

ABOUT THE AUTHORS



Karen J. Foli, PhD, RN, FAAN, received her associate's and bachelor's degrees from Indiana State University and her master's degree, with an emphasis in nursing administration, from Indiana University School of Nursing, Indianapolis. Dr. Foli received her PhD in communications from the University of Illinois, Urbana-Champaign. She is an Associate Professor and the Director of the PhD in Nursing Program at Purdue University School of Nursing, West Lafayette, Indiana.

Foli is a fellow in the American Academy of Nursing (AAN) in recognition for her work with nontraditional families, such as adoption and kinship families. She is a member of the Child, Adolescent, and Family Expert Panel through the AAN. She has forwarded a mid-range theory of parental postadoption depression and has tested this theory in empirical studies. Her research is bound together to alleviate the suffering of psychological trauma. She is currently examining the role of psychological trauma in substance use in registered nurses.

A recipient of numerous teaching awards, including the Charles B. Murphy Outstanding Undergraduate Teaching Award from Purdue University, the highest award bestowed for undergraduate teaching at the university, Foli takes pride in being a nurse educator. In 2018, she was one of 45 faculty members who were inducted into the Purdue University Book of Great Teachers, signifying excellence in teaching. She also received the Sigma Theta Tau International Honor Society of Nursing Delta Omicron Chapter Award for Outstanding Mentoring in 2017. Preparing nurse scientists is also an important part of Foli's professional work. As the director of the PhD in Nursing Program, she encourages and guides students and faculty in preparing nurses who will continue to explore and build upon the science of nursing.

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Foli's lifelong love of writing has produced works in a wide range of formats and genres, including memoir, regulatory writing in the pharmaceutical industry, scholarly writing of empirical studies, and mystery short stories. She is author or coauthor of four well-received health-related books. One of these, *Nursing Care of Adoption and Kinship Families: A Clinical Guide for Advanced Practice Nurses* (2017, Springer), received the American Psychiatric Nurses Association (APNA) Award for Media in 2018. This award "recognizes APNA members who have demonstrated excellence in producing media related to psychiatric-mental health nursing."

A special passion of Foli's work is advancing the conceptualization of nursing and the "work" of nurses. The elusive definition of nursing motivates her efforts to forward a way to value and communicate what nurses do in practice, in education, in policy, and in research. She has partnered with many graduate students and coauthored several papers that define important concepts surrounding nursing care.

Her appreciation for nurses and the profession of nursing is unique in that her career path veered away from the profession for a time and carried her into professional writing, teaching business communications in a Big Ten business school, and writing global experimental research protocols for a large pharmaceutical company. When she returned to the world of nursing, Foli realized how much society needs the special comfort, caring, and compassion offered by nurses. Her deep appreciation for what nurses experience motivated her to write this book to prepare students and those new to the field to become stronger and more resilient as they process and encounter patients in crises and in need of trauma-informed care.

Foli and her coauthor, John R. Thompson, have been married for almost three decades and have three adult children. Avid dog lovers, they have always been owners of at least three dogs, many times taking in strays and "dumped" animals who became loved members of their family.



John R. Thompson, MD, has practiced as a physician in the specialty area of psychiatry for the past 30 years. He completed his residency in general psychiatry and a fellowship in child/adolescent psychiatry in the Department of Psychiatry at Indiana University. Since Thompson's fellowship, he has worked with a variety of populations, including children, adolescents, young adults, and adults, including addiction psychiatry. He has practiced in multiple healthcare contexts: acute care/inpatient care, intensive outpatient, community mental health, consult-liaison, veterans' mental health, and forensic psychiatry. Along with Karen Foli, he is coauthor of *The Post-Adoption Blues: Overcoming the Unforeseen Challenges of Adoption* (Rodale, 2004).

Currently, he practices psychiatric medicine for Purdue University's Counseling and Psychological Services, West Lafayette, Indiana. In this position, Thompson evaluates and manages the psychiatric needs of students enrolled in higher education. Common issues include depression, anxiety, substance use, personality disorders, attention deficit disorder, and healing from trauma.

Thompson is also a cancer survivor; thus, his insights into trauma are both personal and professional. In his medical practice, he assesses and counsels young adults who are processing and recovering from trauma. Thompson approaches the individual in a trauma-informed, holistic way. He strives to promote a feeling of safety and allows the individual to share past experiences as the relationship is built and trust evolves. He believes in "de-prescribing" medications—removing those agents that create addictions, lack a therapeutic rationale, or are interacting with other agents in nontherapeutic ways. Taking time to review past medical records, Thompson pieces together past traumas, dual diagnoses, and concurrent medical conditions that, when revealed, contribute to optimal care. Recognizing that healthcare disparities and social determinants of health result in

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individuals struggling to secure resources in filling prescriptions and in the wider community, he searches for affordable healthcare and orders appropriate referrals to provide for a continuum of care.

Growing up in the Rocky Mountains of Colorado, Thompson enjoys nature and being outdoors. His spirit is recharged upon seeing growth both in his plants and trees, and more importantly, in people. Being part of students' success, seeing them achieve their career goals as they develop as young adults, motivates Thompson to continue to offer each individual his best efforts as a medical provider.

