

## ANITA L. BAINS, APRN, BC

### PROFILE:

#### LICENSED ADVANCED PRACTICE NURSE, BOARD CERTIFIED PSYCHOTHERAPIST EXPERT IN BOTH TRADITIONAL and COMPLEMENTARY MODALITIES

**Active psychotherapeutic practice:** Clients present with various DSM diagnoses. MD Licensure #RO92697, Certified as Clinical Specialist in Adult Psychiatric and Mental Health Nursing by the American Nurses Credentialing Center #144-508-01

**Teaching:** Taught as clinical instructor at the Johns Hopkins University School of Nursing. Provided clinical supervision and lectures on complementary health care practices. Currently teaches stress release techniques to staff at local hospitals as well as to local community organizations.

**Previous teaching experience:** Course chairperson, psychiatric nursing at Union Memorial Hospital School of Nursing. Developed modules on theory of adult emotional health and illness, clinical supervision and community outreach. Taught psychiatric nursing at area community colleges.

**Peer recognition** Elected president of Psychiatric Advanced Practice Nurses of Maryland 1995-1996; selected state representative by the American Psychiatric Nurses Association to the Congress on Advanced Practice in Psychiatric Nursing in 1996; and invited speaker to professional conferences and community organizations on topics related to psychiatric treatment, stress management, conflict resolution and integrative health care practices.

### Professional Experience:

#### Psychotherapist, Academic and Clinical Experience

- 11/90-Present     Psychotherapist in private practice: Clients present with DSM diagnoses, including but not limited to depression, anxiety, post traumatic stress, and stress related health problems.
- 10/96-12/00     Clinical Instructor, Johns Hopkins University School of Nursing.
- 07/91- 09/96     Assistant Professor, *Union Memorial Hospital School of Nursing, Baltimore, MD* Psychosocial Nursing, Developed and taught modules based on DSM diagnoses, and facilitated community-learning experiences. - Developed the psychiatric nursing curriculum module for Villa Julie College.
- 07/94-09/96     Course chairperson, Psychosocial Nursing.
- 09/90-05/91     Clinical Faculty and Consultant: Howard Community College, Columbia, MD. Supervised student's clinical experience and consulted on psychiatric course content.
- 06/90-07/91     Psychiatric Staff Nurse: Johns Hopkins Hospital, University of Maryland Hospital, and Liberty Medical Center, Baltimore, MD.
- 06/90-07/91     Consultant to Blue Cross/Blue Shield of MD in quality assurance and utilization review of inpatient psychiatric treatment of children, adolescents, and adults.
- 03/89-05/90     Nurse Psychotherapist, Family and Children's Services/Tressler Lutheran Services, Williamsport, PA. Counsel individuals, families, and middle school students. Provide training to school personnel for Pennsylvania's Student Assistant Program.
- 01/88-02/89     Nurse Psychotherapist, Liberty Community Mental Health Center, Baltimore, MD. Managed a caseload of 130 clients; provided individual, couple, and family therapy; and conducted medication education groups. Clients suffered from serious mental illness, multiple social problems, and less serious mental disorders.

### Hospital Clinical Experience

- 09/85-06/86     Clinical Nurse, Inpatient Psychiatric Unit, National Institutes of Health, Bethesda, MD. Planned and implemented care on a research unit for patients with schizophrenia, and borderline personality disorder.
- 1984-1985     Staff nurse, Inpatient Adolescent/Adult Unit, University Hospital, University of Washington, Seattle, WA Served as primary nurse for adolescents and adults with the diagnoses of schizophrenia, mood and personality disorders. Planned and implemented care, counseled families, facilitated groups, collaborated with other professionals and developed staff in services.

- 1983-1984      Staff Nurse, Inpatient Adult Psychiatric Unit, General Hospital of Everett, Everett, WA. Planned and implemented care, counseled families, facilitated patient groups, assisted with developing a management tool, and managerial responsibilities.
- 1983-1985  
1980-1982      Project Coordinator, Gorge Road Hospital, Victoria, British Columbia, Canada, a 300-bed rehabilitation and extended care hospital. Planned and coordinated the implementation of a nursing workload management tool (GRASP) on a rehabilitation unit. Supervised university nursing students and the administration of a grant to develop volunteer services.
- 1978-1980      Nurse Manager, Gorge Road Hospital, Victoria, BC, Canada, 75-bed Extended Care Unit. Administrative and clinical leadership position. Supervised professional and non-professional staff, planned and implemented educational activities for geriatric patients, staff, and families, coordinated multi-disciplinary treatment team, expanded the hospital's volunteer program, and served on administrative committees.
- 1979-1976      Staff Nurse, Eric Martin Pavilion, Victoria, BC, Canada 225-bed acute care adult psychiatric unit. Planned and implemented care for individuals, and families, and facilitated groups.
- 1963-1967      Nurse Manager, Mercy Hospital, Urbana, IL. Adult Medical/Surgical Unit Administrative and clinical leadership position.
- 1961-1963      Staff Nurse, Community General Hospital, Reading, PA. Pediatric nursing responsibilities.

**Education:**

- |   |   |                   |
|---|---|-------------------|
| MS in Nursing   | University of Maryland  | Jan 1988          |
| BS in Nursing   | University of Victoria<br>Victoria, British Columbia, Canada    | June 1978         |
| RN Diploma  | The Reading Hospital School of Nursing<br>Reading, Pennsylvania | Sept 1961         |
| Eye Movement Desensitization and Reprocessing (EMDR) Levels 1&2                         |   | 1993              |
| Thought Field Therapy   | Levels 1&2  | 1995/1996         |
| Trainer: "Insight" A cognitive-behavior therapy program for depressed women.            |   | 1994              |
| Trainer: Early Detection and Treatment of Clinical Depression- The Nursing Perspective. |   | 1994              |
| Psychiatric Nursing Faculty Internship U.S.Department of Health and Human Services.     |   | 1994 through 1997 |

**HONORS:**

- 1987-1988      Who's Who among Students in American Universities and Colleges
- 1988              Award for Excellence in Psychiatric Nursing; University of Maryland School of Nursing Graduate Program
- 1988              Elected Member, PHI KAPPA PHI Honor Society
- 1988              Elected Member, Sigma Theta Tau International Honor Society of Nursing
- 1995-1996      President, Psychiatric Advanced Practice Nurses of Maryland

**MEMBERSHIPS**

American Nurses Association: Maryland Nurses Association: Psychiatric Advanced Practice Nurses of Maryland: Board Member of Pro Bono Counseling Project of Maryland, PHI KAPPA PHI Honor Society, Sigma Theta Tau International Honor Society, The Nurse Practitioner Association of Maryland, American Holistic Nurses Association