982 St. Francis Hospital and Medical Center. Hartford, CT. Charlotte Hungerford Hospital. Torrington, CT. Inter-personal Aspects of Nursing Management. A nine-part seminar attended by all nurse managers, assistant directors, supervisors, and head nurses: A nine-part seminar attended by all nurse managers, assistant directors, supervisors, and head nurses:  
 Self Esteem in Nurses  
 General Systems Theory Applied to the Nursing Service Organization  
 The Working Group: Nursing Unit Dynamics  
 Leadership Styles  
 Change: Its Implementation and Effect on Nursing Staff  
 Problem-Solving and Conflict Resolution  
 The Dynamics of Job Satisfaction and Nursing Turnover  
 Evaluation, Motivation, and Counseling of Nursing Staff Members  
 The Politics of Nursing.
- 1982 St. Francis Hospital and Medical Center. Hartford, CT. Psychological Aspects of Coronary Artery Disease. A six-part workshop for nurses in medical, surgical, and cardiac intensive care units. The Use of Defense Mechanisms in Cardiac Patients. Personality Styles of Cardiac Patients. Systems Theory: Physiological and Psychological Implications in the Cardiac Patient. Psychosocial Assessment of the Cardiac Patient. Crises Intervention with the Cardiac Patient. The Dying Patient
- 1982 Connecticut Nurses' Association. Stratford, CT. Nursing Diagnosis: Can it Work in the Clinical Setting?
- 1982 St. Francis Hospital and Medical Center. Department of Surgery Incoming House Staff. Hartford, CT. Stress and Its Effect on the House Officer.
- 1981 Planned Parenthood of Connecticut. Farmington, CT. Menopause: Dispelling the Myths - Symposia.
1981. St. Francis Hospital and Medical Center. Hartford, CT. Medical Grand Rounds. The Emotional Consequences of Spinal Cord Injury. Multi-Disciplinary Panel.

- 1981 St. Francis Hospital and Medical Center. Hartford, CT. The Effect of Isolation on the Patient and the Family. Infection Control Liaison Nurses.
- 1980 Connecticut Emergency Room Nurses' Association. Mt. Sinai Hospital. Hartford, CT. Burnout: What is the Cause?: Is there a Cure?
- 1980 University of Hartford. Department of Continuing Education. West Hartford, CT. Mental Status Assessment of the Psychiatric Patient.
- 1980 The following series of lectures were presented as a four-part In-Service Education series for nurses caring for general hospital medical/surgical patients at Rocky Hill Veterans Home, Rocky Hill, CT.
- Organic Brain Syndrome and the Mental Status Examination.  
 Depression: Its Symptoms and Nursing Management.  
 Anxiety in the General Hospital Patient and Crisis Intervention Theory.  
 Burnout: What Can We Do About It?
- 1980 St. Francis Hospital and Medical Center. Hartford, CT. Nursing In-Service Education Department. Are There Psychological Effects after Hysterectomy?

#### CONFERENCES AND COURSES ATTENDED

- 2003 Master Therapist Series. Current Issues in Posttraumatic Stress Disorder. Bessel van der Kolk. UConn School of Medicine. Farmington, CT
- 2003 Depression and Bipolar Disorders. Institute for Natural Resources. Marlboro, MA.
- 2003 Fibromyalgia and Regional Pain. Institute for Natural Resources. Providence, RI.
- 2002 Explosive/Noncompliant Children and Adolescents. Harvard Medical School. Boston, MA.
- 2001 Critical Incident Stress Debriefing. Dr. Jerry Lewis, Trainer. Boston, MA.
- 2001 What Are Your Legal Responsibilities as an Advanced Practice Nurse in Your Professional Practice? Connecticut Nurses' Association. Meriden, CT.
- 2000 Master Therapist Series. Update on Post Traumatic Stress Disorder. Bessel van der Kolk, UConn School of Medicine. Farmington, CT.

- 1999  
MA When Violence Enters the Workplace. Brattleboro Retreat. Springfield, MA
- 1999 Understanding Anger. Mind Matters Seminars. New Haven, CT
- 1998 Understanding Controversial Illnesses: Assessment and Intervention. Master Therapist Series. University of Connecticut Medical Center, Farmington, CT.
- 1998 Pregnancy and Affective Disorders. CT Society of Nurse Psychotherapists. Meriden, CT.
- 1998 The Immune System: Minding the body, Embodying the Mind. Mind Matters Seminars. Hartford, CT.
- 1997 The Future Role of Consultation/Liaison Psychiatry in the New Millennium. International Society of Psychiatric Liaison Nurses. Philadelphia, Pa
- 1996 Alternative Medicine: Implications for Clinical Practice. Harvard University. Boston, MA.
- 1995 Society of Behavioral Medicine Conference. San Diego, CA.
- 1994 Effects of Cost-Cutting on Health Care. Yale University. New Haven, CT.
- 1994 Research Findings in Current Oncology Treatment. St. Francis and Mt. Sinai Hospitals. Department of Oncology. Hartford, CT.
- 1994 New Treatment Approaches in Cancer Care. St. Francis Hospital Department of Oncology. Farmington, CT.
- 1994 Health Care Reform: Strategic Health Care Policy. Yale University. New Haven, CT.
- 1993 Post-Traumatic Stress Disorder: Treatment Approaches. Harvard University. Boston, MA.
- 1992 Advanced Neurolinguistic Programming. Boston, MA.
- 1992 Pharmacology for Nurses in Advanced Practice. University of CT. Storrs, CT.
- 1992 Post-Traumatic Stress Disorder: Assessment and Treatment. Harvard University. Boston, MA.
- 1992 Society of Behavioral Medicine Conference. New York, NY.

