

CARA T. HOEPNER, MS, RN, CS, PMHNP-BC

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PROFILE

Birthplace	Los Alamitos, California	
Citizen of	USA	
Business Address	Cara T Hoepner 4 Embarcadero Center Suite 1400 San Francisco, CA 94111	t 415.967.3921 f 415.426.2002 cara@baypsych.com www.baypsych.com

EDUCATION & TRAINING

University of California, San Francisco	MS, Nursing Minor, trauma studies	2005–2008
University of California, San Francisco	Masters Entry Program in Nursing	2004
Carnegie Mellon University, Pittsburgh, PA	BFA, Theatrical Design	1986–1990

HONORS

Sigma Theta Tau, Nursing Honor Society	University of California, San Francisco	2005
BFA, Theatrical Design, magna cum laude	Carnegie Mellon University	1990

LICENSURE & CERTIFICATION

National Board Certification, Adult Psychiatric Mental Health Nurse Practitioner	2009
Nurse Practitioner licensure, California	2008
Clinical Nurse Specialist licensure, California	2008
Nurse Practitioner Furnishing License	2008
Drug Enforcement Administration license for controlled substances	2008
Registered Nurse licensure, California	2005

PROFESSIONAL ACTIVITIES

Gateway Psychiatric Services Psychiatric Nurse Practitioner	San Francisco, CA	2025
<ul style="list-style-type: none">Comprehensive psychiatric assessment and treatment services, combining evidence-based medication management with holistic wellness approaches. Offering individualized therapeutic support integrating conventional and complementary medicine strategies, personal development coaching, and goal-directed counseling within a collaborative, recovery-focused framework.Specializing in mood, anxiety, trauma, and attention-deficit challenges, and their intersection with sleep, substance use, and lifestyle/wellness factors		
Bay Area Psychiatric Private Practice of Psychiatry	San Francisco, CA	2012–2024
<ul style="list-style-type: none">Psychiatric evaluation and consultation; pharmacologic management inclusive of traditional and integrative medicine approaches, lifestyle and wellness coaching, and solution-focused psychotherapy with a client-focused, mental health recovery-oriented approach		

<p>Dore Urgent Care Clinic Psychiatric Nurse Practitioner</p> <p>An alternate to traditional psychiatric emergency services, Progress Foundation’s 24-hour social model psychiatric urgent care clinic provides treatment and respite to an urban population largely characterized by histories of chronic mental illness, trauma, and substance use. In my role I provided:</p> <ul style="list-style-type: none"> ▪ Psychiatric evaluation, physical examination, and medication management for medically and psychiatrically complicated clients ▪ Management of an interdisciplinary team of licensed health care professionals and mental health counselors ▪ Collaboration and coordination with San Francisco's diverse network of public and private health care organizations, for housing and health care resources 	<p>San Francisco, CA</p>	<p>2008–2015</p>
<p>Cara Hoepner Design</p> <p>Art direction, production design, and architectural services</p> <ul style="list-style-type: none"> ▪ Designed and supervised construction and installation of scenery for theatrical, television, film, and video productions ▪ Hired, coordinated, and supervised artists and design professionals on an eclectic array of projects ▪ Met challenging schedules and budgetary restrictions consistently and effectively ▪ Served a range of demanding clients with flexibility and with a focus on collaboration ▪ Administered business and office procedures, including accounting and database management. Designed and implemented department procedures ▪ Recipient of a range of design awards, and a valued member of the theatrical community ▪ Collaborative design of retail stores, exhibit/display design, themed entertainment projects ▪ Architectural design services – remodels and additions for large number of private residences 	<p>Los Angeles, CA</p>	<p>1989–2002</p>

PUBLIC SERVICE

<p>Depression Bipolar Support Alliance (DBSA) Medical Advisor</p> <p>Guidance and education in service of the board of directors of this peer-led advocacy organization</p>	<p>San Francisco, CA</p>	<p>2012–2018</p>
<p>National Alliance on Mental Illness (NAMI) Special advisor to the Board of Directors</p>	<p>San Francisco, CA</p>	<p>2009–2016</p>
<p>National Alliance on Mental Illness Member, Board of Directors</p> <p>Undertook program development for NAMI's family- and peer-focused community-based programs</p>	<p>San Francisco, CA</p>	<p>2005-2009</p>
<p>In Our Own Voice (IOOV) Speakers Bureau Director</p> <p>IOOV enables mental health consumers to share with the community their compelling personal stories of living with mental illness and achieving recovery</p> <ul style="list-style-type: none"> ▪ Established the program for NAMI’s San Francisco affiliate ▪ Oversaw training and management of speakers and arrangement of engagements 	<p>San Francisco, CA</p>	<p>2006-2009</p>

