

Emma Balkin, MSN, PMHNP-BC
Philadelphia, PA

Education

University of Pennsylvania, Philadelphia, PA
PMHNP Track

Master of Science, August 2025

University of Pennsylvania, Philadelphia, PA
Major: Nursing (Honors: summa cum laude)

Bachelor of Science, December 2023

Colby College, Waterville, ME

Major: Psychology: Neuroscience (Honors: Distinction in Psychology)

Bachelor of Arts, May 2021

Professional Experience

Director of Psychiatric Services, *The Center for Emotional Health of Greater Philadelphia*, Cherry Hill, NJ
June 2026-Present

Board-certified Psychiatric Mental Health Nurse Practitioner (PMHNP-BC) providing evidence-based psychiatric assessment, diagnosis, and medication management across the lifespan. Specializes in the treatment of anxiety disorders, obsessive-compulsive disorder (OCD) and related disorders, trauma-related disorders, mood disorders, and ADHD. Experienced in psychopharmacologic evaluation, medication titration, and ongoing monitoring for pediatric and adult populations, with a strong commitment to compassionate, collaborative, and patient-centered care.

Clinical Experience

Penn Psychiatry Time Efficient, Accessible, Multidisciplinary (TEAM)/Outpatient Clinic: Fall 2024

Completed a clinical rotation at the University of Pennsylvania's TEAM Clinic, a multidisciplinary, measurement-based outpatient psychiatry program. As a Psych NP student, I conducted comprehensive psychiatric evaluations, participated in collaborative care with psychiatrists and therapists, and provided evidence-based psychopharmacologic management under supervision. I gained experience delivering brief, structured psychotherapies, including CBT-based interventions, and contributed to individualized treatment planning using regular symptom assessments and outcome measures.

Child and Adolescent Psychiatry of Cherry Hill/Cherry Hill Psychiatry: Spring/Summer 2025

Completed a clinical rotation in a private psychiatric practice serving patients across the lifespan. As a Psych NP student, I assisted with diagnostic assessments, co-developed treatment plans, and provided supervised psychopharmacologic management for children, adolescents, adults, and older adults. I gained experience delivering brief therapeutic interventions, coordinating care with families and community providers, and managing a diverse range of psychiatric presentations in an outpatient setting.

Employment Experience

EMT-B/Equipment and Supplies Officer, Colby Emergency Response, *Colby College*, Waterville, ME
September 2017- May 2021

Worked as the Equipment and Supplies Officer for our service, teaching proper medical equipment use and ensuring the highest standards in care for our patients. Additionally, worked on call shifts as a rescuer responding to medical and mental health emergencies on campus and completing appropriate medical paperwork. Attended training and continuing education courses and assisted with administering practical exams to EMT candidates.

Mental Health Intern, Seacoast Mental Health Center, Portsmouth, NH
May 2020–August 2020

Conducted ACT client home visits for patients with SMI under supervision of licensed practitioners. Collaborated with an intern team and supervising Psychiatrists to produce and refine a guide of local resources to serve the diverse needs of community mental health clients on the Seacoast. Designed and led engagement activities for clients living in the group home environment. Attended development courses on topics such as pharmacology, safety, and psychopathologies.

Research/Fellowship Experience

HRSA Behavioral Health Workforce Education and Training Fellow, University of Pennsylvania
September 2024–July 2025

Participated in interdisciplinary complex care rounds focused on equity and mental health care for underserved populations. Collaborated with physicians and other healthcare professionals to develop integrated care plans. Presented a clinical case during rounds, highlighting culturally responsive and collaborative treatment approaches.

Research Intern, Johns Hopkins University School of Medicine, Baltimore, MD
September 2014–May 2015

Developed a procedure for creation of collagen based hydrogels and conducted data analysis under the guidance of a biomedical engineering graduate student. Contributed data findings to the lab and presented work to peers and faculty as a WISE (Women in Science and Engineering) intern.

Additional Psychotherapy Training

Basic CBT-I, University of Pennsylvania, Philadelphia, PA
October 2025

Completed intensive 2-day seminar focused on the etiology, assessment, and evidence-based treatment of insomnia using CBT-I, including core behavioral techniques (sleep restriction, stimulus control, sleep hygiene), cognitive therapy, and relapse prevention.

Consultation

Consultation for Psychopharmacologists, International OCD Foundation

Engaged in interactive, small group sessions with licensed clinicians in consultation with clinical experts in the field of OCD treatment. Sessions focused on pharmacologic treatment for OCD and related disorders, including augmentation strategies.