

**Curriculum Vitae**  
**2025**

**Carol L. Kottwitz DNP, PMHNP, PMHCNS**

**ACADEMIC AND PROFESSIONAL PREPARATION**

- 2010-2013     University of Washington, Seattle, WA  
                  Doctor of Nursing Practice  
                  Psychiatric Mental Health Nursing
- 1989-1997     University of Washington, Seattle, WA  
                  Master of Nursing  
                  Psychiatric Mental Health Nursing
- 1979-1984     Eastern Washington University, Cheney, WA  
                  Intercollegiate Center for Nursing Education  
                  Bachelors of Science in Nursing

**PROFESSIONAL LICENSURE AND CERTIFICATIONS**

ARNP License Psychiatric Mental Health Nurse Practitioner, State of Alaska  
ARNP License Psychiatric Mental Health Nurse Practitioner, State of Idaho  
ARNP License Psychiatric Mental Health Nurse Practitioner, State of Oregon  
ARNP License Psychiatric Mental Health Nurse Practitioner, State of Washington  
ANCC Board Certified Family Psychiatric Mental Health Nurse Practitioner  
ANCC Board Certified Psychiatric Clinical Nurse Specialist  
Registered Nurse License, State of Washington

**PROFESSIONAL EXPERIENCE**

**Higher Education**

- 9/2015-Current     Gonzaga University  
                          Associate Professor (current)  
                          Program Director for Psychiatric Nurse Practitioner Program
- 2009-2015            Gonzaga University  
                          Adjunct Faculty  
                          Clinical Faculty

**Clinical Practice**

- 9/2015-Current     CK Therapeutics, Spokane, WA  
                          Psychiatric Nurse Practitioner  
                          Provide evaluation and treatment of psychiatric disorders  
                          Including medication management and individual therapy across the  
                          lifespan

- 2005-2015 Eastern State Hospital, Medical Lake, WA  
Clinical Nurse Specialist providing leadership in multiple positions hospital wide. Education and consultation to staff, Program Director of Habilitative Mental Health Unit, Critical Incident Stress Management Lead, individual and group therapy with patients. Liaison with Eastern and Western State Hospital, University of Washington for use of grant monies for education and standards of care.
- 1996-2005 Eastern State Hospital, Medical Lake, WA  
Community Nurse Specialist  
Determine level of care needed for patient upon discharge. Consult with hospital and community treatment teams for interventions to best support patients discharge and tenure in the community.
- 1986-1996 Eastern State Hospital, Medical Lake, WA  
RN3 Adult Psychiatric Unit, Gero Psychiatric Unit  
Provide supervision of nursing staff for psychiatric care and treatment of individuals
- 1985-1986 Eastern State Hospital, Medical Lake, WA  
Staff Nurse on Adult Psychiatric Unit

### **PROFESSIONAL MEMBERSHIP**

American Association of Nurse Practitioners – 2019 - Present  
American Psychiatric Nurses Association - 2009 - Present  
Sigma Theta Tau-Delta Chi-Chapter at Large – 2002- Present  
National Alliance on Mental Illness – 1997-Present  
Neuroscience Education Institute – 2016 - Present  
National Organization of Nurse Practitioner Faculty – 2016-2019

### **PROFESSIONAL SERVICE**

#### **National:**

American Psychiatric Nurses Association – Graduate Education Council – 2022-Present  
American Nurses Credentialing Center – Content Expert Panel for Psychiatric Mental Health Nurse Practitioner Specialty – 2019-Present  
American Nurses Credentialing Center - Item writer for the Psychiatric Mental Health Nurse Practitioner National Certification exam –2018  
Reviewer for American Psychiatric Nurses Association Continuing Education Content – *Suicide Prevention in Primary Care: How Zero Suicide Can Help* – 2017

#### **Regional:**

Wa State Board of Nursing, Exploring the Advanced Practice RN Compact - 2024  
UW Premera RNHI Grant, University of Washington Placement committee member 2021-2024  
American Psychiatric Nurses Association – Washington Chapter – Board of Directors – 2017 -  
2022  
American Psychiatric Nurses Association – Washington Chapter –  
Temporary Leadership Committee-2015  
Washington State Department of Health, Suicide Prevention Training Evaluation Committee –  
2016-2019

**Local:**

Passages Family Support – Board of Directors – 2019-Present  
Sigma Theta Tau-Delta Chi-Chapter at Large – Scholarship Committee- 2005-2007  
Zero Suicide Conference-Planning Committee – 2015 - 2017  
National Alliance on Mental Illness – Spokane Board – 1998-2013

