



## Sara, PMHNP

Psychiatric Mental Health Nurse Practitioner

### EDUCATION

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**Seattle University**  
Master of Science in Nursing

### CLINICAL APPROACH

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Sara is a psychiatric nurse practitioner that has worked with a wide variety of psychiatric and substance use disorders. She is passionate about providing high quality care in a supportive, non-judgmental environment, and seeks to end the stigma surrounding psychiatric and substance use disorders.

### ABOUT ME

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I enjoy spending time with my husband and young son, as well as our little dog Betty. I am originally from the Midwest but have been in Arizona for over 10 years. I love taking advantage of the beautiful weather to hike, camp, kayak, and enjoy the scenery.

#### PROFILE

##### EMPHASIS

Anxiety  
Depression  
Bipolar Disorder  
Psychosis  
Perinatal Mental Health  
Substance Abuse Disorders

#### HOBBIES

Hiking  
Camping  
Being a Plant Lady  
Reading

#### CONTACT

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