

The Psychological Trauma Center
a division of Preventive Psychiatry Associates Medical Group, Inc.

Medical Director: Gilbert W. Kliman, M. D.

2105 Divisadero St., San Francisco, CA 94115
Phone (415)292-7119 Fax (415) 749-2802
www.expertchildpsychiatry.com

Forensic Child Psychiatric Evaluations, Life Care Plans & Testimony

ANNE K. OKLAN, R.N., CPCC

CURRICULUM VITAE

EMPLOYMENT

PSYCHIATRIC NURSING

- 12/86 – present Outpatient psychiatric nursing, 20 hrs/wk. Provide psychotherapeutic nursing services for children and adults, including geriatric patients, with a wide range of diagnoses, including ADHD, learning disabilities, affective disorders, anxiety, post traumatic stress disorder, schizophrenia, and dementia. Services include cognitive behavioral coaching; counseling patients with difficulties in independent living; monitoring medication compliance and psychiatric and medical status of severely ill psychiatric patients; health education and lifestyle coaching; individual psychotherapeutic nursing meetings, home visits; crisis intervention; emergency and ongoing telephone consultation. Psychiatric nursing services provided in consultation with a number of Bay Area physicians.
- 1989 – present Forensic Psychiatric Nursing
Assessment of parent-infant attachment and preparation of bonding studies, videotaped and written reports, for Juvenile Court Dependency Hearings and court ordered custody evaluations in consultation with Edward Oklan, M.D., M.P.H.
- 1990 – present Preventive Psychiatry Associates Medical Group
Participated in the evaluation of the psychiatric status of 110 traumatized children at Heartland Christian Academy in Missouri as part of a forensic evaluation, including administering structured psychiatric rating scales, obtaining historical information, preparing reports, and videotaping interviews. Psychosocial history interviews of traumatized children and adults as part of

other forensic evaluations in conjunction with Gilbert Kliman, M.D. and Edward Oklan, M.D., M.P.H.

3/00 – 3/02

Amen Clinic for Behavioral Medicine, Fairfield, CA
Psychiatric nurse, historian, and ADHD coach at a diagnostic and treatment center for ADHD and other psychiatric disorders. Interviewed adults and children regarding psychosocial history, prepared reports, administered Conners Continuous Performance Test (computerized), and provided ADHD coaching services, psychosocial support and health education.

MATERNAL AND CHILD HEALTH NURSING

12/86 – 12/99

Family Development Consultants and Family Development Press
As part of a multidisciplinary team, provided individual and family counseling; parenting education and guidance; developmental play therapy; perinatal counseling regarding psychological problems manifesting during transition to parenthood; and assessment of parent-infant interaction and attachment, in consultation with Edward Oklan, M.D., M.P.H. Participated in the conceptual development and illustrated 7 guided activity workbooks for traumatized children (see Publications).

4/81 – 12/86

Pregnancy to Parenthood Family Center, Inc., Kentfield, CA
Psychiatric and Maternal Child Health Nursing (20 hrs/wk).
Cofounded nonprofit agency providing psychotherapy, education and support to high risk families during pregnancy and first 3 years of parenting. Served as Clinical Coordinator, supervising team of perinatal counselors. Provided individual, parent-infant and family counseling, labor coaching, infant developmental assessment, home visiting and play therapy for infants and toddlers, to high risk families during pregnancy and the first three years of parenting; provided consultation to health professionals and agencies.

ADHD AND COGNITIVE BEHAVIORAL COACHING

3/00 – present

Private practice, cognitive-behavioral and ADHD coaching
Specializing in goal setting, organization, time/money management, career issues, as well as relationship and parenting issues, life balance and personal fulfillment.

5/06 – present

Coaching for Health/Bariatric Alternatives
Co-founded (with David Britzman) service providing individual and group support for weight management and healthy lifestyle promotion, utilizing coactive coaching, CBT, and 12 step principles.

HOSPITAL PEDIATRIC/MED-SURG NURSING

5/71 – 5/79 Staff nurse, (24 hrs/wk) Kaiser Foundation Hospital, San Francisco, CA.
Provided primary nursing care in the intensive care nursery, post partum, and med-surg units; charge nurse of unit on evening shift; co-facilitated weekly meetings of the parent support group.

EDUCATION AND TRAINING

1/05 – present Ongoing weekly to biweekly training with Michael Vurek, LCSW, regarding principles of cognitive and behavioral psychotherapy, and case-centered consultation.

12/86 – present Ongoing supervision, weekly (2 hrs.) with Edward Oklan, M.D., M.P.H. Clinical discussion and case management regarding outpatient psychiatric nursing cases, including children and adults, as well as geriatric patients, with a variety of diagnoses, such as attention deficit disorder, affective disorders, including bipolar disorder, schizophrenia, dementia.

