

# ANGELA KOKINAKOS ARNP, PMHNP

## Biography & Philosophy

Before becoming a nurse practitioner in psychiatry, I worked as a staff nurse throughout the Covid-19 pandemic while I was in graduate school at UW. During my eight years as a staff nurse, I also worked in perioperative acute care and psychiatry. Prior to nursing, I was a massage therapist for fifteen years and have a strong background in holistic health and wellness, where I studied natural medicine, aromatherapy, and became attuned to Reiki II. Since completing my doctoral degree in psychiatric nursing practice, I have also completed a certificate in palliative care from UW. I endorse an integrational approach to mental health that often includes not only psychopharmacology, but also recommendations for supplements and praxis outside of the time spent in session.

I aspire to treat adult patients coping with depression, trauma, chronic pain and/or substance use issues. I am passionate about reversing the stigmas associated with substance use and mental illness, new advancements in treating patients coping with depression and/or PTSD and their sequelae, and advocating for an end to “the war on drugs.” I am particularly keen on an integrative approach blending complementary and alternative medicine with traditional approaches. I am also adept at treating ADHD, anxiety, bipolar disorders, and schizophrenia.

I feel passionate about addressing social injustice in the healthcare system and advocating to ameliorate the underlying issues that support continued disparities. To me, this means policy advocacy and a willingness to be involved in influencing both the voting public and legislative bodies on issues that pertain to scientific and medical literacy.