ETHIOPIA ZERFU, ARNP, PMHNP-BC, AGPCNP-C

Psychiatric Mental Health Nurse Practitioner | Integrated Behavioral Health

Seattle, WA | (206) 201-4097 | ethiongd@gmail.com | ascendpsychiatrywa.com

Licensed: WA, OR, CA | Telehealth and In-Person | DEA Registration: WA, OR

PROFESSIONAL PROFILE

Dual board-certified Psychiatric Mental Health and Adult-Gerontology Primary Care Nurse Practitioner with more than 20 years of progressive nursing experience across behavioral health, primary care, hospital, and post-acute settings. Provides comprehensive psychiatric assessment, diagnostic evaluation, psychotropic medication management, and psychotherapy for adolescents, adults, and older adults. Skilled in CBT, DBT, supportive psychotherapy, and trauma-informed care. Integrates medical comorbidities and medication safety into psychiatric treatment and coordinates care with primary care and specialty clinicians. Bilingual in English and Amharic, with a commitment to culturally responsive, patient-centered care.

PSYCHIATRIC COMPETENCIES

Psychiatric assessment and differential diagnosis	Psychopharmacology and medication monitoring	CBT, DBT, and supportive psychotherapy
Trauma-informed and culturally responsive care	Crisis follow-up and post-hospital transitions	Medical comorbidities and care coordination

PSYCHIATRIC AND NURSING EXPERIENCE

Ascend Psychiatry | *Washington* | *Telehealth and In-Person*
Psychiatric Nurse Practitioner *Jan 2025 - Present*

- Conduct comprehensive psychiatric evaluations and develop individualized treatment plans for adolescents through older adults, integrating medical comorbidities, medication safety, and preventive health needs.
- Manage psychotropic medications and provide CBT, DBT, supportive psychotherapy, and trauma-informed care; collaborate with primary care and specialty clinicians to support coordinated treatment.

LifeStance Health | *Renton, WA* | *Telehealth and In-Person*
Psychiatric Nurse Practitioner *Jun 2023 - Jan 2025*

- Managed complex outpatient psychiatric care, including post-hospital transitions, crisis follow-up, substance-use concerns, and multidisciplinary treatment coordination.
- Assessed medical and medication-related contributors to psychiatric symptoms and coordinated referrals, follow-up, and continuity of care.

Metropolitan Developmental Center | *Tacoma, WA*
Registered Nurse, Inpatient Detox and ITA *May 2022 - Dec 2024*

- Provided nursing assessment, medication administration, detoxification protocol support, crisis stabilization, and interdisciplinary treatment coordination in an acute behavioral health setting.

Primary Care and Community Health | *Washington*
LPN, RN, BSN - Various Settings *2007 - 2026*

- Provided direct care in primary care, hospital, post-acute, long-term care, assisted living, and memory-care environments, including assessments, vaccinations, specimen collection, chronic disease monitoring, diagnostics, and referral coordination.
- Selected organizations: University of Washington Medical Center, MultiCare, Kindred Hospital, Boeing Wellness, Seattle Medical Post-Acute Care, Mission Health, and community-based primary care settings.

LICENSURE AND CERTIFICATIONS

PMHNP-BC | AGPCNP-C, American Academy of Nurse Practitioners Certification Board (AANPCB) | APRN licenses: WA, OR, CA | DEA registration: WA, OR

Compact RN License | PCSS-MAUD Certified | ACLS and BLS, current through 2026 | Certified Phlebotomist

EDUCATION

Walden University | *Minneapolis, MN*
Master of Science in Nursing, Psychiatric Mental Health Nurse Practitioner *Feb 2023 | GPA 3.8*

Walden University | *Minneapolis, MN*
Post-Master's Certificate, Adult-Gerontology Primary Care Nurse Practitioner *Completed 2026 | GPA 4.0*

Temple University | *Philadelphia, PA*
DNP coursework, Adult-Gerontology Primary Care - one year *Started 2020 | 26 credits | GPA 3.7*

- Completed foundational graduate courses at Temple University in advanced pathophysiology, advanced pharmacology, and advanced physical and health assessment.

University of Washington | *Seattle, WA*
Bachelor of Science in Nursing *Jun 2016 | GPA 3.7*

ADDITIONAL PRIMARY CARE CLINICAL TRAINING

Walden University | *Adult-Gerontology Primary Care*
Post-Master's Clinical Practicum *Completed 2026*

- Completed 687 supervised clinical practicum hours at Walden University and cared for approximately 480 adult and older-adult patients across adult primary care, geriatric primary care, women's health, and advanced practice synthesis.
- Performed comprehensive histories and physical examinations, interpreted laboratory and diagnostic results, and developed evidence-based plans for acute and chronic medical conditions under physician and NP preceptor supervision.

HONORS

Bill and Melinda Gates Martin Achievement Scholarship | Kal and Lucille Rudman Scholarship, Temple University | Dean's List and President's List, University of Washington

Golden Key International Honour Society | Phi Theta Kappa Honor Society | Society for Collegiate Leadership and Achievement

TECHNOLOGY AND LANGUAGES

EHR/EMR: AdvancedMD, Epic, Infusion, AVATAR, ICANotes, Tebra, PCC, ProTouch, IntakeQ, Vision, and Heartland | Languages: English and Amharic