

Dr. Yvonne Marie Creighton

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Assistant Professor, Nursing
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Education

Doctor of Nursing Practice, Maryville University, MO, 2021.

Major: Nursing Practice DNP

Psychiatric Mental Health Nurse Practitioner (Post Master's Certificate). Maryville University, MO, 2019.

Major: PMHNP

Master of Science in Nursing, Austin Peay State University, Tennessee, 2013.

Major: MSN

Bachelor of Science in Nursing, Middle Tennessee State University, Tennessee, 2008.

Major: Nursing

Academic Position

Assistant Professor - Tenure Track, MTSU, School of Nursing. (August 2021 - Present).

Clinical Practice

PMHNP – Odyssey Behavioral Healthcare. Medication management for PHP/IOP programs. (August 2021-present).

Licensures and Certifications

FNP Certification, AANP. (February 6, 2024 - February 5, 2029).

PMHNP Certification, ANCC. (March 25, 2025 - March 24, 2030).

PMHNP Certification, AANP. (August 9, 2024 – August 8, 2029).

APRN License, TN Board of Health. (September 30, 2026).

RN License, TN Board of Health. (September 30, 2026).

Mental Health First Aid, Mental Health First Aid USA. (June 9, 2023 - June 30, 2026).

CPR - BLS, American Heart Association. (January 12, 2024 - January 31, 2026).

Professional Memberships

American Nurses Association

National Association of Nurse Practitioner Faculty

Sigma Theta Tau Honor Society of Nursing

Development Activities Attended

Conference Attendance, "Sigma International Congress 2025," Sigma Nursing, Seattle, WA. (July 17, 2025 - July 20, 2025).

Participant in Grant Writing Program, "Grant Writing Enhancement Program," The Office of Research and Sponsored Programs (ORSP), Murfreesboro, TN, United States of America. (September 2023 – May 2025).

Mentee, "Fostering Human Connections in the Online Environment - Online faculty mentoring community," MTSU Online, Murfreesboro, TN, United States of America. (September 2023 – May 2024).

Continuing Education Program, "2023 NONPF Faculty Workshop: BSN-DNP Entry to Practice," National Organization of Nurse Practitioner Faculties, Washington, DC, United States of America. (March 23, 2023 - March 24, 2024).

Workshop, "Overdose Prevention Training," State of Tennessee, Murfreesboro, TN, United States of America. (February 26, 2024).

Conference Attendance, "2023 NONPF 49th Annual Conference: Momentum and Sustainability in Advancing NP Education," National Organization of Nurse Practitioner Faculties, Washington, DC, United States of America. (April 26, 2023 - April 30, 2023).

Continuing Education Program, "AACN Essentials: Core Competencies for Professional Education," DB Productions of NW AR, Inc., Murfreesboro, TN, United States of America. (January 25, 2023 - February 1, 2023).

Conference Attendance, "2022 NONPF Fall Conference," National Organization of Nurse Practitioner Faculty, Bethesda, MD. (December 1, 2022 - December 2, 2022).

Continuing Education Program, "2022 Virtual NCLEX Conference," National Council of State Boards of Nursing, Chicago, IL. (September 22, 2022).

Conference Attendance, "Sigma International Congress 2022," Sigma Nursing, Edinburgh, United Kingdom. (July 21, 2022 - July 25, 2022).

Seminar, "Next Gen NCLEX (NGN) items/questions and application of the clinical judgement model," MTSU School of Nursing Faculty Services Committee, Murfreesboro, TN, United States of America. (September 2021 - April 2022).

Conference Attendance, "2019 National Forum on Quality Improvement in Health Care," Institute for Healthcare Improvement, Orlando, FL, United States of America. (December 8, 2019 - December 11, 2019).

Workshop, "Item-Writing Workshop," Middle Tennessee State University, Murfreesboro, TN, United States of America. (August 2019).

Workshop, "Writing for Publication: Tips for Success," MTSU School of Nursing, Murfreesboro, United States of America. (August 19, 2019).

Teaching Experience

MSN PROGRAM

NURS 6313, PMH Diagnosis & Management Intensive. 5 credit hours

NURS 6311, PMH Diagnosis & Management I. 6 credit hours

NURS 6211, FNP II Diagnosis & Management II. 6 credit hours

NURS 6604, FNP II Adult Health Clinical. 4 credit hours

NURS 6011, Health Promotion. 3 credit hours

NURS 6012, Diversity & Caring for Special Populations. 3 credit hours

BSN PROGRAM

NURS 3380, Caring Client MH Alterations. 3 credit hours

NURS 3390, Mental Health Clinical. 2 credit hours

NURS 3540, Caring Adult Clients I Clinic. 3 credit hours

NURS 4340, Caring Adult Clients II Clinic. 3 credit hours

NURS 3040, Health Assessment Lab. 1 credit hours

CURRICULUM DEVELOPMENT AND COURSE DEVELOPER

NURS 6310 Psychopharmacology

NURS 6311 PMH Diagnosis & Management I.

