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Psychiatric Evaluation, Consultation & Treatment

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Professional Disclosure Statement

I am an ANCC board certified Psychiatric-Mental Health nurse practitioner. I earned my bachelor's degree in nursing at Seattle University in 1985, graduating cum laude. I earned my Master's of Nursing degree in 2002 and my PhD in nursing in 2008. I've worked 20 years in inpatient psychiatric settings (University of Washington, Harborview Medical Center, and Navos Mental Health Solutions) as a psychiatric bedside nurse and 6 years as a psychiatric nurse practitioner with patients with all forms of mental illness, including depression, bipolar disorder, anxiety, schizophrenia, substance abuse, etc.

My approach to therapy is eclectic, having been influenced primarily by family systems theory.

My therapeutic strategy is to work collaboratively with each patient on an individual basis based on a thorough review of the patient's background and the history of the presenting problem, including previous treatment.

I take a family systems approach with both individuals and families. I believe in setting goals and working toward specific mutually agreed upon goals as a key component of therapy.

My work has also been influenced by the research of Milton Erickson in that I may use storytelling and indirect suggestion to help my patients.

I've studied all kinds of healing approaches from ancient to contemporary, and am comfortable with holistic and alternative health care interventions.

I'm also especially skilled in pharmacotherapy and medication management.