

Sydney Karahalios, RN, MSN, PMHNP-BC

Psychiatric Mental Health Nurse Practitioner
1607 Cable Street, San Diego, CA 92107
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Education

Vanderbilt University School of Nursing — *Master of Science in Nursing, Psychiatric-Mental Health Nurse Practitioner*

GPA: 4.0 | Aug 2021 – Aug 2023

University of California, Davis — *Bachelor of Arts, Cognitive Science & Psychology*

Graduated with Honors; Outstanding Performance in Cognitive Science Award

GPA: 3.87 | Sept 2015 – June 2019

Academic Appointments

Point Loma Nazarene University School of Nursing — *Professor*

San Diego, CA | Aug 2024 – Present

- Courses taught:
 - NSG 4050: Nursing of Communities: Mental Health Focus
 - NSG 4051: Nursing of Communities: Mental Health Clinical Practicum
 - Guest Lecturer, PLNU Master's of Clinical Counseling (2025)
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Clinical Experience

Headlight Health — *Psychiatric-Mental Health Nurse Practitioner*

San Diego, CA | Dec 2023 – Present

- Provide outpatient psychiatric care including psychotherapy and medication management including esketamine (Spravato)

Vanderbilt Hospital, Transplant Psychiatry — PMHNP Student

Nashville, TN | Sept 2022 – Aug 2023

Osher Center for Integrative Health — PMHNP Student

Nashville, TN | Jan 2023 – May 2023

Regional Intervention Program — PMHNP Student

Nashville, TN | Jan 2023 – May 2023

Vanderbilt Child & Adolescent Psychiatry Clinic — PMHNP Student

Nashville, TN | Aug 2022 – Jan 2023

Renewal House Substance Use Residential Treatment Center — RN Student

Nashville, TN | Oct 2021 – July 2022

UCSD Health – Community Health Outreach — Contact Tracer

San Diego, CA | Dec 2020 – July 2021

Research Experience

Translational Cognitive Affective Neuroscience Lab — Research Assistant

UC Davis | 2018- 2019

Cognitive Neuroscience of Language Lab — Research Assistant

UC Davis | 2017

Psycholinguistics Lab — Research Assistant

UC Davis | 2017

Licensure & Certification

- **PMHNP-BC — ANCC, 2023**

- **Registered Nurse (RN)** — California Board of Nursing, License #266146
 - **Nurse Practitioner (NP)** — California Board of Nursing, License #95027378
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Honors & Awards

- Sigma Theta Tau Honor Society (2023)
 - Outstanding Performance in Cognitive Science, UC Davis (2019)
 - Kolcaba's Theory of Comfort Award, Vanderbilt (2022)
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Community Involvement

Vanderbilt University School of Nursing — Alumni Mentor

2023-Present

Aloha Church — Various service roles

2021-Present

UCSD Thornton Hospital, Special Procedures Dept. — *Volunteer*

Oct 2019 – Nov 2020