NURS 6312 PMH Diagnosis & Management II.

NURS 6313 PMH Diagnosis & Management Intensive.

Non-Credit Instruction

Workshop, Resilience over Harm: Tools for Trauma-informed Pedagogy. 30 participants. (May 2024)

Workshop, Stress Workshop, 5th Semester Pediatric Clinical, 45 participants. (January 2024 – Present, once per semester).

Workshop, Undergraduate students Lunch and Learn, Student Success Committee, 60 participants. (January 2024 – Present, once per semester).

Presentations Given

Creighton, Y. M. (presenter), Lee, D. (presenter), Sigma International Congress 2025, "Increasing Undergraduate Nursing Students' Resilience, Self-Compassion, and Well-Being through Health and Wellness Coaching." Sigma Theta Tau International Honor Society for Nursing, Hyatt Regency Seattle, Seattle, WA. (July 20, 2025).

Creighton, Y. M. (presenter). Sigma Region 8 Conference, "Increasing Undergraduate Nursing Students' Resilience, Self-Compassion, and Well-Being through Health and Wellness Coaching." Sigma Theta Tau International Honor Society for Nursing, Hyatt Regency Seattle, Jackson, MI. (September 20, 2024).

Creighton, Y. M. (presenter), ResilienceCon 2024, "Increasing Undergraduate Nursing Students Resilience, Self-Compassion, and Well-Being," Life Paths Research Center, Scarritt Bennett Center at Vanderbilt University, Nashville, TN, United States of America. (April 15, 2024).

Creighton, Y. M. (presenter), Lee, D. (co-author), Sigma International Congress 2022, "Creating Positive Student Engagement: Motivational Interviewing as Pedagogy in Nursing Education.," Sigma Theta Tau International Honor Society for Nursing, Edinburgh International Conference Center, Edinburgh, United Kingdom. (July 21, 2022).

Contracts, Grants and Sponsored Research

Creighton, Y. M. (Principal), Lee, D. A. (Co-Principal), "Outcomes for Baccalaureate Nursing Students Receiving Health and Wellness Coaching Intervention," Sponsored by MT-IGO, Middle Tennessee State University, \$10,000.00. (August 2024 – May 2026).

Research Currently in Progress

"Outcomes for Baccalaureate Nursing Students Receiving Health and Wellness Coaching Interventions" (On-Going). (September 2023 - May 2026).

Abstract. There is a nursing shortage in the United States, with worsening projections over the next ten years. Reasons for the shortage are multifactorial and include both individual and institutional causes. A majority of nurses express feelings of stress, fatigue, and frustration which contribute to burnout and leaving the profession, worsening an already pressing problem. Nursing students are entering a complex healthcare field that they may be unprepared for. They experience stressors in school that may even prevent them from completing school and entering the profession. Seeing the need to address this issue while students are in the throes of their nursing studies, a health and wellness coaching option for students was implemented as a component of a second semester nursing clinical course. Health and wellness coaching is an intervention that uses evidence-based practices to promote positive change and support participant well-being. Over the last several years offering health and wellness coaching to second semester nursing students, surveys demonstrate satisfaction with coaching. A one-time, lump sum donation to the School of Nursing has provided a mechanism for students to continue coaching beyond the second semester should they desire to do so. The proposed research study will quantitatively assess the effect of health and wellness coaching on participants' well-being, resilience, and self-compassion as well as determining if there is a dose-related effect, i.e., does more health coaching improve those measures? The purpose of this study is to examine the effect of a health and wellness coaching intervention on the resilience, well-being, and self-compassion of undergraduate nursing students. The question for this research is: Does participating in health and wellness coaching

increase resilience, well-being, and self-compassion for baccalaureate nursing students? The overall aim of this initial research study is to improve resilience, well-being, and self-compassion in undergraduate nursing students. Future studies will include following undergraduate students into the nursing workforce and expanding the research to include graduate nursing students with the overarching goal of preventing/reducing nurse burnout and nurses leaving the profession.

Creative Activities

“Resiliency Training Programme.” (August 2024-Present). Collaborating with faculty from Manchester Metropolitan University in the UK to develop a resilience training program for nursing students here at MTSU. Projected implementation date fall 2025. The impact of working in a helping profession with people who are distressed and may have experienced trauma can adversely affect professionals. However, training aiming to prepare professionals is limited and done on an ad-hoc basis and usually only in certain professions. We have acknowledged this gap, and building a resilience programme which meets the needs of helping professionals who work in demanding environments with people and may be exposed to secondary trauma. The programme contains an in-depth psychoeducational component which discusses secondary trauma, the impact of working with multiple stressors window of tolerance, and protective and risk factors associated with wellbeing in helping professionals. The programme considers resilience through a holistic and practical lens which is utilised to help trainee professionals build pools of resilience to prepare them for the world of work.

