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M. Regina Asaro, MS, RN, CT, is an advanced practice psychiatric nurse, who is Certified in Thanatology: Death, Dying and Bereavement. As the spouse of a retired Coast Guard Officer, Ms. Asaro has had 10 career moves, including four outside the continental United States. She has had a solid career of both professional experience and community service.

Ms. Asaro began her work with victims of violent crime in the early 1980s and was director of programs for survivors of sexual assault and families of murder victims. In 1986, she was named the Volunteer of the Year for the National Organization for Victim Assistance. Working on crisis response teams, she responded after the bombing of the federal building in Oklahoma City; in Bosnia following the resettlement of family members who survived the massacre in Srebrenica; and on Guam following the crash of Korean Airlines Flight 801.

Among her leadership positions, Ms. Asaro has acted as a volunteer consultant for non-profit agencies and for the military. She has also served as a board member for numerous non-profit organizations as well as a volunteer providing support services for the clients of these groups. For six years, she held elected positions with the Virginia Chapter of the American Psychiatric Nurses Association, including one as president.

Ms. Asaro has conducted over 100 workshops on the topics of life skills development, criminal victimization and grief and traumatic loss as these subjects relate to interpersonal violence and military death. She has undergone advanced training in Community Crisis Response, War Trauma and Critical Incident Stress Management.

She is the author of more than a dozen mental health articles that have been published in professional newsletters and journals. Currently, Ms. Asaro volunteers as a parish nurse and serves as a member of the editorial board for "Perspectives in Psychiatric Care."