

Sarah Zerbib Tisser, MSN, APRN, PMHNP-BC, a Psychiatric-Mental Health Nurse Practitioner with Begin Within Therapy

Get to know Psychiatric-Mental Health Nurse Practitioner, Sarah Zerbib Tisser, who serves patients in Illinois.



New York City, New York Jun 15, 2023 ([Issuewire.com](https://www.issuewire.com)) - Sarah is a board-certified psychiatric-mental health nurse practitioner currently affiliated with Begin Within Therapy in Chicago, Illinois.

Begin Within Therapy was founded in 2015 with the goal of being an exceptional trauma-informed and

attachment-focused group therapy practice. Their therapists all have advanced training in these topics and consistently seek new education to ensure they are always on the cutting edge of mental health treatment. Sarah also works with Steven Best MD in Deerfield, Illinois, and treats patients for trigger points, migraines, and mental health disorders. She uses Botox to treat migraines and TMJ.

Born and raised in France, Sarah spent a significant part of her life in Israel before settling in the United States. Her academic journey began with a Bachelor's degree in Medical Sciences from Hadassah College in Jerusalem, Israel. After relocating to the United States, she pursued her Master's degree at DePaul University in Chicago, deepening her understanding of psychiatric nursing. Her commitment to excellence led her to obtain a post-master's degree in Psychiatric Mental Health from the University of Cincinnati in Ohio, expanding her knowledge and skills in diagnosing and treating psychiatric disorders across different age groups. Sarah Also focuses on perinatal mental health and sexual dysfunction due to medications, anxiety, and depression.

Passionate about providing comprehensive mental health services to her community, she continually seeks to enhance her expertise in the field. Currently enrolled in a Doctorate of Nursing Practice program, she is actively engaged in her capstone project, which focuses on exploring the effects of mindfulness meditation on patients with anxiety. Her dedication to research and evidence-based practice underscores her commitment to finding innovative and holistic approaches to mental healthcare.

Before embarking on her career as a psychiatric nurse practitioner, Sarah worked as a laboratory scientist with a specialization in substance abuse. Her experience in this field provided her with valuable insights into the complexities of addiction and its relationship to mental health. Additionally, she served as a clinical instructor in psychiatry for DePaul University, where she shared her knowledge and expertise with aspiring healthcare professionals.

A Board-Certified Psychiatric-Mental Health Nurse Practitioner (PMHNP-BC) is an advanced practice nurse that holds board certification and seeks to improve mental health care and the overall health status of communities.

Outside of her professional pursuits, Sarah finds joy in spending quality time with her two children. She values family and understands the importance of maintaining a healthy work-life balance. In her leisure time, Sarah nurtures her curiosity by traveling, learning new languages, exploring different cultures, and playing the electric guitar. She is also an avid reader and embraces physical activity as a means to promote overall well-being.

Learn More about Sarah Zerbib Tisser:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/83327592-Sarah-Zerbib-Tisser-Psychiatrist> or through Begin Within Therapy, <https://beginwithinthrapy.com/sarah-tisser-pmhnp>

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