

## **Dr. Tracey Wiese, DNP, FNP-BC, PMHNP-BC**

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### **Profile**

I am both a Family and Psychiatric Mental Health Nurse Practitioner with experience in psychiatry (acute, residential and outpatient), pediatrics and family practice. My most recent work experience is in psychiatric assessment and diagnosis, Trauma Informed Therapies (including EMDR), psychotropic medication management, Clinic ownership and administration and creation and provision of trainings to other professionals. In addition, I provide mental and physical health services for patients who identify as transgender, or have other sexual or gender diverse identities. I have completed continuing education in all of these areas. I have participated in the creation and advocacy of legislation, regulations, policy and procedure on a clinic, state and national level. I am an experienced, dynamic and engaging speaker and trainer with professional training in speaking and theater.

### **Education**

*Frontier Nursing University*

Doctor of Nursing Practice

Doctoral Capstone Project: The creation of an evidenced based curriculum for improving the primary care competency of recognizing and reporting child maltreatment.

*Graduation Date:*

December 2013

*University of Alaska, Anchorage*

Post-masters certification: Psychiatric Nurse Practitioner

*Graduation Date:*

December 2011

*Frontier School of Midwifery and Family Nursing*

Masters of Science in Nursing: Family Practice

*Graduation Date:*

October 2009

*University of Alaska, Anchorage*

Bachelors of Science in Nursing

*Graduation Date:*

August 2006

### **Nurse Practitioner Work Experience**

*Psychiatric Nurse Practitioner: Girdwood Health Clinic*

Provide technical assistance, behavioral health and psychiatric care to clients at this FQHC.

*June 2018-Current*

*Owner/Medical Director/Psychiatric and Family Nurse Practitioner*

*Full Spectrum Health, LLC*

Upon the closing of Changing Tides, LLC, I took over the office space and opened my own clinic. I continue with a full load of patients, and also oversee several other providers who I have brought into the space. In addition, I provide oversight and supervision to other Nurse Practitioners. I also manage all business aspects of Full Spectrum Health, LLC, including starting, managing and coordinating the Gender/Sexuality Affirming Clinic which provides primary care services, integrated behavioral health model and social services support.

*November 2017-Current*

*Psychiatric Nurse Practitioner/Family Nurse Practitioner:*

*March 2017-November 2017*

*Changing Tides, LLC (Dr. Tracey Wiese, APRN)*

Outpatient mental health clinic where I am an Independent Contractor. I provide a variety of services to include: Psychiatric Assessment, Diagnosis and Medication Management and Coordination of Care; Medical Evaluations which serve as a portion of the FASD Diagnostic Process; Cross-Gender Hormone Replacement Therapy. Within this realm, I have multiple contracts for services to include Department of Juvenile Justice (Mat Su Youth Facility – medication management; Birchwood Behavioral Health Group Home – Psychiatric Assessment and Medication Management; Akeela – Medication Management). In addition, I maintain my own private business which provides trainings, consultations and contract services for these areas, state wide and nationally.

*Psychiatric Nurse Practitioner/*

*Family Nurse Practitioner: Alaska Psychological Services*

*March 2015-March 2017*

APS is an outpatient mental health clinic. In this clinic, I provide a variety of services to include: Psychiatric Assessment, Diagnosis and Medication Management and Coordination of Care; Medical Evaluations which serve as a portion of the FASD Diagnostic Process; Cross-Gender Hormone Replacement Therapy. Within this realm, I have multiple contracts for services to include Department of Juvenile Justice (Mat Su Youth Facility – medication management; Birchwood Behavioral Health Group Home – Psychiatric Assessment and Medication Management; Akeela – Medication Management)

*Family Nurse Practitioner: Alaska CARES*

*January 2010-August 2015*

(Alaska Child Abuse Response and Evaluation Services): As a medical provider at Alaska CARES, I am part of a multidisciplinary team which responds to concerns of child sexual and physical abuse, as well as neglect.

