

Semira Semino-Asaro, PhD, PMHNP-BC

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EDUCATION

MSN, Psychiatric-Mental Health Nurse Practitioner	2017
University of San Diego, Hahn School of Nursing and Health Science, San Diego, CA Clinical focus: UCSD Outpatient Psychiatry, Women's Reproductive Mental Health Program	
PhD, Nursing	2015
University of Massachusetts Boston, College of Nursing and Health Sciences, Boston, MA Dissertation: <i>Relationship between maternal self-reported subjective experience and observed maternal gaze and affect at 16, 24, and 43 weeks postpartum: The case for multiple measurements</i>	
Post-Graduate Fellowship Certificate, Infant-Parent Mental Health	2012–2014
University of Massachusetts Boston, Department of Clinical Psychology, Boston, MA	
MS, Psychiatric-Mental Health Nursing	1990
University of Arizona, College of Nursing, Tucson, AZ Thesis: <i>Integrating the experience of institutionalization: Subjective perceptions of nursing home residents</i>	
Certificate in Gerontology	1989
University of Arizona, Department of Anthropology, Tucson, AZ	
BSN, summa cum laude	1986
Boston College, School of Nursing, Chestnut Hill, MA	

LICENSURE AND CERTIFICATION

Board Certification, Psychiatric-Mental Health Nurse Practitioner (PMHNP-BC), ANCC, #2017014358	
Nurse Practitioner (PMHNP) Licensure: California #95007915; New York; New Jersey; Arizona (pending)	
Certification in Dyadic Therapy, Newton Center for Affect Regulation, San Diego, CA	2021–2022
Perinatal Mood and Anxiety Disorders: Components of Care, Postpartum Support International	2016

ACADEMIC APPOINTMENTS

University of San Francisco	
School of Nursing and Health Professions, San Francisco, CA	
<i>Associate Professor (Full-Time, Tenure-Track)</i>	August 2026–Present
<i>Adjunct Faculty, Psychiatric-Mental Health Nurse Practitioner (PMHNP) Program</i>	Summer 2026
Pacific College of Health and Science	Dec 2021–Jun 2022
Online Holistic Nursing Program	
<i>Core Faculty, RN-BSN and MSN Programs</i>	
• Taught nursing theory and professional role courses online, with synchronous webinars; served on program committees.	
University of San Diego	Jan 2015–May 2021
Hahn School of Nursing and Health Science, San Diego, CA	
<i>Associate Professor</i>	
• Course Co-Lead and Simulation Lab Faculty, Psychiatric-Mental Health Nurse Practitioner Program • Course Lead, Philosophy of Reflective Practice; Course Co-Lead, DNP Scholarly Seminar (Doctor of Nursing Practice Program)	

- Course Lead, Nursing Practice with Psychiatric-Mental Health Clients (Master's Entry Program in Nursing)
- Guest Lecturer, Family Nurse Practitioner Program
- DNP Scholarly Project Chair; PhD Dissertation Committee Member
- Delivered didactic content in person, hybrid, and online formats

Quincy College

2007–2010

Associate Degree Nursing Program, Quincy, MA

Nursing Instructor

- Taught lecture, lab, and clinical practicum for Maternal-Newborn Nursing and Nursing Fundamentals; supervised clinical groups of 7–8 students in Boston-area hospitals; student advisement.

University of Massachusetts Boston

Spring 2013

College of Nursing and Health Sciences, Boston, MA

Teaching Practicum, Growth and Development (undergraduate nursing)

University of Arizona

1990

College of Nursing, Tucson, AZ

Clinical Teaching Assistant, Psychiatric-Mental Health Nursing (undergraduate BSN)

CLINICAL PRACTICE

Mavida Health, Los Angeles, CA (Telehealth)

Apr 2024–Present

Psychiatric-Mental Health Nurse Practitioner

- Perinatal mental health: medication management, individual and group psychotherapy, and psychoeducation; case presentations and treatment rounds; mentor to newly hired nurse practitioners.