- 1991 Psychoneuroimmunology Conference. University of Pittsburgh, Pittsburgh, PA.
- 1987-1991 Doctoral coursework. See final page of curriculum vitae for pertinent coursework
- 1989 Mechanisms of Neuroimmune Interactions. University of Pittsburgh, Pittsburgh, PA.
- 1989 Ethical and Legal Issues in Patient Care. Yale University School of Medicine. New Haven, CT.
- 1989 Cellular Immunology. Yale University School of Medicine.
- 1988 Cellular Neurophysiology. Graduate School of Biology, University of Hartford. Hartford, CT.
- 1988 Psychosocial Etiology of Mental and Physical Diseases. Yale University School of Epidemiology and Public Health. New Haven, CT.
- 1987 Clinical Immunology. University of Connecticut School of Medicine. Farmington, CT.
- 1988 Development of Advanced Nursing Theory. Boston University. Boston, MA.
- 1988 Experimental Design in the Behavioral Sciences. Graduate School of Psychology, University of Hartford.
- 1988 Psychoanalytic Approaches in the Treatment of Couples, Families, and Groups. Columbia University.
- 1987 Research Seminar in Psychosocial Epidemiology of Chronic Illness. Yale University School of Epidemiology and Public Health. Dr. Stan Kasl
- 1987 Psychoneuropharmacology. St. Joseph College. Hartford, Ct.
- 1987 Ericksonian Hypnotherapy. 6 day training program. Hartford, CT.
- 1987 The Nursing Shortage. Questions and Answers. Connecticut Nurses' Association.
- 1986 Anxiety and Phobic Disorders: Treatment and Psychopharmacology. University of Connecticut Department of Psychiatry. Farmington, CT.
- 1986 Second Generation Primary Nursing. Mt. Sinai Hospital, Hartford, CT.
- 1986 Clinical Pharmaco-psychiatry: What Works? University of Connecticut Medical School, Farmington, CT.

- 1986 Ericksonian hypnotherapy. Five-day training program. Hartford, CT.
- 1985 Neurolinguistic Programming. Hartford, CT.
- 1985 Clinical Specialists' Conference. Boston, MA.
- 1984 Psychological Aspects of Medical Illness: Theoretical and Therapeutic Implications. Harvard University.
- 1984 Families in the 80's: Challenges for Health Professionals. Yale University. New Haven, CT.
- 1983 Issues of Self-Esteem in Clinical Practice. Harvard University. Boston, MA.
- 1983 Sexuality in Physical Illness. University of Massachusetts Medical School. Worcester, MA.
- 1982 Organic Brain Syndrome. National Conference on Nursing Diagnosis, St. Louis, MI.
- 1981 Psychiatric Liaison Nursing Conference. Boston, MA.
- 1981 National Conference of Psychiatric Clinical Specialists. New York, NY.
- 1981 New England Regional Clinical Specialist Conference. Fairlee, VT.
- 1981 Short-term Psychotherapy Workshop. Harvard University. Boston, MA.
- 1981 Sigma Theta Tau Research Day. Yale University. New Haven, CT.
- 1979 Publishing Workshop. Northeast Region, Sigma Theta Tau. Boston, MA.

#### ORGANIZATION AND COMMITTEE MEMBERSHIPS

- 2004-Present Member, Board of Directors, Yale Club of Hartford.
- 2003-Present Member, Board of Directors, Connecticut Holistic Health Association.
- 2003-2005 Director, Hartford Branch of the Connecticut Holistic Health Association.
- 1988-Present Member, Society of Behavioral Medicine.
- 1989-1997 Member, Behavioral Immunology Study Group. Boston University School of Medicine.

- 1988-2003 Member, Institute for the Advancement of Health.
- 1986-Present Member, Mental Health Association of Connecticut.
- 1982-1983 Chairman, Advanced Practice Clinical Specialty Group, St. Francis Hospital and Medical Center, Hartford, CT.
- 1982 Appointed member, Advisory Committee on Nursing Education, University of Hartford, Department of Continuing Education.
- 1980-1983 Member, New England Regional Committee, Legal Issues of Psychiatric Clinical Specialists in Nursing, American Nurses' Association.
- 1976-1980 Appointed Member, President's Study Committee on Baccalaureate Nursing Education, Central Connecticut State College.
- 1976-1980 Member, Continuing Education (Subcommittee of above committee).
- 1980 Member, Curriculum Planning Committee of above committee.
- 1977-1979 Member, Curriculum Committee, Yale School of Nursing.
- 1978 Appointed member, Nursing Acquisition Committee, University of Connecticut Medical School Library.

