

### Susan Richardson, APRN, BC

**Education:**

*Undergraduate:*

BA, Wellesley College

*Graduate:*

Masters of Science in Nursing, MGH Institute of Health Professions; Post Master's Certificate, Regis College; Master's of Religious Education, Gordon Conwell Theological Seminary

*Other Training/Experience:*

Board Certified as Psychiatric and Geriatric Nurse Practitioner. Nurse Practitioner for Outpatient Clinic and Psychiatric Emergency Services, Advocates, Inc.

**Areas of special interest/focus:**

Mental Health and Elders, Mental Health and Chronic Illness, Mental Health and Spirituality

**Clinical Philosophy (how he/she approaches work with the people he/she serves):**

I believe that the body, mind and spirit interact with and affect one another. If one or more of these components are out of alignment, the others will suffer. I seek to empower my clients to find the areas of their lives in which they have some control. While they may not be able to control whether or not they have a particular condition or set of circumstances, they do have control on how they respond to the pain and suffering in their lives.

**What do you consider the most important elements in a successful outcome in working with a person who is in treatment with you?**

I see myself as a partner with my clients in helping them achieve wholeness and well being. While I have expertise in the field of psychiatry, my clients are experts on who they are as unique human beings. When we collaborate on a treatment plan, we are most likely to find the combination of therapy, medication and other treatments that will be the most effective. I also place a high value on honesty. Any medication I prescribe or any treatment recommendations I make is only as useful as the information I receive. If I have incomplete or inaccurate information, my recommendations will not be as helpful as they could be.

**Other things about you or how you work that you would like to share with people who are considering choosing to work with you:**

It is sometimes useful to write down important parts of your treatment history and any questions you have before your first appointment with me. I am particularly interested in medications and treatments you have tried in the past: what has helped, what made no difference and any adverse or allergic reactions you may have had.