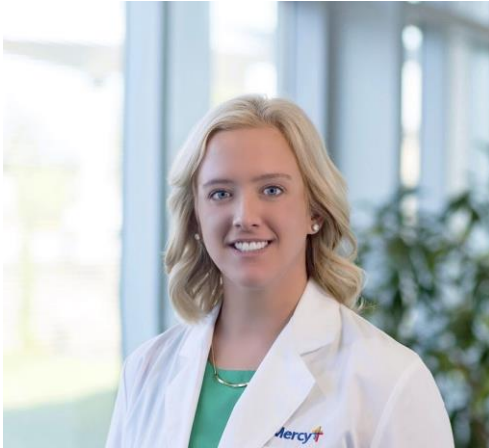




Lindenwood University

Student Health Clinic



Miranda Sander, MSN, PMHNP-BC
Psychiatric Mental Health Nurse Practitioner

Education

Bachelor of Science in Nursing- UMSL
Master of Science in Nursing- Walden University

Certifications

ANCC PMHNP- BC
Crisis Prevention Intervention
CPR, Basic Life Support

Professional affiliations

American Psychiatric Nurses
Association

Areas of professional special interest

Treatment of teens and young adults
Sports Psychiatry
Perinatal Psychiatry

Meet Miranda Sander

Psychiatric Mental Health Nurse Practitioner

Why did you choose psychiatry as your healthcare specialty?

"My nursing experience began in the emergency department where I was exposed to a vast number of specialty areas. I quickly found that slowing down, getting on each patient's level, and hearing their stories was the most rewarding part of the job. Personal experiences with mental health struggles also inspired me to help end the stigma surrounding this area of medicine. I pride myself on establishing deep and longstanding relationships with my patients through building trust, communicating with empathy, calming fears and validating emotions, while also sharing in their successes and providing a sense of hope for a better future."

What is your favorite part of your job?

"I enjoy the challenge of finding relief for someone in the most vulnerable time of their lives. It is incredibly fulfilling to witness how the combination of both medication and behavioral modifications can completely transition someone's outlook on life."

What pieces of advice would you give to every patient?

- "Giving one compliment a day will make you a happier person."
- "Daily sunlight and exercise can replace your need for an antidepressant."

What do you like to do in your free time?

"I am currently enjoying renovating my new home in St. Charles! I also enjoy staying active playing golf and pickleball, hiking, reading Colleen Hoover books, and socializing with family and friends."

"I am thrilled to bring my knowledge and skillset in psychiatry to the Lindenwood students. My hope is that making services more accessible here will allow the various challenges of higher education to feel a little less daunting."

Schedule an appointment with Miranda today!
>>> Call 636-949-4804

