
PROFESSIONAL DISCLOSURE STATEMENT

Maggie Alexander, ND, MS, PMHNP-BC

Philosophy & Approach:

Health is self-defined and expressed on a continuum. We strive to balance our emotional, physical and spiritual needs – in hopes of creating our one whole self – the unique person we each call “Me”. My goal is to listen carefully to you, to better understand your history, beliefs, support systems, lifestyle, diet, medications and developmental influences which impact on you today. I want to know what you want, what has worked and how you’d like your health to improve now and in the future.

We may use a combination of talk therapy, medications and other supportive therapies, or it might be just medications or only therapy. I will help you build a network which includes your choice of professionals, family and friends to support your healthier future. My approach varies according to your personal needs, integrating a broad range of approaches. My hope is that you will gain a deeper understanding of yourself, your patterns of interaction and the biochemical components of your moods and behaviors.

Medications may provide a short term or lifetime aid to building a more stable life. This will take some time, a few sessions to assess what’s most needed and how to apply our joint resources most effectively. It is vital to me that you experience a sense of hope and participate actively in your care. As a licensee of the Oregon Board of Nursing, I abide by their Code of Ethics.

Formal Education, Training, & Continuing Education:

I hold two Masters of Science degrees in Nursing. The most recent focused on family psychiatry from Rush University. The first one focused on Nurse-Midwifery from the University of Colorado. My Doctor of Nursing degree is from Case Western Reserve University which I received following studying midwifery in Europe as a Thomas J. Watson Fellow. I had this wonderful opportunity after graduating in Biology and German from Oberlin College. My career has been focused on helping families be healthier, particularly around the experiences of childbirth and parenting.

I am required to maintain my Oregon license with 100 hours of continuing education (CEU’s) earned every two years. I am also Board Certified by the ANCC (American Nurses Credentialing Center) as a Family Psychiatric and Mental Health Nurse Practitioner. I am licensed in Oregon as a PMHNP.

Client Rights: In accordance with the Oregon Mental Health Code, all clients have the right to:

- Be treated with respect and dignity
- Receive appropriate care and treatment, employing accepted methods and approaches most appropriate for specific problems and needs
- Be informed of any alternative treatment methods available, if any are known
- Be informed of risks, if any, associated with the treatment to be undertaken
- Have an individualized service plan, reflecting problems and/or needs identified for or with the client and family
- Actively participate in the development or modification of one’s own treatment program
- Refuse proposed treatment which the client does not wish to receive unless otherwise ordered by the court
- Know the name and credentials of the treatment provider
- Have access to records
- Lodge a grievance if there is reason to believe that these rights have been violated

You may contact the Oregon State Board of Nursing at:
17938 SW Upper Boones Ferry Road, Portland, OR 97224-7012, or at (971) 673-0685