MEMBERSHIP IN NURSING ORGANIZATIONS

- 1996-Present Member, International Society of Psychiatric Nurses.
- 2003 Adult Division Director, International Society of Psychiatric Nurses.
- 2001 Chairperson, Task Force on Creating Adult Division of the International Society of Psychiatric Nurses.
- 1993-1998 Chairperson, Insurance and Managed Care Committee, Connecticut Society of Nurse Psychotherapists.
- 1983-Present Member, Psychiatric Mental Health Division, Connecticut Nurses' Association.
- 1975-Present Member, American Nurses' Association.
- 1980 - Present Member, ANA Council of Clinical Specialists in Psychiatric/Mental Health Nursing.
- 1979-Present Member, Sigma Theta Tau, National Nursing Honor Society.

- 1989-Present      Member, Connecticut Society of Nurse Psychotherapists.  
Chairperson, Government and Legal Issues Committee.
- 1990-1991        Chairperson, Committee on Peer Assistance, Connecticut Nurses' Association.
- 1986-1992        Member, Board of Directors, Connecticut Nurses' Association.
- 1986-1987        Secretary, Connecticut Nurses' Association.

PROFESSIONAL BOARDS, COMMITTEES, AND MEMBERSHIPS

- 2004              Board Member, Yale University Alumni Association, Hartford, CT
- 2003-2004        Director, Hartford Division, Connecticut Holistic Health Association
- 2003-2004        Board Member, Connecticut Holistic Health Association
- 1991-1994        Board Member, Connecticut United for Research Excellence.
- 1992              Chairperson, Committee on Human Subject Research. Connecticut United for Research Excellence.
- 1980-1987        Appointed member, State of Connecticut Department of Mental Health, Blue Hills Hospital Advisory Board. Hartford, CT.
- 1982-1985        Chairperson, Blue Hills Hospital Advisory Board. Hartford, CT.
- 1981-1987        Member, Executive Committee, Blue Hills Hospital Advisory Board.
- 1983-1985        Member, New England Medical Writers' Association.
- 1980-1982        Board Member, American Cancer Society, Service Committee of American Cancer Society. Hartford, CT.

ADDENDUM

SIGNIFICANT COURSEWORK DURING PROFESSIONAL PREPARATION:

- 1987-1991        Immunology: Immunity and Repair. University of Connecticut School of Medicine.  
Immunobiology: The Cellular and Molecular Basis of the Specific Immune Response. Yale University School of Medicine.  
Medical Ethics. Yale University School of Medicine.  
Cellular Neurophysiology. Graduate School of Biology. University of Hartford.  
Experimental Design in the Behavioral Sciences. Graduate School of Psychology. University of Hartford.  
Research Seminar in Psychosocial Epidemiology of Chronic Illness. Yale University, School of Epidemiology and Public Health.

Psychoneuropharmacology. St. Joseph College.  
 Psychopathology I and II. Yale University.  
 Teaching Methods I and II. Central Connecticut State University.  
 Educational Tests and Measurements. Central Connecticut State University.  
 Research Methods (two years). Yale University.  
 Social Systems Assessment. Yale University.  
 Systems Consultation and Intervention. Yale University.  
 Statistics in Health Research. Yale University.  
 Consultation Process Intervention in Organization Development.  
 Barney School of Business Administration. Graduate Program.  
 University of Hartford.

Each of the following includes concurrent didactic, supervision, and clinical components at the Yale University School of Nursing, Connecticut Mental Health Center, Dana Psychiatric Clinic of Yale-New Haven Hospital, and medical-surgical units at Yale-New Haven Hospital:

1977 - 1979      Psychiatric Assessment  
                     Individual Psychotherapy (two years)  
                     Family Therapy  
                     Group Psychotherapy  
                     General Hospital Psychiatric Consultation (two years)  
                     Psychiatric Consultation to Yale medical and nursing oncologists.

#### CONSULTATION

1992-present      Medication consultation with Dr. Jonathan Greenberg, M.D.,  
                             Department Chief of Service. St. Francis and Mt. Sinai Hospitals,  
                             Hartford, CT.

1989-1992        Medication consultation with Dr. Ian Cameron, M.D., Chairman,  
                             Department of Psychiatry: Mt. Sinai Hospital, Hartford, CT.

1985-1991        Consultation with Dr. Charles Stroebel, M.D., Ph.D. re:  
                             Neurophysiology of stress.

1984-1990        Consultation with Dr. Richard Fahy, M.D. re: Family and systems  
                             theory and practice.

1983                Consultation with Dr. Richard Miller, M.D., Prospect Avenue, Hartford,  
                             CT re: Family and systems theory and practice.

1980-1983        Consultation with Dr. Austin McCauley, M.D., re: Consultation  
                             psychiatry.

1981-1982        Consultation with Dr. Robert Woodhouse, M.D., 85 Jefferson Street,  
                             Hartford, CT re: Psychoanalytic theory and practice.

