

## **Ryan Huffman, DNP, PMHNP, a Psychiatric-Mental Health Nurse Practitioner with LifeStance Health**

Get to know Psychiatric-Mental Health Nurse Practitioner Dr. Ryan Huffman, who serves patients in St. Paul, Minnesota.



nurse practitioner at LifeStance Health in St. Paul, Minnesota.

Serving ages 6-65+, his practice is centered on a blend of medication management, cutting-edge treatments such as TMS, supplements, imaging, lab work, and hormone-related therapy, coupled with psychotherapy and homework assignments.

His areas of expertise include ADHD, alcohol, and drug use issues, anxiety, bipolar disorder, childhood behavior issues, couple's issues, depression, eating disorders, gender identity, grief,

medical conditions/health psychology, men's issues, obsessive-compulsive disorder, pain management, postpartum depression/anxiety, PTSD/trauma, reproductive challenges, sleep disorders/insomnia, and women's issues.

Having been in practice since 2017, Dr. Huffman holds a Bachelor of Science in Nursing degree from Carson Newman University and the University of Tennessee, and a Doctor of Nursing Practice degree from the University of Washington.

His expertise in neurochemistry and neuropathology enables him to take a unique and comprehensive approach to patient care, leaving no stone unturned in the search for effective treatment.

A Psychiatric-Mental Health Nurse Practitioner (PMHNP) is an advanced practice registered nurse trained to provide a wide range of mental health services to patients and families in a variety of settings. PMHNPs diagnose, conduct therapy, and prescribe medications for patients who have psychiatric disorders, medical organic brain disorders, or substance abuse problems. They are licensed to provide emergency psychiatric services, psychosocial and physical assessment of their patients, treatment plans, and manage patient care. They may also serve as consultants or as educators for families and staff.

When he is not working, Dr. Huffman enjoys a range of activities. He spends most of his free time with his beloved Pug named Bruno, exercising, skiing, hiking, traveling, eating, and trying new things.

**Learn More about Dr. Ryan Huffman:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/81672239-Ryan-Huffman-Nurse> or through LifeStance Health, <https://lifestance.com/provider/ryan-huffman-dnp/>

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