

**Helen E. Ahearn, MS, RN,**  
617/735-9840 (W) ADM430B  
eFax: 617/507-0434 e-mail: [ahearn@emmanuel.edu](mailto:ahearn@emmanuel.edu)  
**Massachusetts RN License No.: 104271**

**CURRICULUM VITAE**

**PROFESSIONAL EMPLOYMENT:**

- 1988 – Present      **EMMANUEL COLLEGE, Boston, MA.**  
*Coordinator, Leominster/Woburn Programs Department of Nursing: 1995-2007*  
Coordinate activities in the program including student interviewing, acceptance, registration and advisement. Implement curriculum, mentor adjunct faculty and manage student records. Develop and maintain Mobility Agreements with regional Associate Degree Programs. Conduct information sessions for prospective students. Coordinate clinical placements and liaison with clinical agencies. Assist marketing program.
- Assistant Professor Department of Nursing Course Assignments:*  
NURS3101.01, 08 Concepts of Professional Practice fall, Boston & Woburn, spring, Boston  
NURS3115.01 Contemporary Healing Interventions spring, Boston  
NURS4169.P2 Professional Nursing Roles in the Community Practicum fall, Boston (not offered after fall, 2009)  
NURS3113.01 Diversity in Health Care, fall, Boston & Woburn  
NURS4170.P2 Health Promotion in Nursing Practicum spring, Boston  
NURS4171 Senior Seminar, Quincy, Boston
- 1995 – 2007      *Summer Coordinator Department of Nursing:*  
Coordinate activities of the department; mentor summer faculty; advise students; interview prospective students; transfer credits for accepted students; attend information sessions; respond to urgent department correspondence; respond to department telephone messages and department e-mail.
- 1988 – 1995      *Department of Psychology Course Assignments:*  
PSYCH2405.01 Health Psychology spring, 1995  
PSYCH2401.01 Psychological Principles of Rehabilitation spring, 1993-94  
PSYCH3211.01 Theories of Personality fall, 1992-1994  
PSYCH1201.01 General Psychology 1991-1992, summer II 1995  
PSYCH1302.01 Developmental Psychology fall, 1988-1991  
PSYCH3501.01 Maturity and Old Age spring, 1989-1991
- 1988 – Present      *Advisor, Department of Nursing:* Advise and assist students assigned in program progression and retention  
*Faculty/Curriculum Committee Member Department of Nursing:* Participate in decisions regarding student progression. Assist in decision making regarding faculty and curriculum matters. Facilitate implementation of curriculum. Collaborate with colleagues on faculty development projects. Supervise work study students.
- 1993 – 1996      *Faculty Senate Member:* Participate in review, discussion and voting on matters to faculty and college-wide issues. Secretary, 1994 – 1995.  
2007 - 2008  
1997 – 1999      *Academic Council Member:* Participate in advisement to President on major academic decisions
- 1997 – 1999      *Academic Affairs Committee:* Participate in decisions regarding student petitions.
- 1997 – 1999      *Committee to Review Individualized Majors:* Review/vote on petitions.

