

D. Leigh Geffken: Transforming Lives Through Innovative Nursing in New Jersey and New York

New Jersey and New York Nurses' Holistic Approach Enhances Patient Care and Quality of Life



New York City, New York May 9, 2025 ([IssueWire.com](https://www.issuewire.com)) -

- Leigh Geffken, a seasoned nursing professional based in New Jersey and New York, has dedicated her career to improving the lives of her patients through an innovative, holistic approach to healthcare. With over 40 years of experience in nursing, Leigh has established herself as an expert in treating psychiatric conditions such as posttraumatic stress disorder, anxiety, and depression, while also addressing the broader challenges her patients face in their daily lives.

Graduating with honors from County College of Morris in 1985, Leigh went on to earn her Bachelor of Science in Nursing Summa cum laude from Saint Elizabeth University in 2010 and a Master of Science in Nursing Magna cum laude as a Psychiatric Mental Health Nurse Practitioner from Regis College in 2022. Currently, she is pursuing her Doctorate in Nursing Practice at the University of Pennsylvania, continually striving to enhance her knowledge and skills in the field.

At Heart Mind Body LLC, Unique Mental Healthcare, Leigh employs a comprehensive approach that focuses on the interconnectedness of mental, emotional, energy, and physical health. Her practice aims to empower patients to navigate their life challenges and develop coping strategies that foster resilience and personal growth. By emphasizing communication, safety, and trust, Leigh builds strong relationships with her patients, creating a safe space where they can explore their feelings and learn the art of self-love. The modalities of care range from allopathic, holistic, alternative, and energy medicine. Emphasizing talk therapy as well as medications for their recovery.

Leigh's commitment to her patients is reflected in her active involvement in professional organizations, including Sigma Theta Tau, where she collaborates with other healthcare professionals to promote best practices in nursing. She has also worked with the American Organization of Nurse Executives and is a certified Nurse Executive with ANCC. Her relentless pursuit of excellence and her passion for medicine are key factors in her success. "I attribute my accomplishments to the love I have for my patients and the medical field," Leigh explains. "The education and mentorship I've received have been invaluable in shaping my career, and I am dedicated to helping my patients live productive and happy lives."

Learn More about D. Leigh Geffken:

Through her online profile, <https://todaysnurse.org/nurse/4150306>

Media Contact

Today'sNurse

*****@todaysnurse.com

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