11/00 – 4/01 6 month intensive Co-Active Coaching certification training through The Coaches Training Institute, San Rafael, CA which included weekly teleclasses and labs, supervision, coaching, culminating in an 8 hour oral and written certification exam.

3/00 – 9/00 Introductory and advanced Co-Active training courses through The Coaches Training Institute, San Rafael, CA, which included learning and integrating core coaching skills.

1/95 – 12/98 Consultation and training, weekly with T. Craig Isaacs, Ph.D. Case centered discussion of diagnostic and psychotherapeutic issues related to private practice psychiatric nursing clients.

3/84 – 6/86 Weekly consultation and training with Frances Knudtson, Ph.D., developmental psychologist, San Francisco State University, Agency for Infant Development, Kentfield, on infant assessment

using the Brazelton Neonatal Behavioral Assessment Scale, Uzgiris-Hunt Scales, Bayley Scales of Development for assessing infant psychological development.

- 4/82 – 5/85 Weekly consultation and training and monthly group seminars with Libby Colman, Ph.D., clinical and research consultant specializing in pregnancy and postpartum period.
- 2/82 – 4/84 Weekly consultation and training with Jeree Pawl, Ph.D., Director, Infant-Parent Program, San Francisco General Hospital, focusing on working with parents and infants at risk, including review of video tapes of parent-infant interaction.
- 9/82 – 4/84 Postgraduate intensive seminar on the clinical aspects of child development and treatment with M. Sheiner, LCSW and C. Kamins, LCSW.
- 4/82 – 8/82 Postgraduate intensive seminar on the psychological development and assessment of the infant at risk, focusing on theory, clinical research, clinical examination and evaluation of infants with Frances Knudtson, PH.D., developmental psychologist.
- 2/82 Training with Henry Massie, M.D., child psychiatrist, in the use of the Attachment Indicators During Stress Scale (Massie-Campbell Scale) for observing parent infant interaction.
- 5/81 – 7/81 Beginning, intermediate, and advanced family therapy seminars with M. Kirshenbaum, Ph.D. and K. Mashkin, Ph.D., California Graduate School of Family and Marital Therapy.
- 9/67 – 12/70 University of Hawaii School of Nursing
Honolulu, Hawaii: B.S. in Nursing

CONTINUING EDUCATION COURSES (Mental Health)

- 2005 Attention Deficit Hyperactivity Disorders Throughout the Lifespan, 30 contact hours, Western Schools
- 2003 Attention Deficit Disorders, 30 contact hours, Nursing Education of America
- 2001 Psychiatric Nursing: Current Trends in Diagnosis and Treatment, 30 contact hours, Western Schools
- 1999 Depression: Prevention, Diagnosis and Treatment, 25 contact Hours, Western Schools

- 1997 Psychiatric and Mental Health Care, 30 contact hours, Homestead Schools
- 1991 Psychiatric/Mental Health Client, 30 contact hours, National Center of Continuing Education
- 1989 Sexual Abuse of Children, 15 contact hours, National Center of Continuing Education
- Children of Alcoholics, 3 contact hours, Stanford University
 Co-Dependence, 6 contact hours, California Nurse Review

LICENSURE

Registered Nurse, CA RN214176, Expires 5/31/07
Certified Professional Co-Active Coach, (Coaches Training Institute, San Rafael, CA), 6/01

PUBLICATIONS

- Oklan, E., and Kliman, G., authors; Oklan, A., illustrator, My Earthquake Story, A Guided Activity Workbook, October 1989.
- Oklan, E., and Kliman, G., authors; Oklan, A., illustrator, My Tornado Story, A Guided Activity Workbook, January, 1990.
- Oklan, E., and Kliman, G., authors; Oklan, A., illustrator, My Fire Story, A Guided Activity Workbook, August, 1990.
- Oklan, E., and Kliman, G., authors; Oklan, A., illustrator, My Flood Story, A Guided Activity Workbook, March, 1993.
- Oklan, E., and Kliman, G., authors; Oklan, A., illustrator, My Hurricane Story, A Guided Activity Workbook, 1994.
- Oklan, E., and Kliman, G., authors; Oklan, A., illustrator, My Book About the War (Gulf War), A Guided Activity Workbook, 1991.
- Oklan, E., and Kliman, G., authors; Oklan, A., illustrator, My Book About the Attack on America, A Guided Activity Workbook, September 2001.

PROFESSIONAL AFFILIATIONS

Marin Coaches Alliance (Leadership Team 2003, 2004), International Coaches Federation, ADD Association, ADHD Coaches Organization

REFERENCES

Available on request.