

Dr. Olivia J. Stumpf, DNP, APRN, PMHNP-BC

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Education and Honors:	Fairfield University Doctor of Nursing Practice, Psychiatric Nurse Practitioner Track GPA: 3.9, Sigma Theta Tau Nursing Honors Society Dissertation: <i>The Effects of a Mindfulness-Based Group Work Approach for Undergraduate Students with Disordered Eating or Body Image Issues: A Case Study</i>	Fairfield, CT May 2015
	Fairfield University Bachelor of Science in Nursing, second major English GPA: 3.5, National Society of Collegiate Scholars, Sigma Theta Delta English Honors Society	Fairfield, CT May 2011
Licenses and Certifications:	Arizona Advanced Practice Registered Nurse , current Arizona Registered Professional Nurse , current American Heart Association, BLS , current Mindfulness-Based Eating Awareness training , current Beck Institute for Cognitive Behavior Therapy training , current EMDR Basic Training , current Certified Eating Disorder Registered Nurse , in progress	
Professional and APRN Experience:	Remuda Ranch at The Meadows <i>Psychiatric Mental Health Nurse Practitioner</i> <ul style="list-style-type: none">• Deliver comprehensive psychiatric evaluation and management in the inpatient, residential and transitional living settings to adolescent and adult women with an eating disorder• Promote patient-focused recovery through incorporation of evidence-based and therapeutic practices, and engagement of family in treatment to encourage discovery and healing• Participate as a member of multidisciplinary team to meet individual medical, psychiatric and dietary needs	Wickenburg, AZ June 2017-Present
	High and Grounded: A Wellness Practice <i>Psychiatric Mental Health Nurse Practitioner</i> <ul style="list-style-type: none">• Co-founder of an outpatient wellness practice providing mental health treatment to adolescents and young adults struggling with depression, anxiety, mood disorders, disordered eating and substance use• Provide individualized, holistic and compassionate care to deliver medication management services with integration of pharmacogenetic testing and psychotherapeutic modalities	Scottsdale, AZ June 2017-Present
	Walden Behavioral Care <i>Psychiatric Mental Health Nurse Practitioner</i> <ul style="list-style-type: none">• Perform psychiatric evaluations and manage psychotropic medication regimens for adolescents and adults in a partial hospitalization program for the treatment of eating disorders• Collaborate as a member of an interdisciplinary treatment team focused on providing holistic care that addresses individual needs and encourages emotional, behavioral and social growth for long lasting recovery• Provide on-call psychiatric services for an inpatient eating disorder unit servicing adolescents and adults at a Walden satellite location within Eastern Connecticut Health Network	Guilford, South Windsor & Vernon, CT March 2016-June 2017
	Private Practice of Olivia Stumpf, DNP, APRN <i>Psychiatric Mental Health Nurse Practitioner</i> <ul style="list-style-type: none">• Assess, diagnose and determine appropriate psychiatric treatment for adolescents and adults in a private outpatient setting• Develop a nonjudgmental and therapeutic relationship for optimal delivery of individual psychotherapy and/or medication management aimed to enhance coping skills and promote the highest level of mental and emotional functioning	Fairfield, CT January 2016-June 2017

LifeBridge Community Services **Bridgeport, CT**
Psychiatric Mental Health Nurse Practitioner September 2015-September 2016

- Provide psychiatric evaluation and medication management services to children, adolescents and adults with dual diagnosis and chronic mental illness
- Coordinate care with fellow clinicians and outpatient medical providers to promote optimal mental and physical health, and treat concurrent conditions

Clinical **Monte Nido Eating Disorder Treatment Center** **Irvington, NY**
APRN *Student APRN Intern* March 2015-May 2015
Experience: **Private Practice of Joan Petty, APRN** **Guilford, CT**
Student APRN Intern January 2015-May 2015
LifeBridge Community Services **Bridgeport, CT**
Student APRN Intern September 2014-May 2015
Child & Family Guidance Center **Bridgeport, CT**
Student APRN Intern May 2014-August 2014

- Provide psychiatric evaluation and medication management to children, families and adults experiencing psychological, behavioral and social health needs
- Conduct individual psychotherapy sessions using the adolescent community reinforcement approach with clients who require trauma-focused treatment, as well as cognitive behavior therapy, mindfulness-based eating awareness and eye movement desentization and reprocessing techniques
- Partake in psychoeducational medication management, substance abuse and dialectical behavior therapy skills groups in order to expand client knowledge and resources of present illness to facilitate enhanced coping

Professional **The Center for Discovery** **Fairfield, CT**
RN *Registered Nurse* February 2014-March 2016
Experience: *Nursing Supervisor* April 2014-February 2015

- Deliver therapeutic nursing care to clients with eating disorders at a six-bed residential treatment facility through the development and implementation of a nursing care plan tailored to meet individual needs
- Meet regularly with the interdisciplinary team to discuss client treatment and progress
- Lead weekly psychoeducational group sessions educating clients on medical and mental health topics related to eating disorders, and focusing on relaxation and mindfulness-based eating awareness
- Ensure nursing compliance with risk management standards by maintaining appropriate staffing needs, performing chart audits and facilitating quality improvement practices

Milford Health Department **Milford, CT**
Public Health Nurse April 2013-February 2016

- Assess student health status and health needs, plan interventions, including administration of prescription medication, and evaluate outcomes under the scope of nursing practice
- Provide a positive support system to students throughout their growth and development and advocate for the health rights of children and their families in and out the school setting

The Center for Advanced Pediatrics **Norwalk, CT**
Registered Nurse September 2012-January 2014

- Deliver comprehensive primary and urgent pediatric care to infants, children, adolescents and their families
- Utilize assessment and planning skills to respond to the physical and psychosocial aspects of health and illness, support health promotion and disease prevention, and respond to acute and chronic illness

Princeton Nassau Pediatrics **Princeton, NJ**
Registered Nurse October 2011-August 2012

- Provide primary pediatric care to children and their families through collaboration and facilitation of optimal health outcomes, including administration of routine immunizations

- Apply effective communication and teaching skills throughout the continuum of care and during telephonic triage

Activities and Awards:	AED Advocacy and Communications Committee, member	March 2015-Present
	Academy of Eating Disorders (AED), member	October 2014-Present
	American Psychiatric Nurses Association, member	February 2014-Present
	Graduate Student Nurses Association, liaison	September 2014-May 2015
	Graduate Student Nurses Association, member	September 2013- May 2015
	Fairfield University Teaching Assistant	September 2012- May 2015
	American Association of Colleges of Nursing Student Policy Summit, attendee	March 2015
	Dr. Lorraine Spranzo Memorial Scholarship, recipient	November 2014
	National Eating Disorder Association Travel Scholarship, recipient	October 2014
	Fairfield University Academic Services, tutor	September 2008-May 2011
	Fairfield University Study Abroad Program (Padova, Italy), attendee	June 2010

Publications and Presentations: Stumpf, O. J. (Under Review). The effects of a mindfulness-based group work approach for undergraduate students with disordered eating or body image issues: A case study. *Eating Disorders: Journal of Treatment and Prevention*.

Stumpf, O. J. (2015, November). *The effects of a mindfulness-based group work approach for undergraduate students with disordered eating or body image issues: A case study*. Poster presented at the Sigma Theta Tau Biennial Convention, Las Vegas, NV.

Skills: *Software:* Proficient in Microsoft Word, Excel, PowerPoint; Photoshop, Final Cut Pro; Lightroom
Language: Basic written and conversational French