**UNIVERSITY SERVICE**

University Committees

Graduate Programs Committee – 2017 – Present  
Curriculum Review Subcommittee – 2017-Present  
Academic Council Policy and Planning Committee – 2015-2017

Department of Nursing

Rank, Promotion and Tenure Committee – 2023-Present  
Clinical Operations Group – Fall 2020-Present  
Chair, Search Committee – Summer 2019  
Member, Search Committee – Spring 2019, Fall 2020  
Chair, Search Committee – Fall 2018  
Lead Faculty Psychiatric Mental Health Nurse Practitioner Program – 2016-2019  
Program Director Psychiatric Mental Health Nurse Practitioner Program – 2019- Present  
Graduate Council – 2015-Present  
Nurse Practitioner Sub-council – 2015-Present  
Search Committee member – Spring 2017  
Doctorate of Nursing Practice Council – 2015-2017

**COMMUNITY SERVICE**

Blessings Under the Bridge – Summer 2018  
Spokane Humane Society – 2013 – Present  
Boy Scouts, Troop 356 – Board Member, Eagle Scout Board of Review – 2013-2016  
Boy Scouts, Troop 356 – Summer Camp parent volunteer – July 2014, 2015, 2016  
Boy Scouts, Troop 356 – Merit Badge Counselor – Citizenship in the Community, First Aid,  
Family Life – 2013-2016  
Cheney Food Bank – 2010 –Coordinator of Community Drive for personal care items

## **SCHOLARLY ACTIVITIES**

### **Publications:**

#### **Refereed:**

**Kottwitz, C. & Owens, J.** (2021). A Social Justice Assignment Integrating University Mission and NONPF Competencies. *Journal of Nursing Education*. 60 (11), 656-656.

**Kottwitz, C.** (2021). Recognizing Signs and Symptoms of ADHD Across the Lifespan. *Clinical Advisor*, Jan/Feb. 2021.

Owens, J., **Kottwitz, C.**, Tiedt, J., & Ramirez, J. (2018). Strategies to Attain Faculty Work-Life Balance. *Building Healthy Academic Communities Journal*, 2(2), 58-72.

Ray Springer, R., Haberman, M., Asbell, L., Katz, J., Hilliard, I., Hein, J., Ramirez, J., **Kottwitz, C.**, (2006) *Cognitive Complexity and Challenges of Leadership in Psychiatric Nursing*. *Communicating Nursing Research* (14), 39.

#### **Non-refereed:**

Nowak, M. & **Kottwitz, C.** (2022). Exploring Rural Firefighter Acceptance of a CISM Program. *Crisis, Stress, and Human Resilience*, 4(1), 1-13.

Washington Center for Nursing, Quarterly Newsletter Qtr 4 2020. *Advanced Registered Nurse Practitioners: Advancing Quality Healthcare Delivery*. Carol Kottwitz DNP, PMHCNS-BC, PMHNP-BC.

American Psychiatric Nurses Association, Washington Chapter, Fall Newsletter, *Practice Tips*, Carol Kottwitz DNP, ARNP.

Book Chapter: Ramirez, J., **Kottwitz, C.**, Alberti, E., Floura, K., (2013) Recovery and Resiliency: Transitioning from Hospital to Community in *Modern Community Mental Health*. Oxford Press.

#### **Book Chapters:**

Kottwitz, C. (2025). Alcohol Misuse. In Maynard, K.V. and Adimando, A. *Case Studies Advance Pathophysiology, Physical Examination, and Pharmacology*. (1<sup>st</sup> Ed). Elsevier.

#### **Podium Presentations:**

American Association of Nurse Practitioners, National Conference: *Difficult to Treat Depression*. June 21, 2025

American Psychiatric Nurses Association, National Conference: *Developing a Toolkit for Graduate Nurse Educators Targeting Domain I: Nursing Knowledge and Scientific Foundations for Psychiatric Mental Health Nurse Practitioners* (October 21, 2022). Kottwitz, C., Donohue-Smith, M., Deyette, S.

American Psychiatric Nurses Association, National Virtual Conference: *Is it Time to Re-*

*Examine the Physical Assessment Education for PMHNPs?* (October 2, 2020). Ramirez, J., Kottwitz, C., Adimando, A., Riedford, K. B. American Psychiatric Nurses Association, Washington Chapter Conference: *Suicide Prevention*, Tacoma, WA, April 26, 2019. (6.5 hours). American Psychiatric Nurses Association, Washington Chapter Conference: *Borderline Personality Disorder and Applied Radical Acceptance*, Spokane, WA, April 28, 2018. American Psychiatric Nurses Association, Washington Chapter Conference: *Suicide Prevention*, Spokane, WA, April 27, 2018. (6.5 hours). Nurse Practitioner Group of Spokane: "*Suicide Assessment and Treatment Intervention in Primary Care*, Spokane, WA, February 7, 2017. American Psychiatric Nurses Association, Washington Chapter Conference: *Advocacy For Psychiatric Nurses and Our Patients. Understanding and Addressing Stigma – What We Can do as Advocates*. Ellensburg, WA, April 29, 2017.