TEACHING

Samuel Merritt College Guest Instructor Facilitation of a twice-yearly seminar for undergraduate nursing students on the lived experience of mental illness	Oakland, CA	2011–2021
Baywell Psychiatric Group Clinical supervisor and consultant Interactive lecture and seminar series for the practice’s psychiatrists on psychopharmacology	San Francisco, CA	2015, 2017
Langley Porter Psychiatric Institute Bipolar Psychoeducation Group Lecturer Led interactive roundtable lecture and discussion sessions on topics including therapeutic alliance and sleep for this twice-yearly psychoeducation group	San Francisco, CA	2010–2011
OASIS – Office of Self Help Health Educator Led weekly mental and physical health education groups and held drop-in office hours at a peer-led community center	San Francisco, CA	2007–2008

AREAS OF INQUIRY

- Temperament, cognitive deficits, and subthreshold symptomatology as barriers to global interepisode functioning and as hallmarks of disease subtype in bipolar spectrum disorders
 - Inflammation as a root cause underlying multisystem disease processes; bipolar disorder as a multisystem inflammatory disease; chronic inflammation as an outcome of childhood adversity
 - Pathophysiology, neuroanatomy, and development of psychopathology in context of early trauma and neglect
 - Neuroprotective value of lithium, omega-3 fatty acids, and n-acetylcysteine
 - Utility of low-dose naltrexone in treatment of rumination and autoimmune disease
 - Foundational health habits and adaptogenic compounds: hormesis and immune system support as axes of influence in anxiety and cognition
 - Addressing tolerance, length of therapeutic action time, and side effects of amphetamines with NMDA antagonists
 - Oppositional tolerance: characterization and treatment of post-acute antidepressant withdrawal syndromes
 - NMDAR as a therapeutic target for mood, cognition, impulsivity, and compulsivity
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INVITED PRESENTATIONS

- Talks given for several organizations, including NAMI and DBSA chapters and affiliates, American Mensa’s National and Regional Gatherings, the UCSF School of Nursing, independent hospitals and clinics, the Ivan Goldberg Psychopharmacology Listserv
- 2005–2025
- A Good Night’s Sleep – a four-part series on sleep architecture and disorders, etiology of problems, with allopathic, integrative, and lifestyle-oriented solutions
 - Beautiful Dreamer – Getting a Good Night’s Sleep – a 6-part series on sleep and its pathologies, and treatment
 - Inflammation and Depression: A Biopsychosocial Challenge

- Evidence-Based Medicine and Psychotherapies for Bipolar Disorders
- Infusing Recovery into Mental Health Treatment
- Work With Me, Not On Me: Therapeutic Alliance and Partnership
- Wellbeing and Recovery: a whole-person approach to achieving wellbeing while living with mental illness
- Recovery from Depression: a whole-person approach to achieving wellbeing while living with depression
- When a Loved One Lives with Mental Illness
- Medication, Self-medication, or None of the Above – Why 50% of us Mess with our Meds
- Mental Health Q&A: Meds, Therapy, Lifestyle and more

National Association for Continuing Education	San Francisco, CA and Seattle, WA	2017
Making a Difference in ADHD: Screening and Treating for Primary Care		
National Alliance on Mental Illness	San Francisco, CA	2011
Interview with Liz Saint John of CBS Local on NAMI, and the epidemiology, diagnosis, and treatment of mental illness		
National Alliance on Mental Illness	San Francisco, CA	2006–2010
Speakers Bureau		
Educating consumers, families, clinicians, law enforcement, faith communities, students and educators, and community/civic organizations on the lived experience of mental illness and recovery		
Langley Porter Residency Training Program	San Francisco, CA	2006
<ul style="list-style-type: none"> ▪ Utility of Omega 3 Fatty Acids in Mood Disorders ▪ Light Therapy for Mood and Eating Disorders 		
San Francisco Department of Public Health	San Francisco, CA	2005
Expert Panel		
Forums on Proposition 63 and Unmet Need		

PUBLICATIONS

Books

- Hoepner CT, Zetin M. Depression and Dysthymia. In Aminoff MJ, Daroff RB, ed. Encyclopedia of the Neurological Sciences, 2nd ed. Oxford. Cambridge, MA: Academic Press; 2014.
- Zetin M, Hoepner CT, Kurth J. *Challenging Depression: the Go-To Guide for Clinicians and Patients*. New York, NY: W. W. Norton & Company; 2010.

