

# DR. LAUREN SPARKS

DNP, CNP, APRN, PMHNP-BC, MA, RN

205-427-6363- CELL  
LAUREN@UNTAMEDIONA.COM  
SANTA FE, NM



## SUMMARY

---

Dr. Sparks is a doctorally-trained nurse practitioner and founder of a New Mexico-based private medical practice focused on treating patients with Chronic Inflammatory Response Syndrome (CIRS). Treatment of Dr. Sparks' own diagnosis of CIRS put her erythromelalgia (EM) into complete remission. Dr. Sparks is also the founder of The Einstein Mission, a nonprofit organization dedicated to funding research and treatment for erythromelalgia and CIRS. She is currently licensed as an APRN and RN in New Mexico. Dr. Sparks is an invited speaker at national and international conferences on CIRS/mold illness to colleagues and patients. Dr. Sparks also holds a post-doctoral physician certification administered by Dr. Ritchie Shoemaker in the "Shoemaker Protocol," which is an evidence-based protocol to treat those injured by exposure to water damaged buildings. Dr. Sparks has also completed post-doctoral training in functional psychiatry. In addition, she studied functional nutrition during her doctoral program. Dr. Sparks also has a Master of Narrative Therapy and Community Work through the University of Melbourne. Dr. Sparks is available to provide expert witness consulting for plaintiff or defendant cases for issues involving CIRS or illness caused by mold exposure.

## CAREER SUMMARY

---

2020 - present	<b>Nurse Practitioner/ Practice Owner</b> Untamed Iona LLC  Private practice specializing in medical treatment of CIRS/ mold illness
2024- present	<b>President</b> Einstein Mission  501c3 non-profit funding research and treatment for CIRS and EM

## CURRENT LICENSURES

---

2025 - present	<b>Psychiatric Mental Health Nurse Practitioner- Nevada</b>
2025 - present	<b>Licensed Registered Nurse- Nevada</b>
2025 - present	<b>Psychiatric Mental Health Nurse Practitioner- Arizona</b>
2020 - present	<b>Psychiatric Mental Health Nurse Practitioner- New Mexico</b>
2020 - present	<b>Licensed Registered Nurse- New Mexico</b>

## EDUCATION, TRAINING, AND CERTIFICATIONS

2022	<b>Shoemaker Protocol Physician Certification</b>  Training required passing of a sequential 5-step process administered by Dr. Ritchie Shoemaker MD who discovered CIRS  <ol style="list-style-type: none"><li>1- Proficiency Partner Exam</li><li>2- Shoemaker Protocol Essay</li><li>3- Evidence-Based Medicine Essay</li><li>4- Manuscript Edit (waived)</li><li>5- Oral Case Study Exam</li></ol>
2021	<b>Psychiatry Redefined- Functional, Integrative and Nutritional Psychiatry</b>  Training included completing multi-module courses delivered by psychiatrist Dr. James Greenblatt and subsequent exams which resulted in the following individual certificates  <ol style="list-style-type: none"><li>1- Introduction to Integrative Psychiatry</li><li>2- Integrative Medicine for Depression</li><li>3- Integrative Medicine for ADHD</li><li>4- Integrative Medicine For Bipolar Disorder</li></ol>

	5- Integrative Medicine for Binge Eating Disorder
	6- Integrative Medicine for Schizophrenia & Psychosis
	7- Broad-Spectrum Micronutrients: A Novel Treatment for Mood Disorders & ADHD
	8- Integrative Medicine for Managing Medication Side Effects
	9- Adaptogens in Psychiatry
	10- A Functional Medicine Review of Kryptopyrrole Testing in Psychiatry
2020	<b>Doctor of Nursing Practice, Psychiatric Mental Health</b> University of Minnesota- Minneapolis, MN
2016	<b>Master of Narrative Therapy and Community Work</b> University of Melbourne- Melbourne Australia
2008	<b>Bachelor of Science, Nursing</b> University of Alabama at Birmingham (UAB)- Birmingham, AL
2002	<b>Bachelor of Science, Business Administration</b> Auburn University- Auburn, AL

## PUBLICATIONS

---

Jones, L.\* (2017). **Responding to those surviving the unchosen loss of love.** *The International Journal of Narrative Therapy and Community Work*, No. 1, 11-20.

