



At a young age, she learned she enjoyed walking people through life's struggles by talking with them. She became a registered nurse (RN), and has helped many people overcome challenges in their lives. As she continued to learn and grow, her desire to become a psychiatric nurse practitioner became a reality. She enjoys helping those who are navigating various mental health challenges, such as anxiety, bipolar disorder, depression and insomnia.

Developing a strategy to combat these issues is a roadmap to better health. It begins by listening carefully to concerns, discerning what symptoms exist, the cause of these symptoms, and determining with patients the best path forward, including the best medicines, when warranted. Ultimately, though, the most important part of the roadmap is developing a relationship with people to walk with them as they improve their health and lives.

Her deep roots in helping others is a testimony of her continued deep commitment to provide the best care possible to the patient she serves. She continues to be an unwavering supporter of mental health, navigating those she serves to a better life of health, healing and happiness.

In her life outside the office, Cristen enjoys spending time with her family, dog, and two cats.

Cristen attended Oklahoma Baptist University, earning a Bachelor of Science in Nursing. She then attended Oklahoma City University, and received her Family Nurse Practitioner license, her Psychiatric Mental Health Nurse Practitioner license, and ultimately her Doctorate in Nurse Practice.

Cristen has built a meaningful and fulfilling career rooted in a lifelong legacy of service. Her transformation from RN to Psychiatric Mental Health Nurse Practitioner highlights