“Trauma-Informed Pedagogy Across the Disciplines Faculty Learning Community.” (September 2024-June 2025). Our FLC is interested in intervening in the larger nationwide and international conversation on trauma in university settings. According to the latest statistics published by the Rape, Abuse, & Incest National Network (RAINN), thirteen percent of all undergraduate and graduate students experience rape or sexual assault.[1] Suicide is among the leading causes of death for college students. Meanwhile, many students are forced to juggle their schoolwork while having to contend with poverty, family responsibilities, and a job. Students enter our classrooms with the weight of past and current traumas. They also encounter difficult content in many of the classes we teach. This FLC is a way to consider how trauma functions in a university setting with a particular eye towards teaching traumatic content and engaging with traumatized students. As part of our yearlong study, we will begin by researching trauma informed pedagogy across the disciplines, considering how departments teach traumatic content and what we can learn from our differences. We will also consider what to say or do in a classroom environment if a traumatic incident occurs to one of our students or happens elsewhere on campus. Our goal is to share our research through an on-campus workshop and an international symposium held at the end of the spring semester. This FLC welcomes faculty members and staff from all disciplines and ranks. We will meet once a month throughout the year, alternating between zoom and in person meetings. Preference will be given to faculty who teach traumatic content in their courses. At the conclusion of the academic year, the FLC conducted a faculty workshop where we presented the results of our work.

Co-Planner for Mental Health Training Clinic at MTSU, Joint Effort between Psychology, Social Work, and Nursing at MTSU, Murfreesboro, TN. (December 7, 2023 - Present). Joint Effort between Psychology, Social Work, and Nursing at MTSU Collaborating on writing a proposal with clinical psychology, social work, and nursing (all under College of Behavioral and Health Sciences at MTSU) for a mental health training clinic to serve the mental health needs of the MTSU student population and eventually the greater Middle Tennessee community as well as serve as a training center for masters level nursing, clinical psychology, and social work students.

“Motivational Interviewing as Pedagogy in Higher Education Faculty Learning Community.” (September 2021 - August 2022). This FLC is exploring the use of MI in higher education as a means of improving student engagement. The members of the FLC are in the process of writing a manuscript for submission to a Scholarship of Teaching and Learning Journal, with an eventual goal of creating a one hour presentation of our results through the Learning Teaching & Innovative Technologies (LT&ITC) Center in the 2022-2023 Academic Year.

University Service

Committee Chair, SON Faculty Success Committee. (September 2023 - Present).

Committee Chair, SON Student Success Committee. (August -May

Committee Chair, SON Admissions Committee. (August 2021 - May 2023).

Member, SON Program Effectiveness Committee. (August 2021 – Present).

Member, SON Curriculum Committee. (September 2020 - Present).

Member, CBHS Curriculum Committee (August 2024-Present)

Member, University Instructional Technology Committee (TAF). (September 2023 – May 2026).

Member, University Relations Committee. (September 2023 - May 2025).

Member, Faculty Learning Community – Trauma Informed Pedagogy (August 2024 - May 2025).

Member, Faculty Learning Community - Motivational Interviewing. (August 2021 - May 2022).

Advisor, Student Nurses Association (SNA). (August 2019 - May 2021).

Professional Service

President, Xi Alpha Chapter of Sigma Nursing, Murfreesboro, TN. (August 2023 – May 2025).

Moderator, Sigma International Congress 2025, Seattle, WA. (July 19, 2025).

Committee Chair, Psychiatric Special Interest Group (SIG) of National Association of Nurse Practitioner Faculty (NONPF), Washington, DC. (April 2022 – August 2024).

Video Presentation for "Learning and Communicating about Aging and Brain Health", Health Enhancement Research Organization (HERO) Think Tank, Nashville, TN. (February 18, 2024).

Secretary, Xi Alpha Chapter of Sigma Nursing, Murfreesboro, TN. (August 2021 - May 2023).

Abstract Reviewer, NONPF 2023 Annual Conference, Washington, DC. (October 2022 - November 2022).

Moderator, Sigma International Congress 2022, Edinburgh, Scotland. (July 21, 2022).

Public Service

Organizer, Donations to MTSU Food Pantry, Xi Alpha Chapter of Sigma and MTSU School of Nursing Student Nurses Association, Murfreesboro. (October 2023 - Present).

Judge, Amazing Shake, Walter Hill Elementary School, Murfreesboro, TN. (May 2022, 2023, 2024).

Medical Volunteers Lead, Multiple Sclerosis Society's Jack and Back Bike Ride Fundraiser, Franklin, TN. (October 1, 2019 - Present).

Organizer, MTSU School of Nursing Covid Vaccination Clinic, Murfreesboro, TN. (December 2020 - March 2021).

Awards and Honors

The Daisy Award for Extraordinary Nursing Faculty, the DAISY Foundation. (April 2025).

Nominated for The Daisy Award for Extraordinary Nursing Faculty, the DAISY Foundation. (April 2022).

Volunteer of the Year, Multiple Sclerosis Society. (October 2022).

MTSU Person Who Made a Difference, MTSU Student Affairs. (May 19, 2021).