

Kathryn Kieran, MS
Instructor in Prelicensure Nursing
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Education

MS, (Nursing), MGH Institute of Health Professions, Charlestown, MA/USA 2009
BA, History, (*Summa Cum Laude*), Brandeis University, Waltham, MA/USA 2003

Certificates and Licensure

State License #280937 2007-current
NP #280937 2009-current
Circle of Security Parenting Registered Facilitator 2023
CBT for Insomnia Certified 2021
Cognitive Processing Therapy Certified 2015

Clinical Appointments

Nurse Practitioner, Geriatric Outpatient Clinic, McLean Hospital, Belmont, MA 1.5 Years
Nurse Practitioner, Hill Center, McLean Hospital, Belmont, MA 10 Years
Nurse Practitioner, Salem Hospital, Salem, MA 2.5 Years

Academic Appointments

Instructor, MGH Institute of Health Professions, Boston, MA 1 year
Term Lecturer, MGH Institute of Health Professions, Boston, MA 1 year

Administrative Appointments

Director of Nursing Operations, Hill Center, McLean Hospital, Belmont, MA 5 years

Honors and Awards

Doris Brewer Cohen Award 2013
Partners in Excellence Award 2017

Publications

Peer-reviewed articles

1. Larsen, G. Berner, K, Holland, A. **Kieran, K.**, Lugo-Neris, M. Tara Mansour, T, Alex Wolf, A. Gavini, N. (In press). Rehabilitation Strategies and Technological Advances to Improve Quality of Life After Stroke. *Rehab Management*.
2. **Kieran, K.** (In press). Strabismus and mental health. *American Nurse Journal*.
3. Lewis-Schroeder, N.F., **Kieran, K.**, Murphy, B.L., Wolff, J.D., Robinson, M.A., Kaufman, M.L. (2018). Conceptualization, assessment, and treatment of traumatic stress in first responders: A review of critical issues. *Harvard Review of Psychiatry*, 26(4), 216-227.

Books and chapters

1. **Kieran, K.** & Kaufman, M.K. (In press). Elder abuse. In H.R. Jones Jr. (Author), T. Burns MD, M.J. Aminoff, S. Pomeroy (Eds.), *The Netter collection of medical illustrations, Volume 7, Nervous system, 3rd Edition*. New York, NY: Elsevier.
2. **Kieran, K.** & Kaufman, M.K. (In press). Somatization. In H.R. Jones Jr. (Author), T. Burns MD, M.J. Aminoff, S. Pomeroy (Eds.), *The Netter collection of medical illustrations, Volume 7, Nervous system, 3rd Edition*. New York, NY: Elsevier.
3. **Kieran, K.** & Kaufman, M.K. (In press). Conversion disorder. In H.R. Jones Jr. (Author), T. Burns MD, M.J. Aminoff, S. Pomeroy (Eds.), *The Netter collection of medical illustrations, Volume 7, Nervous system, 3rd Edition*. New York, NY: Elsevier.
4. **Kieran, K.** & Kaufman, M.K. (In press). Intimate Partner Violence. In H.R. Jones Jr. (Author), T. Burns MD, M.J. Aminoff, S. Pomeroy (Eds.), *The Netter collection of medical illustrations, Volume 7, Nervous system, 3rd Edition*. New York, NY: Elsevier.
5. **Kieran, K.** & Vahia, I. (2022). Wired and Ready. In M. Agronin & I. Vahia (Eds.), *What do I do now? Geriatric psychiatry*. Oxford, UK: Oxford University Press.
6. Holiman, J., **Kieran, K.** & Bader, C., (2022). Sad or Just Unconcerned? In M. Agronin & I. Vahia (Eds.), *What do I do now? Geriatric psychiatry*. Oxford, UK: Oxford University Press.
7. **Kieran, K.** (2021). Trauma-Informed medication management. In K. Wheeler (Ed.), *Psychotherapy for the Advanced Practice Nurse: A How-To Guide for Evidence-Based Practice, 3rd Edition*. New York, NY: Springer.