Refereed Journal Articles

- Hoepner CT, McIntyre R, Papakostas G. Impact of Supplementation and Dietary Management on Pathogenic Processes of Mood Disorders: A Review of the Evidence. *Nutrients*. 2021;13(3):767-792
- Hoepner CT. OTC Agents for Depression, Anxiety, and Insomnia. *The Carlat Psychiatry Report*. 2013;11(7):1-3.
- Zetin M, Hoepner CT. The Patient with Depression, Part One: Real-World Treatment Options for Unipolar Major Depression; Category 1 CME. *Psychiatr Times*. 2008;(10)7:30-39.
- Zetin M, Hoepner CT. The Patient with Depression, Part Two: Real-World Treatment Options for Bipolar Depression; category 1 CME. *Psychiatr Times*. 2008;(10)7:19-29.
- Zetin M, Hoepner CT. Relevance of Exclusion Criteria in Antidepressant Clinical Trials. A Replication Study. *J Clin Psychopharmacol*. 2007;27(3):295-301.
- Zetin M, Hoepner CT. Rational Antidepressant Selection: Applying Evidence-Based Medicine to Complex Real-World Patients. *Psychopharmacology Bull*. 2006;39(1):38-104.

Non-Refereed Articles

Alva G, Bera RB, Hoepner CT. Diagnostic and Management Considerations in Women with Bipolar Depression. *Current Psychiatry*. 2018;20(1).

Bera RB, Burt VK, Cohen SA, Hoepner CT, Knoblich PJ, Maguire GA. Collaborative Care in Bipolar Depression: Thought Leaders Report from the Pacific Region of the United States. *Current Psychiatry*. 2016;18(6).

Hoepner CT, Maheady D. Success Strategies for Nursing Students with Mental Illness. *Minority Nurse*. 2013;1(1). <https://minoritynurse.com/success-strategies-for-nursing-students-with-mental-illness/>. Accessed August 8, 2013.

INDUSTRY

Eisai Co., Ltd. Consultant	2020–2021
Ironshore Pharmaceuticals Speakers Bureau	2019–2020
Shire Pharmaceuticals Speakers Bureau, Consultant	2016–2018
Sunovion Pharmaceuticals, Inc. Speakers Bureau, Consultant	2016–2018
Takeda Pharmaceuticals U.S.A., Inc. and Lundbeck LLC Consultant	2017, 2023

SCIENTIFIC MEETING ATTENDANCE (past 7 years)

Nevada Psychiatric Association Psychopharmacology Update	2011, 2015–2023
US Psych Congress	2011–2024
American Society of Clinical Psychopharmacology	2023
Integrative Medicine for Mental Health, Annual Conference	2017–2022, 2024
American Psychiatric Association Annual Meeting	2009, 2013–14, 2016-21, 2023-24
Evolution of Psychotherapy	2014, 2017, 2023
American Professional Society of ADHD and Related Disorders (APSARD)	2017, 2019
Institute of Functional Medicine Annual International Conference	2017
LDN Conference, LDN Research Trust	2017

MEMBERSHIPS

American Professional Society of ADHD and Related Disorders (APSARD)	2017–2025
Depression and Bipolar Support Alliance	2003–2025
National Mental Health Association (NMHA)	2009–2025
National Alliance on Mental Illness	2004–2025
Neuroscience Education Institute	2006–2013
Art Directors’ Guild Local 876, International Alliance of Theatrical and Stage Employees (IATSE)	1995–2003
United Scenic Artists Local 829 (IATSE)	1994–2000

INTERESTS

Theatre, modern art and design, jazz and classical music, hiking, travel, good food with great friends