

Name: Walter Chang

Title: Psychiatric Nurse Practitioner II

Address: 2230 Stockton Blvd. Sacramento, CA 95817

Email: walchang@ucdavis.edu

Specialty: Psychiatry

Philosophy of Care: The guiding principle that drives my work as an advanced practice nurse in psychiatry and mental health is being a facilitator of wellness. I believe in the inherent wholeness that defines well-being originates from within the individual. The framework to facilitate health and wellness is uncovering one's own lived experience to find strength and resilience to bring forth healing. A holistic and patient centered approach is the lens in which each individual is understood. The values that encompass how I practice are integrity, compassion, curiosity, and collaboration. I am committed to dissolving mental health stigma and shame associated with a psychiatric diagnosis by seeing, hearing, and being present with the individual's authentic core self rather than focusing on the stereotypes, labels, and judgments placed upon by others and the self. My intention for every encounter is to create an environment where they feel valued, empowered, and respected as a whole person.

Education: UCSF, MS; University of Minnesota, Twin Cities, DNP

Certification: PMHNP-BC