Jones, L.\*, Buckner, E., & Miller, R. (2014). **Chronological progression of body dissatisfaction and drive for thinness in females 12 to 17 years of age.** *Pediatric Nursing*, (40)1, 21-25.

\*Asterisk indicates primary authorship

## MANUSCRIPT REVIEWER

---

*The International Journal of Narrative Therapy* (2020). "Integrating narrative practice into alcohol and other drug counselling".

*Archives of Psychiatric Nursing* (2020). "Advances in Geropsychiatric Nursing: A Decade in Review".

## INVITED PRESENTATIONS

---

June 2025	<b>CIRSx 2025 Conference- Tempe, AZ</b> "Fight for Your Right to Practice"
December 2024	<b>The CIRS Summit Conference- Online</b> "The Impact of Medical Trauma for CIRS Patients"
December 2024	<b>The CIRS Summit Conference- Online interview with Dr. Navarro-Torres</b> "Understanding Red, Hot Hands and Feet: Erythromelalgia in CIRS"
December 2024	<b>The CIRS Summit Conference- Online Panel Discussion</b> "The Impact of Medical Trauma for CIRS Patients"

- March 2024 **‘Does Mould Really Matter?’ UK Conference- London, EN**  
“Minimizing Trauma in Chronic Inflammatory Response Syndrome”
- December 2023 **Northeast Environmental Illness Alliance (NEIA) Quarterly Meeting**  
“Is Erythromelalgia an Environmentally Acquired Illness?”

**PROFESSIONAL ORGANIZATIONS**

---

- 2025 - present **International Society for Environmentally Acquired Illness (ISEAI)**  
Member
- 2024 - present **CIRS Lab**  
Practitioner Member
- 2022- present **Northeast Environmental Illness Alliance (NEIA)**  
Member

**PAST PROFESSIONAL EXPERIENCE**

---

- May 2016 - Aug 2016 **PRN Staff Nurse II-** Seton Shoal Creek Psychiatric Hospital  
In a hospital setting in Austin, Texas, floated between child/adolescent and adult psychiatric ICU providing medication administration and education, supervising mental health techs, performing intake assessments, and consulting and coordinating with the healthcare team as needed
- Oct 2015 – March 2016 **Hospice Nurse- Case Manager-** Hospice of Chattanooga  
In Chattanooga, Tennessee, served as case manager for patients diagnosed with terminal illness in private homes, assisted living facilities, and nursing homes, educating patients and families, supervising LPNs and CNAs, and consulting and coordinating with physicians, social workers, and chaplains as needed
- March 2014 – July 2014 **Travel Hospice Nurse-** NurseRx- Visiting Nurses Association  
Utilized a high level of adaptability and the capacity to grasp new concepts quickly in a short-staffed environment as a hospice travel nurse case manager in both rural and urban Vermont
- Nov 2011 – Feb 2014 **Hospice Nurse- Case Manager-** Hospice of Chattanooga  
In Chattanooga, Tennessee, served as case manager for patients diagnosed with terminal illness primarily in assisted living facilities and nursing homes per facilities request demonstrating skills in the development of long-term relationships within healthcare communities
- Aug 2011 – Oct 2011 **Travel Hospice Nurse-** Medical Express- Capital Caring Hospice  
Performed hospice case manager nursing duties primarily in Anacostia, an underserved community outside of Washington, DC, working with a population with a high occurrence of HIV/AIDS

Aug 2010 – July 2011

**Hospice Nurse- Case Manager- Guardian Hospice**

Performed hospice case manager responsibilities while focusing on end of life care within the homeless population in Nashville, Tennessee

Oct 2009 – Aug 2010

**Hospice Nurse- Case Manager- Hospice Services of Alabama**

Performed hospice case manager responsibilities in Birmingham, AL, and was sole team member responsible for care of palliative pediatric patients

Jan 2009 – Oct 2009

**Pediatric Intensive Care Nurse- Children's Hospital**

Provided care to children and adolescents in critical condition in Birmingham, AL including following continuous cardiac and respiratory monitor readings, administering infusion therapy, monitoring patients on ventilation, providing wound care, initiating CPR when appropriate, and consulting and coordinating with the healthcare team

NOT YET RETAINED