



Megan Nguyen

Behavioral Health Travel Nurse

ABOUT ME

Empathetic behavioral health travel nurse with seven years in psychiatric and substance-abuse units. Skilled in crisis intervention, de-escalation techniques, and group therapy facilitation. Known for reducing seclusion/restraint incidents and improving patient engagement.

PROFESSIONAL EXPERIENCE

Behavioral Health Travel Nurse | Bellevue Hospita, New York, NY
May 2018 – Present

- Conduct group therapy sessions for 10–12 patients weekly, focusing on CBT and dialectical behavior therapy (DBT) techniques
- Implement de-escalation strategies that reduced seclusion/restraint incidents by 40%
- Collaborate with psychiatrists and social workers to update individualized treatment plans, improving adherence by 25%

Psychiatric Staff Nurse | McLean Hospital, Belmont, MA
June 2014 – April 2018

- Provided one-on-one care for up to 8 psychiatric patients per shift, administering medications and monitoring mental status
- Led crisis intervention teams during acute episodes, achieving a 90% success rate in verbal de-escalation
- Developed patient/family education materials on medication management and coping strategies, improving patient satisfaction by 20%

CERTIFICATIONS

- Psychiatric-Mental Health Nurse Certification (PMH-BC), ANCC, March 2017
- Crisis Prevention Intervention (CPI) Certification, May 2015

LICENSING

Registered Nurse (RN)

Massachusetts Board of Registration in Nursing | 2014

CONTACT

 (123) 456-7890

 email@example.com

 City, State Abbreviation, Zip Code

 LinkedIn | Portfolio

KEY SKILLS

- Group therapy & CBT/DBT facilitation
- Crisis intervention & de-escalation
- Medication management & mental status monitoring
- Interdisciplinary collaboration
- Patient/family education & engagement

EDUCATION

- Bachelor of Science in Nursing (BSN)
Boston College
Chestnut Hill, MA | May 2014