- 1987 – 2006 **AHEARN ASSOCIATES, Reading/Falmouth, MA.** *Psychotherapist, private practice.* Conduct individual psychotherapy sessions with adult patients. Diagnoses include affective, anxiety, somatoform, personality and adjustment disorders. Therapy modalities include cognitive restructuring, behavioral therapy and psychodynamic psychotherapy. Refer selected patients to consulting psychiatrists for psychotropic medication evaluation. Attend selected courses and workshops. Participate in peer consultation and supervision group.
- 1993 – 1997 **VNA OF MIDDLESEX EAST, Stoneham, MA.** *Consultant to Psychiatric Nurse Clinical Specialist on Staff.* Case consultation as well as transference/Counter-transference issues addressed. Staff consultation, program planning, Managed Care needs addressed. Conducted in-service education programs.
- 1993 – 1994 **MEADOWRIDGE.MIDDLESEX, Waltham, MA.** *Consultant to Psychiatric Nurse Clinical Specialist.* Case consultation and supervision with emphasis on transference/counter-transference issues.
- 1992 – 1995 **OLSTEN-KIMBERLY HEALTH CARE, Cambridge, MA.** *Psychiatric Nurse Clinical Specialist.* Conduct mental health assessments on newly admitted patients and open cases as referred.
- 1983 – 1987 **LAFAYETTE COUNSELING CENTER, Salem, MA.** *Psychotherapist.* Conduct individual, couple and family psychotherapy with adults and adolescents. Diagnoses include affective, anxiety, somatoform, psychosexual, personality and adjustment disorders. Therapy modalities include cognitive restructuring, behavioral and psychodynamic psychotherapy. Collaboration with colleagues in case analyses and peer supervision. Refer selected patients to consulting psychiatrists for medication evaluation. Attend workshops. Conduct Stress Management Workshops for professional groups.
- 1980 – 1983 **NORTHEASTERN UNIVERSITY, COLLEGE OF NURSING, Boston, MA.** *Northeastern University Counseling Center (January-June 1983).* Part time client caseload psychotherapy services for students with a variety of emotional difficulties. *Curriculum Committee Member (1980-1983).* Participated in planning for changes in the conceptual framework, decision making regarding curriculum issues. Facilitated implementation of new curriculum. *Freshman Advisor (1981-1983).* Assisted freshmen in an assigned section to adjust and adapt to college life. Monitored and advised these students regarding academic life. *Instructor (1981-1983).* Taught introductory baccalaureate nursing course, both large lecture series and small group discussions. Assisted in the development of revised curriculum for these courses based on conceptual framework. *Instructor, (Summer 1981).* Taught Psychiatric Mental Health Nursing in the baccalaureate program, theory and clinical components. *Coordinator/Instructor (1980-1981).* Taught Psychiatric Mental Health Nursing in the associate degree program. Coordinated the closure of the program.
- 1979 – 1981 **TITLE III, PROJECT LEARN, ALLIED HEALTH PROGRAM, MEDFORD CETA CONSORTIUM, Medford, MA.** *Consultant/Teacher.* Designed, organized and implemented curriculum. Assisted in recruitment and development of R.N. teaching staff. Liaison with health care agencies. Taught course content to high school age students, designed clinical rotations, conducted evaluation procedures. Program cited by U.S. Department of Labor as a Model Skills Program.

- 1975 – 1980 **NORTHERN ESSEX COMMUNITY COLLEGE, EVENING NURSING DIVISION, Haverhill, MA.** *Coordinator/Instructor in Physical and Mental Health.* Taught course content and clinical practicum. Coordinated course activities, implemented curriculum, clinical assignments, reviewed examinations and evaluations, and participated in peer review. Participated in various committees.
- 1970 – 1975 **NORTHEASTERN UNIVERSITY, Boston, MA.** *Instructor summer 1975.* Team taught medical surgical nursing course in baccalaureate program including theory and practicum.  
Maternity Leave (Spring 1975)  
*Instructor,* introductory nursing course baccalaureate program (fall 1974)  
LOA to attend graduate school (1973-1974)
- 1970 - 1974 *Instructor,* team taught Fundamentals of Nursing in associate degree program, theory and clinical practicum. Member and Chair Planning Committee for Open Curriculum Program in Nursing. Member Student Appraisal Committee.
- 1970 **NEW ENGLAND DEACONESS HOSPITAL, Boston, MA.**  
Staff nurse surgical intensive care unit. Charge nurse evening/night shifts.
- 1969 – 1970 **SISTERS HOSPITAL, BUFFALO, N.Y.** *Assistant Director Nursing Service.*  
Clinical Supervisor of four medical surgical units and intensive care.
- 1966 – 1969 **ST. MARY’S HOSPITAL, Saginaw, MI.** *Assistant Director Nursing Service.*  
Clinical Supervisor four medical surgical units.  
*Home Care Coordinator.* Planned, developed and implemented role in conjunction with area-wide Community Nursing Services.  
*Member of Board of Directors,* Saginaw VNA; Utilization Review Committee; Planning Committee for Internship of AD Graduates; Nursing Audit Committee; Vice President Saginaw Valley Nurses Association.
- 1961 – 1966 **ST. MARY’S HOSPITAL, Troy, N.Y.**  
*Nursing Supervisor,* Obstetrical Department. (1964-1966)  
*Nursing Supervisor* three Medical Surgical Units and Pediatrics Department. (1961-1964)
- 1960 – 1961 **SACRED HEART HOSPITAL, Cumberland, MD.** *Nursing Supervisor.*  
Two Medical Surgical Units, Operating Room and Emergency Room.