Peer-Reviewed Presentations and Abstracts

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| Kieran, K. Imperfectly Addressing structurally racist exam items in a prelicensure psychiatric nursing course, Poster, Worcester, MA | 2023 |
| Holiman, J. & Kieran, K. , Apathy or depression? Poster, APNA Annual Meeting, Louisville, KY/Virtual | 2021 |

Invited Presentations

National

- | | |
|---|------|
| Unexpected Allies: A Trauma Informed Eye Care Interdisciplinary Collaboration, APNA Annual Meeting, Orlando, FL | 2023 |
| Geriatric Psychiatry Psychopharmacology Clinical Pearls, APNA Annual Meeting, Louisville, KY/Virtual | 2021 |
| Trauma Informed Medication Education, APNA Annual Conference, Columbus, OH | 2018 |

Regional

- | | |
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| Trauma informed optometry, New England College of Optometry | 2023 |
| Trauma informed medication education, St. Anselm College Psychiatric Nursing Conference, New Hampshire | 2019 |

Educational Activities

Courses taught

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|---|--------------|
| NS511/NS663 Biobehavioral Perspectives and Theories | 2022-current |
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Clinical supervision

- | | |
|---|--------------|
| Clinical Coordinator, NS511/NS663 Biobehavioral Principles and Theories | 2022-current |
| Preceptor IHP, Simmons, Regis | 2009-2022 |

Curriculum development

- | | |
|---|------|
| Self-Care Integrated lecture, associated learning activities and assessment for NS511/NS663 | 2023 |
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Simulation: significant oversight, planning, and contributions to the substance and performance of a transition from 6.5 hours to 16 hours of simulation for the semester for NS511/NS663	2023
Change from “Nursing Process” framework to “Tanner Model” framework for all lectures associated with NS511/NS663	2023
Self-Care Part 1 lecture, associated learning activities and assessment for NS511/NS663	2023
Self-Care Part 2 lecture, associated learning activities and assessment for NS511/NS663	2023
Abuse and Violence lecture, associated learning activities and assessment for NS511/NS663	2022
Neurodevelopmental lecture, associated learning activities and assessment for NS511/NS663	2022

Internal Educational Activities

An example of imperfectly addressing structurally racist exam items in a prelicensure psychiatric nursing course, poster, MGHIHP Celebration of Scholarship	2023
Trauma and disclosure: What your patient wants you to know, poster, MGHIHP Research and Scholarship Day	2023
Trauma assessment, McLean Hospital Residency Program, Guest lecture	2022
Trauma and the body, McLean Hospital Residency Program, Twice-yearly guest lecture in course	2015-2021
Geriatric psychiatry clinical pearls, McLean Hospital Nurses Day, Belmont, MA	2021
Career Q&A, Research Assistants in the Geriatric Division, McLean Hospital	2021
Trauma Informed Care, Social Workers in the Geriatric Division, McLean Hospital	2020
Trauma in older adults, Division of Geriatric Psychiatry Meeting, McLean Hospital	2019
Trauma in older adults, McLean Hospital Trauma Research Coalition	2019

Mentoring

Students

Sarah Power, Nursing DEN, Scholarly Project Advisor, “ <i>Ketamine and Treatment-Resistant Eating Disorders</i> ”	2023
Kendra Skaggs, Nursing DEN, Scholarly Project Advisor, “ <i>Recommendations for SANE Follow Up Programs</i> ”	2023
Amanda McDonald, Nursing DEN, Scholarly Project Advisor NP, “ <i>Pharmacological and Nonpharmacological Treatment of Attention Deficit Hyperactivity Disorder in School-Age Children: A Systematic Review</i> ”	2022

Clinical Innovations and Quality Improvement Projects

- Online group for trauma support in Geriatric Outpatient Psychiatry Clinic 2021
- Telephone-only group for pandemic support in Geriatric Outpatient Psychiatry Clinic 2020
- Transitioning to a telehealth partial program from an in-person partial/residential program to treat women with histories of interpersonal trauma and resultant sequelae and diagnoses; committee member, lead for 3 group format alterations 2019

