

PROVIDER PROFILE



Kirsten Garza, PMHNP-BC

Behavioral Health

Kirsten Garza, PMHNP-BC, joined the staff at Mason Health in 2019. Garza earned her Masters of Science in Nursing, in the Psychiatric Mental Health Nurse Practitioner program, from Jacksonville University in 2019. She is a board-certified psychiatric mental health nurse practitioner who has worked as a registered nurse in home and hospital settings since 2016. Garza uses a person-centered philosophy when treating patients, holding them in unconditional positive regard.

She believes everyone is capable of positive change and healing. Garza also follows Transcultural Nursing Theory, which promotes acceptance and understanding of all patients across all cultures.

Utilizing therapy, nutritional changes and psychopharmacology, she works with her patients to create a collaborative plan of care they are comfortable with to reach mutual goals.

Special Interests

Holistic mental health care, caring for underserved mental health communities

Practice

Mason Clinic – Primary Care
1701 N. 13th Street
Shelton, WA 98584
(360) 426-2653

Medical Degree

Jacksonville University Keigwin School of Nursing, 2019

Fellowship

Youth Crisis Center Jacksonville, FL, 2018
Wekiva Springs Center, Jacksonville, FL, 2019
Vijupura Behavioral Health, Jacksonville, FL, 2019

Certification

Board Certified, Psychiatric Mental Health Nurse Practitioner



Mason Health
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