### **Posters:**

American Psychiatric Nurses Association, National Virtual Conference: *Let's Think About the Way We Think – Developing PMHNP Students' Clinical Reasoning Skills*, October 2020. National Organization of Nurse Practitioner Faculty, Annual Conference – *Implementing A Suicide Assessment OSCE to Prepare PMHNP Students for Safe Practice - Atlanta, GA, April, 2019*. Western Institute of Nursing, *Evaluating an Evidence Based Practice On-Line Suicide Assessment Competency for Psychiatric Mental Health Nurse Practitioner Students*, Spokane, WA, April 14, 2018. American Psychiatric Nurses Association, Annual Conference. "*Exploring the Advanced Health Assessment Requirement for Psychiatric Mental Health Nurse Practitioners*", Phoenix, AR, October 2017. Sigma Theta Tau, Delta Chi Chapter Induction and Research Meeting - 2016: *Implementing Leadership Education in a Public Sector Psychiatric Setting* – winner of most visually pleasing poster.

### **Manuscript review:**

Manuscript reviewer for the Journal of Psychiatric Nurses Association – 2019- Present. *The DNP Nurse as Servant Leader: A Philosophical Approach to the Advanced Practice Role* DEStech Publications, Inc. - 2019 *Applying Cognitive Therapy Principles in Professional and Personal Life* by Richard Parsons, Ph.D., published by Cognella Academic Publishing, copyright 2019. *Cognitive Behavioral Approaches for Counselors* by Diane Shea, published by SAGE Publications in Thousand Oaks, California, copyright 2016.

### **Interview**

Kottwitz, C. & Ramirez, J. (2020) Addressing issues in mental health care. Interview with Maryilyn Urness, reporter for the Fig Tree newspaper.

### **Published Interviews:**

Urness, M. (2020, February). Nursing professors at Gonzaga seek to overcome stigma, improve care. *The Fig Tree*. <https://www.thefigtree.org>

### **Unpublished:**

Suicide Prevention, Treatment and Management Training, CK Therapeutics, LLC., 2018.  
DNP Project: Implementing Leadership Modules In Public Psychiatric Nursing, University of Washington, August 2013.  
Leadership Development Modules. Co-authored with Laura Asbell PhD and Cristine Cashatt MSN completion 2005.

### **Research Activities:**

Exploring the Advanced Health Assessment Requirement for Psychiatric Mental Health Nurse Practitioners – A National Faculty Survey. (Research team member).

Evaluating an Evidence Based Practice On-Line Suicide Assessment Competency for Psychiatric Mental health Nurse Practitioner Students (PI) – complete.

Nursing Faculty Teaching On-Line: A National Satisfaction Study. (Research team member) – ongoing.

HSSA Access to Care Grant (2020) – Logan-Gonzaga Collaborative: Measurably Increasing Access to Care in Our Neighborhood. Project not funded.

### Doctorate of Nursing Practice Committee Chair

DaraLee Kjar project titled “Implementing a Targeted Warfarin Dosing Education Program” - 2019

Fairleth McCuaig project titled “An Educational Intervention to Promote Awareness Of Travel Related risks Among Student Leisure Travelers - 2019

Prince Okosun project titled “Providing Cultural Humility Education to Improve LGBTQ Care in a Community Mental Health Clinic” - 2019

Michelle Percopo project titled “Improving Discharge Teaching for Mild Traumatic Brain Injury Patients in a Single site Emergency Department - 2019

Mindy Seybold project titled “Evaluating the Effect of an Antibiotic Stewardship Program for Sinusitis” - 2019

Dayna Wong project titled “Impact of Chronic Disease Management on Intermediate Diabetes Outcomes” - 2019

Lake Adnew project titled “A Strategy to Increase Psychotropic Medication Adherence in Refugee Populations” - 2017

Bonita Seubert project titled “Enhancing United States Army Reserve Health Profession Suicide Assessment Competency” - 2017

Connie Braybrook project titled “Improving Nursing Competence and Comfort in Caring