Myndfull Care, San Diego, CA

Sep–Nov 2023

Psychiatric-Mental Health Nurse Practitioner — Neurofeedback services in long-term care facilities.

Semira Semino-Asaro Nursing, Inc., La Mesa, CA

Oct 2021–Apr 2023

Psychiatric-Mental Health Nurse Practitioner, Private Practice — Perinatal and general mood and anxiety disorders; infant-parent mental health.

Health Dialog, Boston, MA and Phoenix, AZ

2004–2007

Clinical Program Manager, Chronic Conditions and Special Projects; Health Coach, Care Management

- Supervised 20 health coaches delivering telephonic chronic disease education (diabetes, asthma, COPD, CHF, CAD); led new-hire training.

Registered Nurse Experience (1986–2005)

2002–2005 Scottsdale Healthcare Shea, Scottsdale, AZ — Prenatal Education; Family Birthing Center

1996–1997 Mount Sinai Medical Center, New York, NY — Couplet Care

1991–1994 New York Hospital–Cornell Medical Center, New York, NY — Level III NICU; Payne Whitney Clinic (Adolescent/Adult Psychiatry)

1990–1991 Sonora Desert Hospital, Tucson, AZ — Women's, Child, and Adolescent Psychiatry

1986–1987 St. Vincent's Hospital and Medical Center, New York, NY — Intermediate Coronary Care

FUNDED RESEARCH

Principal Investigator

2016–2017

Barriers and Facilitators to Perinatal Mood Disorders in Military Spouses. University of San Diego Faculty Research Incentive Fund, Beyster Institute for Nursing Research. Co-Investigators: C. D. Connelly, T. Nguyen, A. Reminick. USD–UCSD Maternal Mental Health Research Collaborative. Qualitative study.

Co-Investigator 2016–2018
Veterans' Action League (3302-UCD). PI: C. Krause-Parello, University of Colorado Anschutz Medical Campus. Multi-state project developing an interactive resource toolkit for veterans, community organizations, and providers.

Principal Investigator 2014
Doctoral Dissertation Research Grant, Office of Graduate Studies, University of Massachusetts Boston.

RESEARCH EXPERIENCE

Research Assistant 2013–2014
Child Development Unit (E. Tronick), University of Massachusetts Boston

Research Trainee 2013–2014
Newborn Medicine, Brigham and Women's Hospital, Boston, MA

Health Policy Intern 2012
Joint Committee on Health Care Financing, Office of State Senator Richard T. Moore, Massachusetts State House

Project Coordinator/Research Assistant 2011–2012
Cambodian-American Health Project, University of Massachusetts Boston

Research Assistant 2010–2011
Childhood Obesity Prevention Projects, University of Massachusetts Boston

Research Associate 1990–1991
Federally funded studies on depression in older adults and nursing instrument development, University of Arizona

PUBLICATIONS

Peer-Reviewed Journal Articles

Nguyen, T., **Semino-Asaro, S.**, Reminick, A. M., Rukaj, A. T., & Connelly, C. D. (2023). Barriers to and facilitators of military spouses' recovery from perinatal mental health disorders: A qualitative study. *Journal of Military, Veteran and Family Health*, 9(4), 77–87.
<https://doi.org/10.3138/jmvfh-2022-0067>

Vignato, J., Connelly, C. D., Bush, R. A., Georges, J. M., **Semino-Asaro, S.**, Calero, P., & Horwitz, S. M. (2018). Correlates of perinatal post-traumatic stress among culturally diverse women with depressive symptomatology. *Issues in Mental Health Nursing*, 39(10), 840–849.
<https://doi.org/10.1080/01612840.2018.1488313>

Lee, H., Kiang, P., Kim, M., **Semino-Asaro, S.**, Colten, M. E., Tang, S. S., Chea, P., Peou, S., & Grigg-Saito, D. C. (2015). Using qualitative methods to develop a contextually tailored instrument: Lessons learned. *Asia-Pacific Journal of Oncology Nursing*, 2(3), 192–202.
<https://doi.org/10.4103/2347-5625.158018>