Professional Development

Circle of Security Parenting Facilitation Training	(CIRCLE OF SECURITY International)	April 24-28, 2023	Online
Hot Topics in Simulation	MARILN	April 14, 2023	Worcester, MA
Advancing Excellence for Sexual and Gender Minorities, Part 1	(MGHIHP)	October 7, 2022	Online
How to Start and Grow a Private Practice	(AHNA)	May 23rd 2022	Online
Principles and Practice of CBT: Cognitive Behavioral Therapy for Insomnia	(PESI)	Oct 4th 2021	Online
THE INS AND OUTS OF TEACHING SELECTED ESSENTIAL GRADUATE PSYCHOTHERAPY CONTENT	(APNA)	Sep 20th 2021	Online
Depression	(McLean Hospital Grand Rounds 2020-2021)	May 27th 2021	Online
Phenomenology, Brain Science and Treatment Course of Trauma-Related Disorders Milissa L. Kaufman, MD, PhD; Lauren A. M. Lebois, McLean Hospital	(McLean Hospital Grand Rounds 2020-2021)	May 6th 2021	Online
Schwartz Center Rounds: Finding Intimacy in Times of Social Distancing	(McLean Hospital Grand Rounds 2020-2021)	Apr 29th 2021	Online
JAPNA Article: RISK FACTORS FOR ASSAULT AND PHYSICAL AGGRESSION AMONG MEDICALLY HOSPITALIZED ADULT PATIENTS	(APNA)	Apr 16th 2021	Online
FACT OR FICTION: PSYCHOPHARMACOLOGY OF ANXIETY DISORDERS	(APNA)	Apr 12th 2021	Online
APNA 101-20: TURNING DOWN THE HEAT: PSYCHOPHARMACOLOGIC MANAGEMENT OF IRRITABILITY THROUGH AGGRESSION	(APNA)	Apr 8th 2021	Online
APNA 3031-19: BEYOND THE POWERPOINT LECTURE: IMPLEMENTING ACTIVE LEARNING STRATEGIES IN NURSING EDUCATION	(APNA)	Apr 8th 2021	Online
202-20: THE PSYCHOSOCIAL DIMENSION OF PSYCHOPHARMACOLOGY	(APNA)	Mar 15th 2021	Online
The Adam Corneel Major Teachers in Psychotherapy Lecture, McLean Hospital: Truth in Advertising: Examining the Evidence for "Evidence-based" Therapy Jonathan Shedler, PhD	(McLean Hospital Grand Rounds 2020-2021)	Feb 4th 2021	Online
Schwartz Center Rounds: Creative Gifts from the Apocalypse: Zooming in on What Matters	(McLean Hospital Grand Rounds 2020-2021)	Jan 21st 2021	Online