For Suicidal Patients on Medical Wards” - 2017

Doctorate of Nursing Practice Committee Member

- Young, Tricia project titled “Implementing Hero’s Compass: A Mental Health Awareness and Mindfulness Program for Police Officers 2025
- McCluskey, Rachel project titled “Affecting the Prescribing Rate of Long-Acting Antipsychotics in Hospitalized Adults with Schizophrenia Spectrum Disorders 2025
- Wilson, Alec project titled “Program Evaluation of TMS Treatment for Patients with Comorbid Major Depressive Disorder and PTSD 2025.
- Rickett, Shelley project titled “A Program Evaluation of an Integrated Mental Health Model in a Rural Primary Care Clinic 2025
- Shayne, Amylia project titled “Postpartum Depression Screening at Well Child Visits In a Pediatric Primary Care Practice” 2021
- Berg, Amy project titled “Evaluation of a Rural Child and Adolescent Telepsychiatry Program: Optimizing a Post-COVID-10 Model of Care” 2021
- Wahlgren, Stephanie project titled “Improving Discharge and Follo-up Care of Sexual Survivors” 2021
- Amare, Leulseged project titled “Enhancing Ethiopian Orthodox Church Leaders Awareness of Mental Health Conditions in Church Members -2021
- Nowak, Mikale project titled “Establishing a Fire District Critical Incident Stress Management Program - 2021
- Stephanie Busch project titled “Suicide Prevention in Spokane Catholic Middle Schools - 2020.
- Jeannette Spreadborough project titled “Screening Patients for Depression at a Heart Clinic – 2020.
- Kristin Headrick project titled “Improving Providers’ Knowledge and Ordering of Breast and Cervical Cancer Screening in LGBTQ community” – 2020.
- Shelia Bailey project titled “Identifying Barriers to Screening Poststroke patients for Depression.” - 2020
- Kathleen Johnson project titled “Integrating Developmental-Behavioral Pediatrics and Beyond in Primary Care: A Pilot Program for NP Continuing Education” – 2019
- Courtney Smyth project titled “Evaluation of a Telepsychiatry Program in Rural Washington - 2019
- Justin Bayley project titled “Emergency Department Utilization for Clients of a Local Medicaid Sponsored Mental Health Outpatient Program -2019
- Amy Vargas project titled “Evaluation of a Military Residential Substance Use Disorder Treatment Program - 2018
- Bridget Lash project titled “Person-Centered Dementia Care: A Quality Improvement Project – 2018
- Amy Houlihan project titled “Screening for ICU-Related PTSS in Rehabilitation Settings - 2018
- Jennifer Wilkinson project titled “Implementing a Post Discharge Call Back Program on an Inpatient Psychiatric Unit – 2018
- Kimberly Jabbes project titled “Improving Continuous Positive Airway

Pressure Adherence – 2018  
Shelby Miller project titled “The Brain Disease of Addiction: Awareness for  
Parents - 2018

**TEACHING ASSIGNMENTS:**

Gonzaga University

Courses Developed (\*)

Courses Taught Online (+)

Courses Co-Taught(^)

Undergraduate BSN

NURS 351 Care of the Individual & Family^  
NURS 402 Care of Individuals and Families^

Graduate Courses

NURS 525 Psychopharmacology+  
NURS 621M Dynamic Care Formulation+  
NURS 642M Advanced Psychiatric Mental Health Nursing Concepts I+  
NURS 643M Advanced Psychiatric Mental Health Nursing Concepts II+  
NURS 644M Advanced Psychiatric Mental Health Nursing Concepts III+  
NURS 601M Advanced Psychiatric Mental Health Nursing Practicum I+  
NURS 631M Advanced Psychiatric Mental Health Nursing Practicum II+  
NURS 632M Advanced Psychiatric Mental Health Nursing Practicum III+  
NURS 633M Advanced Psychiatric Mental Health Nursing Practicum IV+  
NURS 692M Independent Study – Practicum+  
NURS 653M Psychiatric Mental Health Nursing Concepts II\*+  
NURS 654M Psychiatric Mental Health Nursing Concepts III\*+  
NURS 661M Psychiatric Mental Health Practicum I  
NURS 662M Psychiatric Mental Health Practicum II\*+  
NURS 663M Psychiatric Mental Health Practicum III\*+  
NURS 683M Psychiatric Mental Health Practicum Extension\*+

Doctorate of Nursing Practice Courses

NURS 740 Quality Improvement, Information Management, & Leadership  
In Health Care+  
NURS 761 Integrated Application of Evidence Seminar I+  
NURS 762 DNP Project Seminar II+  
NURS 763 Integrative Application of Evidence Seminar for Adv Practice III+  
NURS 764 Integrative Application of Evidence Seminar for Adv Practice IV+  
NURS 701 Application of Evidence Based Practice I+  
NURS 702 DNP Practicum II+  
NURS 703 DNP Practicum III: Application of Evidence-Based Practice+  
NURS 704 DNP Practicum IV: Application of Evidence-Based Practice