*Family Nurse Practitioner/Owner: Alaska Health Group (new name as of 2014)*

*November 2010-August 2015*

Currently, Alaska Health Group (formerly Wiese Health Consulting) is involved in three consultative activities. One with the Anchorage FASD Diagnostic team to provide the medical examination portion of the evaluation process for clients; another with Mat Su Youth Facility providing psychotropic medication management, the other with the Alaska Baptist Group Home providing primary care and psychotropic medication management for adolescent boys ages 12-18. Previous contracts include Orion Behavioral Health Network providing outpatient psychotropic medication management services to children and adolescents ages 3-18 under the supervision of a psychiatrist. In addition, Alaska Health Group provides outpatient mental health services to children, adolescents and adults.

*Forensic Nurse Examiner: Sexual Assault Response Team*

*June 2009-September 2012*

Forensic Nursing Services of Providence: As a Forensic Nurse Examiner at FNSP, I was a part of a multidisciplinary team which responded to patients experiencing acute sexual assault.

**RN Work Experience**

*Registered Nurse: North Star Hospital*

*March 2009-December 2011*

NSH is an acute psychiatric hospital for children 4 and older. My job description has fluctuated between pool and full time. I have experience participating on treatment teams and providing medication education in both a group and 1:1 setting.

*Registered Nurse: Alaska Children's Services:* February 2007-March 2009  
ACS is a residential psychiatric treatment home for children ages 5-18 years. I worked alongside Dr. Osamu Matsutani assisting with the medication management of over 60 children.

*Registered Nurse: LaTouche Pediatrics* October 2006-February 2007  
Office RN and lead nurse for pediatrician, Dr. Lyon. I performed case management and tasks delegated to me by physicians.

### **Licensing**

<i>Advanced Nurse Practitioner</i>	<i>Expiration date:</i>
State of Alaska	November 2020
<i>Registered Nurse</i>	<i>Expiration date:</i>
State of Alaska	November 2020

### **Awards/Recognitions**

Jonas Scholar Award Recipient (This award is a full ride scholarship to complete doctoral education)	2012
Team Member of the Year ( <i>Alaska CARES</i> )	2012
Forensic Nurse of the Year ( <i>Forensic Nursing Services of Providence</i> )	2011

### **Certifications**

<i>Psychiatric Mental Health Nurse Practitioner</i>	<i>Expiration date:</i>
American Nurses Credentialing Center	April 29 <sup>th</sup> , 2022
<i>Family Nurse Practitioner</i>	<i>Expiration date:</i>
American Nurses Credentialing Center	November 18th 2024

### **Professional Organizations**

<i>American Academy of Nurse Practitioners: Member</i>	Since 2008
<i>Alaska Nurse Practitioners Association: Served as Secretary, President and President-Elect as well as Immediate Past President (Legislative Chair)</i>	Since 2008
<i>APRN Alliance: Member/Past Co-Chair</i>	Since 2014

### **Volunteer Experience/Boards**

Identity, Inc: Ex Officio Board Member	May 2020-Current
Identity, Inc (LGBTQ Community Advocacy Agency): Board Member	March 2017-May 2020
Standing Together Against Rape: Board Member	August 2016-March 2018
Covenant House: Volunteer (Medical Clinic)	June 2016-June 2017

## **Publications**

- Review of [*The Routledge Handbook of International Development, Mental Health and Wellbeing*]. Doody's Review Service (on-line).  
Published: October 2019  
Available: <http://www.doody.com/drs/>.
- Caring for the Vulnerable, 5<sup>th</sup> edition*  
Chapter 21: Trauma informed primary care:  
What it is, why it matters and how to do it  
Published December 2018
- Child Sexual Abuse Case Studies*  
Contributing Author  
Published by STM Learning, Inc  
Published March 2018
- Child Abuse Quick Reference, 3e*  
Chapter 4: Nonfatal strangulation in children  
Co author  
Published by STM Learning, Inc  
May 2017
- Alaska Multidisciplinary Response to Strangulation*  
Co-author of Chapter 6: Pediatric Strangulation  
Published by The State of Alaska  
November 2014