Fall Nursing Conference	(McLean Hospital)	December 3 rd 2021	Online
Schwartz Center compassion rounds. The Day After. And the Day After That, and the Day After That	(McLean Hospital Grand Rounds)	Nov 19th 2020	Online
Grand Rounds, McLean Hospital: Dr. Dickson: Between Mad, Sad, and Bad: Advancing What Is Known About Irritability in Children and Adolescents	(McLean Hospital Grand Rounds)	Nov 12th 2020	Online
Associations between Religious Service Attendance and Mental Health: Is it Causal? What are the Mechanisms	(McLean Hospital Grand Rounds)	Nov 5th 2020	Online
Early Psychosis Care: National Landscape and Scientific Opportunities? by Robert Heintzen, PhD, ABPP	(McLean Hospital Grand Rounds)	Oct 29th 2020	Online
APNA: ADOLESCENT PREGNANCY AND DEPRESSION: AN OPPORTUNITY AND OBLIGATION FOR INTERVENTION	(APNA)	Oct 28th 2020	Online
APNA: FROM IMMEDIATE RELEASE TO LONG ACTING: DRUG DELIVERY SYSTEMS - WHAT DO THEY MEAN & WHY DO THEY MATT	(APNA)	Oct 27th 2020	Online
Visiting Scholar Series Shekhar Saxena, MD, FRCPsych, Harvard T. H. Chan School of Public Health, COVID-19 and Global Mental Health: Threats and Opportunities	(McLean Hospital Grand Rounds)	Oct 22nd 2020	Online
McLean Forum Stephanie Pinder-Amaker, PhD, McLean Hospital discusses history/fact of racism and a plan for anti-racism at McLean McLean Hospital's Anti-Racist, Justice, and Health Equity Action Plan	(McLean Hospital Grand Rounds)	Oct 15th 2020	Online
The Alfred Stanton Lecture Shelley McMain, PhD, Centre for Addiction and Mental Health discusses choosing most effective treatments for BPD Tailoring Psychotherapy for Borderline Personality Disorder	(McLean Hospital Grand Rounds)	Oct 8th 2020	Online
APNA: Essential Competencies of Nurse Preceptors Online	(University of Maryland School of Nursing)	Oct 2nd 2020	Online
APNA: USE OF MEASUREMENT BASED CARE TO INFORM CLINICAL DECISION MAKING DURING PSYCHIATRIC CLIENT ENCOUNTER	(APNA)	Oct 2nd 2020	Online
Drs. Olds and Schwartz discuss research on loneliness and intimacy since Covid 19: Love and Loneliness During the Time of Covid	(McLean Hospital Grand Rounds)	Oct 1st 2020	Online
APNA: WHEN THE MEDICATION RULES DON'T FIT: MINIMIZING DELIRIUM RISK FOR OLDER ADULTS IN INTEGRATED PRIMARY	(APNA)	Sep 30th 2020	Online
APNA: MANAGING PHARMACOLOGIC TREATMENT FOR OLDER ADULTS: BENZODIAZEPINES AND ANTIPSYCHOTICS	(APNA)	Sep 30th 2020	Online
Grand Rounds McLean future of women in medicine Dr. Patrice Harris, past president AMA first African American woman president of AMA speaks on women's issues	(McLean Hospital Grand Rounds)	Sep 24th 2020	Online
Controlling Violence in Healthcare and Preventing Elder Abuse (NAB-NCERS Approval # 20210604-1.00-A6	(National Continuing Education Review Service (NCERS) of the	Sep 22nd 2020	Online

	National Association of Long Term Care)		
APNA: 3011-19: MINI CONCURRENT SESSIONS: PHARMACOLOGY	(APNA)	Sep 18th 2020	Online
APNA: 2051-19: THE ART OF POLYPHARMACY: THERE'S A PILL FOR THAT	(APNA)	Sep 18th 2020	Online
APNA: 204-20: CAN WE MEDICATE SUICIDAL IDEATION? PHARMACOTHERAPEUTICS OF SUICIDE	(APNA)	Sep 18th 2020	Online
Antidotes to Burnout and Workplace Stress: Micro-Doses of Resilience	(BU CME; Boston University School of Medicine)	Sep 17th 2020	Online
APNA: Gabapentin: Aligning Evidence With Current Use Discussion of gabapentin pharmacologically, as well as research/data on its uses in bipolar disorder, SUD and anxiety	(McLean Hospital Grand Rounds)	Sep 17th 2020	Online
APNA: 201-20: THE MEDICATION INTEREST MODEL (MIM): A TRANSFORMATIVE SHARED DECISION MAKING MODEL, Dr. Shea	(APNA)	Sep 17th 2020	Online
SUBSTANCE USE AND EXPOSURE TO ADVERSE CHILDHOOD EXPERIENCES IN UNDERGRADUATE AND GRAD	(APNA)	Sep 15th 2020	Online
HISTORICAL TRAUMA, ETHNIC EXPERIENCE, AND MENTAL HEALTH IN A SAMPLE OF URBAN AMERICAN	(APNA)	Sep 15th 2020	Online
2026-19: SUICIDE ASSESSMENT IN OLDER ADULTS	(APNA)	Sep 15th 2020	Online
204-18: SHARED DECISION MAKING IN PHARMACOTHERAPY MANAGEMENT	(APNA)	Sep 15th 2020	Online
Schwartz Center Rounds: Not a Blank Slate Race Matters Marie Clouqueur, LCSW; Sophia L. Maurasse, MD; Sandra	(McLean Hospital Grand Rounds)	Sep 10th 2020	Online
CITI research training, Human Subjects Research - Biomedical Refresher 2	(Montefiore Learning Network)	Sep 8th 2020	Online
CITI research Training Good Clinical Practice (ICH) Refresher Course	(Montefiore Learning Network)	Sep 8th 2020	Online
CITI research training Responsible Conduct of Research (RCR) Basic Course	(Montefiore Learning Network)	Sep 8th 2020	Online
Pharmacological Management of Alzheimer's Disease and other Neurocognitive Disorders Components	(APNA)	Jun 21st 2020	Online
Geriatric Assessment	(HealthStream, Mass General Brigham)	Jun 20th 2020	Online
Caring for patients with suspected or confirmed COVID-19 (Coronavirus)	(MGH Brigham, CINAHL information systems, accessed on Healthstream)	Jun 20th 2020	Online
SCOPE of Pain: Safer/Competent Opioid Prescribing Education	(Continuing Nursing Education Provider Unit Boston University School of Medicine)	Jun 18th 2020	Online