Lee, H., Kiang, P., Tang, S. S., Chea, P., Peou, S., **Semino-Asaro, S.**, & Grigg-Saito, D. C. (2015). Khmer American mothers' knowledge about HPV and HBV infection and their perceptions of parenting: My English speaking daughter knows more. *Asian Nursing Research*, 9(2), 168–174.
<https://doi.org/10.1016/j.anr.2015.03.001>

Book Chapters

Hayman, L. L., **Semino-Asaro, S.**, & Stuart-Shor, E. (2013). Secondary prevention: It's a family affair. In J. M. Rippe (Ed.), *Lifestyle medicine* (2nd ed., pp. 1113–1120). CRC Press.

Dissertation

Semino-Asaro, S. (2015). *Relationship between maternal self-reported subjective experience and observed maternal gaze and affect at 16, 24, and 43 weeks postpartum: The case for multiple measurements* [Doctoral dissertation, University of Massachusetts Boston].

PRESENTATIONS

Semino-Asaro, S., Oreck, S., & Gliske, K. (2026, March). *Contextualizing prescribing decisions through data and milestones: A specialized perinatal mental health model* [Podium presentation]. California Association for Nurse Practitioners 48th Annual Educational Conference, San Diego, CA, United States.

Nguyen, T., **Semino-Asaro, S.,** Connelly, C. D., Reminick, A., & Rukaj, A. (2017, November). *Military families and perinatal mood and anxiety disorders* [Poster presentation]. Third Biennial Perinatal Mental Health Conference, Chicago, IL, United States.

Semino-Asaro, S., Hayman, L. L., Shi, L., Snidman, N., & Tronick, E. (2017, October). *Association of maternal self-report and observational data during the postpartum period: The case for subjective and behavioral measures* [Podium presentation]. American Psychiatric Nurses Association 31st Annual Conference, Phoenix, AZ, United States.

Nguyen, T., **Semino-Asaro, S.,** Reminick, A., Rukaj, A., & Connelly, C. D. (2017, October). *Perinatal mood and anxiety disorders in military spouses: How to better support military families* [Poster presentation]. American Psychiatric Nurses Association 31st Annual Conference, Phoenix, AZ, United States.

Semino-Asaro, S., Connelly, C. D., Nguyen, T., Reminick, A., & Rukaj, A. (2017, April 19–22). *Perinatal mood and anxiety disorders: Considerations in military families* [Poster presentation]. Western Institute of Nursing 50th Annual Communicating Nursing Research Conference, Denver, CO, United States.

Reisman, A., Scheffler, A., Fry-Bowers, E., & **Semino-Asaro, S.** (2017, April 27). *A call for greater practical end-of-life and palliative care education in nursing curricula: A skills-based approach* [Poster presentation]. University of San Diego Hahn School of Nursing and Health Science Graduate Research Day, San Diego, CA, United States.

Reminick, A., **Semino-Asaro, S.,** Connelly, C. D., Nguyen, T., & Rukaj, A. (2017, March). *Perinatal mood and anxiety disorders: Special considerations for military spouses* [Poster presentation]. 7th World Congress on Women's Mental Health, Dublin, Ireland.

Nguyen, T., **Semino-Asaro, S.,** Connelly, C. D., Reminick, A., & Rukaj, A. (2017, March). *Perinatal mood and anxiety disorder in military spouses* [Poster presentation]. California Association for Nurse Practitioners 40th Annual Educational Conference, San Francisco, CA, United States.

Semino-Asaro, S., Connelly, C. D., Nguyen, T., Reminick, A., & Rukaj, A. (2016, August 28). *Perinatal mood and anxiety disorders in military spouses* [Poster presentation]. Annual Mental Health Collaborative Networking Event, San Diego, CA, United States.