## **Trainings Provided/Presentations Given**

- Creating Safe Space for LGBTQ Youth*  
Fairbanks School Teachers Union  
March 2020
- Various Lectures (Gender, Mood Disorders, Anxiety Disorders)*  
University of Washington MEDEX PA Program  
Various 2019-2020
- Creating safe spaces: Your language around gender*  
Provided for the FBI staff in Anchorage, AK  
June 2019
- LGBTQ Competencies - Short: Provided to multiple agencies*  
Jan-June 2019
- Neurobiology of Trauma: Provided to Alaska Crossings*  
March 2019
- LGBTQ2IA Competencies (8 CE through NASW and ANA)*  
March 2019
- Trauma Informed Primary Care Webinar - Enduring Materials*  
1 CE through ANA  
February 2019
- Gender Affirming Healthcare: Creating a Safe Environment*  
Imaging Managers Conference  
February 2019
- Trauma Informed Primary Care (1.5 CE through ANA)*  
January 2019

<i>Care of the Transgender Patient: Grand Rounds</i> University of Alaska Anchorage	November 2018
<i>Assessing for Mental Health in the Transgender Population</i> Gender Odyssey: Seattle, WA (CE accredited)	August 2018
<i>QPR Suicide Prevention Training</i> Identity, Inc	July 2018
<i>Keynote Speaker: Healing our Children</i> Bering Sea Wellness Conference in Nome, Alaska	May 2018
<i>Neurobiology of Trauma</i> Nine Star Case Management Employees	January 2018
<i>ANDVSA 2 Day Training: Variety of Topics</i> (FASD, Neurobiology of Trauma, Disability and Victimization, Mental Health 201) ANDVSA	October 2017
<i>Gender Confirming Healthcare Across the Lifespan</i> Alaska Nurse's Association (accredited for CEs)	October 2017
<i>Competency: Providing Compassionate Care to a Vulnerable Population: A 2 day training accredited for CEs for nurses and Mental health providers</i> Changing Tides, LLC	October 2017
<i>2 day training: Multiple Topics (FASD, Trauma, etc)</i> AKNDVSA	September 2017
<i>8 hour training: Multiple Topics</i> Alaska Network on DV and SA	March 2017
<i>Expert Witness Testimony in Sexual Assault Cases</i> Alaska Network on Domestic Violence and Sexual Assault	February 2017
<i>Psychopharmacology use in the traumatized child</i> Alaska Child Maltreatment Conference	November 2016
<i>SART Medical Provider Training</i> Alaska Council on Domestic Violence and Sexual Assault	November 2013-Current
<i>A Brief Intervention: Screening for Alcohol Use in the Primary Care Environment as a preventative measure for FASD</i>	

Oregon Nurse Practitioner's Conference	Nov 2016
<i>Trauma Informed Primary Care:</i> Keynote: Alaska Nurse's Association	Oct 2016
<i>Gender Affirming Healthcare</i> Co-Occurring Disorders Institute	Oct 2016
<i>The Neurobiology of Trauma</i> Cook Inlet Tribal Council	Sept 2016
<i>Vulnerable Victimization: The effect of disabilities on violent crime</i> AK DVSA	May 2016
<i>The Neurobiology of Trauma: Adjusting your approach</i> AK DVSA	Various dates 2015/2016
<i>Mental Health 101</i> AK DVSA	Various dates 2015/2016
<i>The Multidisciplinary Response to Strangulation</i> Department of Public Safety: State of Alaska	Various dates 2015/2016
<i>The Medical Response to Pediatric Strangulation</i> 2014 Alaska Child Maltreatment Conference	November 2014
<i>An education program for primary care providers: Recognizing and responding to child maltreatment: A Poster Presentation</i> International Association of Forensic Nursing Scientific Assembly	October 2014
<i>DSM 5 Updates: What you need to know Part I</i> Alaska CARES	January 2014
<i>The Multidisciplinary Response to Child Maltreatment</i> National Association of Social Workers: Alaska	April 2013
<i>SART Medical Provider Training</i> Alaska Council on Domestic Violence and Sexual Assault	November 2012
<i>SART Medical Provider Training</i> Alaska Council on Domestic Violence and Sexual Assault	March 2012
<i>Psychosocial Assessment of the Sexual Assault Victim</i> Providence Alaska Medical Center: SANE training	February 2012

