



ANI BEHROUZI, PMHNP-BC

Psychiatric Mental Health Nurse Practitioner
Trauma-Focused Psychiatric Consultant
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PROFESSIONAL SUMMARY

Board-certified Psychiatric Mental Health Nurse Practitioner with extensive experience evaluating and treating complex psychiatric conditions.

Specialized in acute and chronic PTSD, eating disorders, substance use disorders and mood disorders with expertise in psychiatric diagnosis, causation analysis, and standards of care.

AREAS OF EXPERTISE

- PTSD & Trauma-Related Disorders
- Anxiety, Depression, and Mood Disorders
- Psychiatric Injury Evaluation
- Psychopharmacology
- Standards of Care
- Substance Use Disorders
- Eating Disorders
- Crisis Psychiatry

CLINICAL EXPERIENCE

Sacramento VA Medical Center - Psychiatric Nurse Practitioner (July 2025-Present)

- Provide comprehensive psychiatric evaluations and develop treatment plans for our veterans
- De-escalate and manage psychiatric crises in the emergency room, behavioral health intensive care unit and medical floor(s)

Trauma Recovery Psychiatry Center – Psychiatric Nurse Practitioner (May 2023–Present)

- Offer comprehensive psychiatric evaluations, medication management and psychotherapy for patients across the lifespan

Sacramento Neuropsych and Assoc – Psychiatric Nurse Practitioner (June 2023–April 2026)

- Diagnosed and treated psychiatric conditions in children and adults

Generations Healthcare – Psychiatric Nurse Practitioner (2022–2024)

- Managed the psychiatric care of up to 100 conserved psychiatric patients across the lifespan
- Provided crisis intervention for patient’s with aggressive or self-harm behaviors

REGISTERED NURSE (RN) EXPERIENCE

Sutter Center for Psychiatry – Registered Nurse (2020–2022)

- Treated children and adults with acute and chronic mental health conditions

Mercy San Juan Medical Center – Registered Nurse (2020–2021)

- Served as a behavioral health RN in the emergency department (ED) and the crisis stabilization unit (CSU)
- Treated patients in an acute mental health or substance use crises

Mercy Home Health and Hospice- RN Liaison (March 2018-March 2021)

- Transitioned patients from the hospital to their home with home health or hospice services in place

Eating Recovery Center (ERC)- Registered Nurse (January 2017-January 2021)

- Managed the medical and psychiatric care of up to 20 patients recovering from eating disorders such as anorexia, bulimia, binge eating disorder as well as other specified feeding and eating disorders (OSFED)

Marshall Medical Center-Registered Nurse (February 2016-February 2017)

- Managed the medical care of patients who required constant telemetry monitoring
- Served in rapid response situations when a patient’s health became debilitated
- Floated to ICU, orthopedic/med-surg, and other units, as needed

Sierra Vista Hospital, Registered Nurse (January 2015-January 2016)

- Functioned as a charge nurse on a psychiatric unit that included up to 24 children or adult patients

ACADEMIC EXPERIENCE

University of California, Davis: Betty Irene School of Nursing – Clinical Professor (2024–Present)

PRESENTATIONS

University of California, Davis: Betty Irene School of Nursing – “Eating Disorders: Recognition, Treatment and Prevention;” November 2025

University of California, Davis: Betty Irene School of Nursing – “Recognizing and Treating Eating Disorders;” November 2024

University of California, San Francisco: School of Nursing – “The Healthcare Provider’s Role in Recognizing and Treating Eating Disorders;” June 2019

University of California, San Francisco: School of Nursing – “The Healthcare Provider’s Role in Recognizing and Treating Eating Disorders;” March 2018

University of California, San Francisco: School of Nursing – “The Front Line: The Healthcare Provider’s Role in Recognizing and Treating Eating Disorders;” 2015

CONSULTANT

Sacramento Behavioral Health Hospital-RN Eating Disorder Consultant (July 2021-Feb 2022)

- Worked with hospital administration to create policies and procedures for the hospital’s inpatient eating disorder unit
- Researched and developed educational material for nursing staff related to eating disorders

EDUCATION

Eastern Kentucky University – PMHNP (2022)

New York University – BSN (2015)

San Diego State University – Finance (2007)

PROFFSIONAL LICENSURE

Psychiatric-Mental Health Nurse Practitioner-California Board of Registered Nursing (BRN)

- License number: 95021437 | Expiration: May 31, 2026

Registered Nurse (RN)- California Board of Registered Nursing (BRN)

- License number: 95056420 | Expiration: May 31, 2026

CERTIFICATIONS

Transcranial Magnetic Stimulation in Brainsway and MagVenture devices

Basic Life Support (BLS) by American Heart Association

NOT YET RETAINED