Semino-Asaro, S., Reminick, A., Nguyen, T., Rukaj, A., Ilfeld, A., & Connelly, C. D. (2016, June 25). *Postpartum depression in the military* [Symposium]. Postpartum Support International Annual Conference, San Diego, CA, United States.

Semino-Asaro, S. (2016, February). *How can early mother-infant interaction research inform child abuse prevention programs?* [Invited presentation]. National Association of Pediatric Nurse Practitioners Continuing Education Event.

Semino-Asaro, S., & Hayman, L. L. (2015, August). *Association between maternal self-report and behavioral data at three postpartum points* [Podium presentation]. Mixed Methods International Research Association Regional Conference.

- Semino-Asaro, S.,** Hayman, L. L., Tronick, E., Snidman, N., & Shi, L. (2015, April). *Association of maternal self-report and behavioral data at three points postpartum* [Poster presentation]. Western Institute of Nursing 48th Annual Communicating Nursing Research Conference.
- Banella, F., Balest, L., DiCorcia, J., Duffy, E., Newell, D., **Semino-Asaro, S.,** Snidman, N., & Tronick, E. (2014, May). *Do infants really have an implicit relational knowing?* [Paper presentation]. 19th International Association of Psychology and Psychiatry for Adults and Children Conference.
- Semino-Asaro, S.,** DiCorcia, J., Snidman, N., Tronick, E., Hayman, L. L., Shi, L., & Potenzzone, K. (2014, April). *Maternal subjective experience and observed affective exchanges in mother-infant dyads: The case for multiple measurements* [Poster presentation]. Eastern Nursing Research Society 26th Annual Scientific Sessions.
- Semino-Asaro, S., &** Hayman, L. L. (2012, November). *The Affordable Care Act and health disparities: Preventive health and community-based services* [Poster presentation]. 2nd Annual UMass CCTS Community Engagement and Research Section Symposium.
- Semino-Asaro, S.** (2012, May 10). *Health reform in action: A demonstration project to integrate care for dual eligibles in Massachusetts* [Paper presentation]. University of Massachusetts Boston College of Nursing and Health Sciences Research Day, Boston, MA, United States.
- Lee, H., Chea, P., Kiang, P., **Semino-Asaro, S.,** & Tang, S. (2012, March). *Methodological issues in measuring the biobehaviors of Cambodian Americans* [Poster presentation]. Eastern Nursing Research Society 24th Annual Scientific Sessions.

HONORS AND AWARDS

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| 2014 | Arlyne Barnett Doctoral Student Scholarship Dissertation Award, Sigma Theta Tau, Theta Alpha Chapter |
| 2013 | Ann Kibrick Award for Academic Excellence in Nursing, University of Massachusetts Boston |
| 2013 | Graduate Assistance in Areas of National Need (GAANN) Fellowship, University of Massachusetts Boston |
| 1990 | Nightingale Award; Professional Nurse Traineeship, University of Arizona College of Nursing |
| 1986 | Alumni Award for General Excellence in Baccalaureate Nursing, Boston College |
| 1986 | Alpha Sigma Nu, Jesuit Honor Society, Boston College
Sigma Theta Tau International Honor Society of Nursing |

PROFESSIONAL SERVICE

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| Board Member and Development Chair, | Postpartum Health Alliance, San Diego, CA | 2017–2018 |
| <ul style="list-style-type: none"> • Supported a funded 2017 Kaiser Permanente Community Benefit Grant for maternal mental health outreach. | | |
| Member, | Faculty Affairs Committee, University of San Diego Hahn School of Nursing | 2016–2020 |

PROFESSIONAL MEMBERSHIPS

American Psychiatric Nurses Association; American Nurses Association; International Society of Psychiatric-Mental Health Nurses; California Association for Nurse Practitioners; Postpartum Support International; Association for Infant Mental Health; American Holistic Nurses Association; Sigma Theta Tau International