

BARBARA J. GULESSERIAN WARNER

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LICENSURE:

Registered Professional Nurse – Georgia Board of Professional Nursing, Advanced Practice – CNS/PMH - #RN067138

Registered Professional Nurse – State of South Carolina, Department of Labor, Licensing and Regulation, Board of Nursing - #3056

CERTIFICATION:

Clinical Specialist in Adult Psychiatric and Mental Health Nursing - #088635, American Nurses Association, 1986 - present

Certified Clinical Hypnotherapist – National Board of Certified Clinical Hypnotherapists, 1996 – present

Certified Group Psychotherapist – The National Registry of Certified Group Psychotherapists, 1995 - 2002

Certified Case Manager – Certification of Insurance Rehabilitation Specialists Commission, 1993 – 1997

EDUCATION:

October 1995 – 1998 Advanced Hypnotherapy Internship, The Wellness Institute, Seattle, WA

December 1986 – 1992 Post-Masters Supervision in Marriage and Family Therapy, Atlanta Institute for Family Studies, Atlanta, GA

August 1984 Master of Science in Nursing as Clinical Specialist in Psychiatric Nursing, Georgia State University, Atlanta, GA (GPA 3.91)

June 1969 Bachelor of Science in Nursing, University of Wisconsin, Madison, WI (GPA 3.61)

PROFESSIONAL EXPERIENCE:

TEACHING/TRAINING

2011 -- Present Nurse Navigators 4 Integrative Healing, co-owner and developer of company devoted to promoting integrative self-care practices

2015 – Present *Mindfulness Based Self Care*, Developed course and teach classes in Greenwood and Anderson, SC and online through The Institute for Optimal Care

2005 – Present Clemson University, lecturer and clinical instructor, Psychiatric Nursing Department of School of Nursing

- 2012 – 2016 Greenville Health System, Center for Integrative Oncology and Survivorship, Staff development in all areas of integrative medicine
- 2007 – 2011 Upstate Area Health Education Center (AHEC), Lateral Violence in Nursing Project, Trainer/facilitator of classes for Registered Nurses and Nursing Students in Upstate South Carolina
- 2004 – 2006 YourRNCE.com, co-owner and developer of on-line company for internet education of nurses and other clinicians
- 2003 – Present Author of on-line continuing education courses for nurses and other clinicians, yourceus.com and yourRNCE.com
- 1999 – 2006 Educator, Certified Nurse Providers, approved provider of continuing nursing education by the Georgia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation, developing and presenting contact hours for peers
- 1990 – Present Trainer/facilitator, Corporate training and workshops in a variety of settings, onsite and remote weekend retreats, with focus on stress management, anger management, women's empowerment and deep emotional healing
- 1989 – 1992 Educator, Saint Pius X Catholic High School, Atlanta, Georgia
Phoenix Alternative High School, Norcross, Georgia
Seminars dealing with anger/parent issues and grief to student groups
- 1985 – 1986 Clinical Instructor, Georgia State University, Atlanta, Georgia
Mentored eight to ten senior nursing students on-site at Crawford W. Long Hospital and Brawner Psychiatric Institute. Responsible for clinical expertise of students and augmented didactic areas in the clinical setting
- 1978 – 1979 Trainer/administrator, National Marriage Encounter, Richmond, Virginia
Participated in the delivery and administration of couples' communication workshops
- 1975 – 1976 Health Educator, Nuremberg Elementary School #2, USDESEA, District IV, Germany
Entered new school and developed position by defining responsibility, initiating programs, writing SOP's, procuring medical equipment, establishing reference library, and gathering teaching materials; defined role to include Health Educator for all areas of health teaching for grades K-6 directly, as resource to teachers or through parent education groups and workshops; School Nurse to monitor student physical and emotional health and safety; Consultant to teachers and to Child Advocacy Committee; Liaison between hospital and school to ensure coordination of care
- 1973 – 1974 Educator, American Red Cross Nurse, Nuremberg, Germany
Taught prenatal, childbirth and maternal/child health classes