#### **EDUCATION:**

- 1977 Boston University School of Nursing, Boston, MA., M.S. Psychiatric Nursing
- 1973 – 1974 Boston University School of Nursing, Boston, MA. Course work for master’s degree. Clinical experience at Tri-City Mental Health Center, Malden, MA.
- 1960 St. Joseph College, Emmitsburg, MD, B.S. in Nursing.
- 1957 Catherine Laboure School of Nursing, Boston, MA. Diploma in Nursing.

#### **CERTIFICATION:**

- 1981-2006 **ANA Certification No.: 106636** Adult Psychiatric And Mental Health Nursing Clinical Specialist; APRN-BC

**PROFESSIONAL ACTIVITIES:**

1961-Present American Nurses Association, Nurse PAC Member, Rapid Response Network Member; Massachusetts Association of Registered Nurses

1987-2006 Maintain a private psychotherapy practice

1998-Present National League For Nursing, Member

1981-Present Sigma Theta Tau International Honor Society of Nursing  
Gamma Epsilon Chapter, Northeastern University, 1981-1998  
Pi Epsilon Chapter at Large, Regis College/Emmanuel College, 1998-present  
Faculty Counselor 1998-2010; President Elect 2009-2010; President 2010-2012

1997-2003 Psychiatric Nurse Clinical Specialist Peer Supervision Group

1997-2000 Advisory Board North End Community Health Center, Member

1998-2003 St. Athanasius Parish Nurses, Founder and Co-coordinator

2001-Present American Holistic Nurses Association

2003-2004 Member Child Abuse Prevention Team, RCAB

2003-Present Member Citizens Advisory Committee Multiple Sclerosis/Amyotrophic Lateral Sclerosis Research Study Massachusetts Department of Public Health

2006-Present Member Reserve Corp Program of the Office of the Surgeon General

2006-Present Health Care Committee Member, Falmouth Town Democratic Committee

**PRESENTATIONS:**

Spring, 2007 “Teaching Reflective Artistic Expression to RN/BS Students”, International Association For Human Caring Annual Conference, St. Louis, MO

Spring, 2005 “Cool Ways to Chill”, Alcohol Awareness Day for students and staff at Emmanuel College, Boston, MA

January 9, 2004 “Depression and Dementia” Presentation to Retired Men’s Association of Chatham, MA

January 13, 2004 “Protecting God’s Children” Presentation to staff of Student Life and Health Services at Emmanuel College

April 26, 2003 “Protecting God’s Children” as a member of the Child Abuse Prevention Team St. Athanasius Parish, Reading, MA

March 14, 2002 “Parish Nursing”, National Association of Catholic Nurses, Mother Cabrini Chapter, St. Mary’s Parish, Winchester, MA

March 13, 2002 “Therapeutic Touch”, St. Athanasius Parish Nurses, Reading MA

February 11, 2002 “Relaxation Techniques for Care-givers and Care-Recipients”, St. Athanasius Parish, Reading, MA

January 18, 2001 “Therapeutic Touch: A Comfort Measure”, Lahey Clinic Hospital Staff, Burlington, MA as part of a Mind, Body, Spirit Workshop.

Fall, 1998 “Stress Management”, Transitions Course, Emmanuel College, Boston, MA

Spring, 1998 “Wellness Techniques”, Wellness Fair, COF, Boston, MA

**PUBLICATIONS:**

Fall, 2009 “Reflections on a visit to Buchenwald: The value of caring.” Emmanuel Magazine; Newsletter from the Values-Based Education Program

December, 2002 “The Magic of Compassionate Care”, Nursing Spectrum, Vol. 6 No. 25

January, 1999 “Listening with Intent”, Nursing Spectrum, Vol. 3, No. 2

February, 1998 “Caring made a Difference”, Nursing Spectrum, Vol. 2, No. 2