Leading Your Team Through Change	(Project Management Institute Registered Education Provider #1008)	May 10th 2020	Online
Psychological First Aid	(National Center for Child Traumatic Stress)	Apr 19th 2020	Online
McLean Grand Rounds: When the Community is Your Client	(McLean Hospital Grand Rounds)	Mar 12th 2020	Online
COMPLEX TOPICS IN SUBSTANCE USE: DRUG ADULTERANTS, TREATMENT TRANSITIONS, & PREGNANCY	(APNA)	Feb 4th 2020	Online
Functional GI Disorders and Psychiatry, Dr. Holly Peek reviewing FGIDs	(McLean Hospital Grand Rounds)	Dec 12th 2019	Online
McLean Grand Rounds: Trauma and the Brain: From Molecules to Mobile Phones, Dr. Laura Germaine and Dr. Stephanie Maddox presented re: trauma in the brain	(McLean Hospital Grand Rounds)	Dec 12th 2019	Online
McLean Hospital: Brief Focused Interpersonal Group Therapy, Dr. Martyn Wittingham presents his research on Brief Focused Group Therapy (8 sessions)	(Grand Rounds, McLean Hospital)	Dec 5th 2019	Online
The experiences of men whose partners have postpartum depression	(APNA)	Dec 5th 2019	Online
BARRIERS TO THE IMPLEMENTATION OF PHARMACOGENOMICS IN PSYCHIATRIC CLINICAL PRACTICE: AN INTEGRATIVE	(APNA)	Nov 12th 2019	Online
Visiting Scholar Medications and CBT for insomnia Jared Minkel, PhD	(McLean Hospital Grand Rounds)	Oct 17th 2019	Online
Stepped Care in Personality Disorders, Findings from a Randomized Controlled Trial	(McLean Hospital Grand Rounds)	Oct 10th 2019	Online
Hidden Messages: Training Schwartz Center Rounds	(McLean Hospital Schwartz Center Rounds)	Sep 26th 2019	Online
ADHD Outcomes Following Remotely-Administered Self-Help Training for Parents	(APNA)	Sep 10th 2019	Online
Microbiome, Gut, Hormones, Brain Connections in Mental Health/Addictions; Wendy A. Henderson, PhD and Dr. Leggio from NIH presenters	(APNA)	Sep 10th 2019	Online
Employing Multiple Mechanisms with Downstream effects	(APNA)	Sep 4th 2019	Online
Getting the Full Dose	(Clinical Process Improvement Leadership Program, Partners HealthCare)	Jul 30th 2019	Online
Change in the Federal Approach to Services for Mental Health and Substance Use Disorders SAMSHA deputy secretary spoke to SAMSHA priorities	(McLean Hospital)	May 2nd 2019	Online
McLean Hospital: MicroAnalysis of Mother-Infant communication and the development of disorganized attachment Beatrice Beebe, PhD presents concepts	(McLean Hospital Grand Rounds)	Apr 11th 2019	Online

Kathryn Kieran

re: dyadic, preverbal communication from her research			
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Professional Memberships and Activities

Member, APNA	2016-2023
Member, Sigma Theta Tau	2009-2023
Member, MARILN	2023

Editorial Boards

Editorial Board, Carlat Report Geriatric Psychiatry Newsletter	2022-2023
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Institutional Service

Non-Voting Member, Policy Committee, MGHHP	2022-2023
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Community Service

Impact Community Service Day Team Leader	2022
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