PSYCHIATRIC NURSING

- 1984 – Present Private Practice, Atlanta Clinical Specialists, Atlanta, Georgia and Anderson, South Carolina
Psychotherapy and consultation for individuals, couples and groups. Full range of services provided including crisis intervention, marriage and family counseling, employee assistance programs and group psychotherapy to private patients and insured groups under contract..
Trainer for growth, healing, and spirituality oriented workshops
- 1985 –1994 Consultant, Mental Health Services, Atlanta, Georgia
Responsible for primary interviews and written evaluations of HMO client population exceeding 80,000 enrollees, including individual, family, and group therapy for both inpatient and outpatient services.
Liaison services provided with primary care providers and hospital units.
Psycho-educational groups and workshops also presented
- 1988 – 1989 Mental Health Consultant, Executive Sweets, Roswell, Georgia
Consulting childcare center focused on the care of ill children
- 1987 -- 1988 Mental Health Administrator, Ameriplan, Atlanta, Georgia
Planned, organized, and originated policies for gatekeeping/triage mental health services for a 100,000member HMO. Set up corporation, hired staff, and supervised project for one year following implementation
- 1985 FACE CLINICS, Atlanta, Georgia
As Psychiatric Clinical Nurse Specialist, counseled and monitored intensive outpatient eating disorders program which included addiction education, individual, group, and family therapy as well as 24 hour on-call crisis intervention
- 1984 Central DeKalb Mental Health Center, Atlanta, Georgia
North DeKalb Mental Health Center, Atlanta, Georgia
As part of Masters practicum, co-led psychotherapy groups for chronic client population and co-therapist in family therapy sessions
- 1983 -- 1984 Georgia Mental Health Institute, Atlanta, Georgia
As part of Nurse Internship Program/Masters practicum, worked under supervision making initial admission assessments and decisions regarding patient disposition, coordinated total treatment program of adult psychiatric inpatients through discharge, including home visits, participated in group therapy, and led family therapy sessions
- 1982 –1984 Charter Peachford Hospital, Atlanta, Georgia
Counseled individual patient on 39 bed adult Psychiatric unit, directed unit functions and nursing personnel, intervened in crisis situations, administered medications, maintained patient safety, and kept records

- 1978 – 1979 St. Mary's Hospital, Richmond, Virginia
Counseled inpatients in a 30-40 bed Psychiatric unit using individual, group, and family therapies. Managed Psychiatric intensive care/crisis facility with five beds under maximum-security conditions, directed unit, and personnel functions
- 1970 – 1971 Good Samaritan Hospital, Phoenix, Arizona
Head Nurse on Mental Health unit with 30 bed capacity, age range 14-85 with 50% adolescent population; coordinated therapeutic interventions of staff, functioned in role of primary therapist with staff psychologists, provided continuing care through inpatient stay to discharge and into community including outpatient counseling and home visits

PUBLIC HEALTH/COMMUNITY NURSING

- 1999 – 2003 The Sharing Center for Women, co-founder of non-profit project for women that established a site for learning, growth, and healing across generations and cultures
- 1973 – 1975 Army Community Services, Nuremberg, Germany
Counseled in an office for assistance to military families in Nuremberg area
- 1969 Fairfax County Health Department, Fairfax, Virginia
Functioned in three main areas: school nurse doing screening, health education, student and family counseling; clinic nurse maintaining well-baby, family planning, immunization, and maternal/child clinics; visiting nurse through home visits for counseling, assessments, and screening follow-up

RESEARCH

- 2007 – 2011 Sullivan Center, Clemson University, Clemson, South Carolina
Colleague in process of Creative Inquiry and Research in area of Complementary/Alternative Medicine
- 1984 Georgia State University, Masters Thesis
The Relationship between Coping Resources in Depressed Psychiatric Inpatients and Their Degree of Depression

PROFESSIONAL AND CIVIC

- 1969 – Present American Nurses Association/Georgia Nurses Association/
South Carolina Nurses Association (2006 – present)
- 1985 – Present Advanced Practice Registered Nurse, Board Certified, ANCC
- 1984 – Present Sigma Theta Tau – National Honor Society of Nursing

2007 – Present	American Holistic Nurses Association
2006 – Present	National League of Nursing
2011 –2018	Womens Leadership Council, Greenwood, SC
1999 – 2003	The Sharing Center for Women
1998 – Present	Heart Centered Therapies Association
1998 – 2011	National Board of Certified Clinical Hypnotherapists
1990 – 2006	Certified Nurse Providers
1996 – 2001	The Psychotherapy Guild
1994 – 2003	The Georgia Mental Health Coalition on Managed Care, Co-chair 1997-2000.
1994 – 1996	CARTEL – A network of professional therapists
1993 – 1997	Women Clinicians Network
1993 – 1994	Central Hospice – Professional Advisory Board
1888 – 1990	AID Atlanta Speakers Bureau
1986 – 1989	Nurses in Business
1973 – 1993	American Red Cross Association
1973 – 1977	Nuremberg Area Nurses Association, Nuremberg, Germany Co-founder, president and in-service chairman of local nurses organization whose aim was to help nurses keep current while living overseas and to learn German nursing culture.

PUBLICATIONS

2017 – Present	<i>Mindfulness Based Cancer Survivorship</i> and <i>Mindfulness Based Self Care</i> for The Optimal Care Institute online education
2002 – Present	Online continuing education courses yourceus.com and yourRNCE.com
1999 – 2000	Miscellaneous articles for local papers on grief and hypnosis.
1987	Coping Resources of Depressed Psychiatric Inpatients, <u>Archives of Psychiatric Nursing</u> , December, 1987

RELEVANT LIFE EXPERIENCES

Mother of two daughters and went through the dying process with the youngest daughter in 1993.

Lived in Costa Rica 1963-1964; Germany 1972-1977 and again in Germany within a British military community 1980-1982; speak Spanish and German.

Participated in delivery, training, and administration of personal and spiritual development workshops within church community.

REFERENCES

Available upon request.