

Violet Gilbert is a Psychiatric Mental Health Nurse Practitioner in collaborative practice with Dr. Hugh Sharp. Stress and escalating demands in healthcare have deleterious effects on the health of many physicians and their families. While working with physicians we provide resources for stress management, assess burnout, and treat potential mental healthcare needs. Our practice offers a caring and nonjudgmental environment.

Burnout is an important factor in career satisfaction and should not negate the training and hard work the career, as a physician demands. While stress is often present in the work of the physician, we offer resources to leverage a healthy response to stress rather than burnout.

Services at *Well Water* include medical screening, mental health evaluation, neuropsychological testing, psychotherapy, and pharmacological treatment. The objective of my practice is to restore balance, to strengthen, and to transcend difficulties caused by burnout and mental health disorders.

My approach to counseling is client-centered with the goal to assist the physician back to a state of equilibrium. Together we problem solve by using Positive Psychology, and by incorporating factors promoting resilience. Motivational Interviewing (MI) explores affirmative values and strengths. Cognitive Behavior Therapy (CBT) promotes strategies for understanding core thoughts and affords greater insight while strengthening intrinsic resilience.

Confidentiality and privacy is maintained in accordance with HIPPA guidelines.

Violet Gilbert, PMHNP-BC, DNP  
2308 Pansy Street  
Huntsville, Alabama, 35801  
[vgilbert@oakwood.edu](mailto:vgilbert@oakwood.edu)  
256-603-5767 (Cell)  
256-533-4377 (Office)