<i>Red flags and recognition of child abuse in primary care</i> University of Alaska Anchorage	January 2012
<i>Improving the system response to adolescent victims of physical and sexual abuse: Joint OCS/SCAN team case review</i> Alaska CARES	November 2011
<i>Bystander intervention: A primary prevention approach to sexual assault for the college campus community.</i> University of Alaska Anchorage	October 2011-January 2012
<i>Red flags and recognition of child abuse in primary care</i> Alaska Nurse Practitioner's Conference	September 2011
<i>Long term implications of Trauma</i> University of Alaska Anchorage: Student Health and Counseling Center	January 2011
<b><u>Continuing Education</u></b> (A complete list of all CEUs can be provided per request)	
<i>Weekend 2 of the EMDR Basic Training</i> EMDR Institute, Inc	February 2020
<i>NEI Psychopharmacology Conference</i>	November 2019
<i>NEI Child and Adolescent Psychiatry Academy</i>	November 2019
<i>Wellness and Brain Health</i>	November 2019
<i>Weekend 1 of the EMDR Basic Training</i> EMDR Institute, Inc	October 2019 20 Hours
<i>Conners Continuous Performance Test 3rd Edition</i>	August 2019
<i>Annual Primary Care Conference: Northwest Regional Primary Care</i>	October 2018
<i>CenterLink National Leadership Summit</i>	September 2018
<i>Alaska Youth Development Coalition</i>	8 m monthly
<i>Gender Odyssey</i>	August 2018
<i>Trauma Center Trauma Sensitive Yoga</i>	20 hours: January 2018
<i>Yoga and Mindfulness: Clinical Interventions</i>	6 hours: October 2017
<i>In person TF-CBT 2 day seminar</i>	16 hours: September 2017
<i>Online TF-CBT Course</i>	40 hours: April 2017

<i>Understanding and Treating Caregiver Substance Abuse and Trauma: A Focus on the Family</i>	April 2017
<i>Who are the Young Children in Foster Care?</i>	April 2017
<i>Reducing the Risk of Child Sexual Abuse for Kids: What Parents Need to Know about Sexual Abuse</i>	April 2017
<i>Assessment of Child Physical Abuse 1 and 2</i>	April 2017
<i>Treating Complex PTSD, Dissociation and Dissociative Disorders Part 1</i>	May 2017
<i>NEI Master Psychopharmacology Course</i>	Winter 2016
<i>2016 ANPA Annual Conference</i>	Sept 2016
<i>TransTalks Webinar Series</i>	Winter 2016
<i>Neuroscience Educational Institute: Psychopharmacology Update</i>	25 hours: 11/2015
<i>2015 ANPA Annual Conference</i>	22 hours: 09/2015
<i>American Association of Nurse Practitioners Annual Conference</i>	25 hours: 06/2015
<i>APRN Alliance Legislative and Pharmacology Update</i>	1.75 hours: 01/2015
<i>2014 Child Maltreatment Conference</i>	32 hours: 11/2014
<i>International Association of Forensic Nursing Scientific Assembly</i>	40 hours: 10/2014
<i>2014 ANPA Annual Conference</i>	21 hours: 09/2014
<i>Strangulation in the Pediatric Population</i>	2 hours: 07/13/2014
<i>Advanced Practice Nurses Alaska Scope of Practice Update</i>	4 hours: 01/2014
<i>2013 Jonas Scholars Leadership Conference</i>	12 hours: 10/2013
<i>2013 ANPA Annual Conference</i>	24 hours: 09/2013
<i>2013 Train the Trainer Strangulation Training</i>	40 hours: 08/2013
<i>2013 American Psychiatric Association Conference</i>	31 hours: 05/2013
<i>2013 The 5<sup>th</sup> International Conference on FASD Research</i>	21.25 hours: 03/2013
<i>2012 Child Maltreatment conference</i>	20 hours: 10/2012
<i>2012 ANPA Annual Conference</i>	16 hours: 09/2012
<i>Symposium on Violence against Children and Other Vulnerable People</i>	6 hours: 07/2012