



AHNCC Endorsed School Newsletter

Volume 1 | Issue 2 | September 2018

***Welcome* to our second AHNCC Endorsed School Newsletter.**

Our intent is twofold, first to provide you with important information and announcements from AHNCC and to build bridges and connections between our colleagues and institutions, supporting each other, while facilitating Holistic Nursing education. For future newsletters we welcome submissions in the following areas:

- From faculty members who can share stories about what is working in their programs;
- Important institutional announcements about changes, awards, etc;
- From students who want to share thoughts, memorable cases, experiences etc.
- Words of wisdom

We expect that our newsletter will evolve as time passes. All feedback is welcome.

[Visit our Website](#)

ANNOUNCEMENTS FROM AHNCC

Dear Colleagues,

I am resending this information as we have had recent requests from some of the schools regarding the opportunity to have the two-day Holistic Nursing Immersion course offered to their students, faculty and colleagues in the community.

The course is designed for nurses or nursing students who work in any setting or with any population, including educators, clinicians, independent practitioners, researchers, and so forth. Built on the Core Values of Holistic Nursing, this two-day immersion course offers participants the opportunity to examine professional self-development through the lens of holism. At the outcome of the conference, participants will be able to apply the philosophy, knowledge and skills of holism and holistic nursing into their personal and professional lives through holistic self-development and self-care, professional nursing practice, education, and research.

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation, for 12.5 CNE to individuals attending the entire conference.

These hours can be used to meet the AHNCC CE certification application or renewal requirements.

Schools requesting the course are expected to pay expenses (travel, meals, 3 nights lodging) for the 2 presenters. In addition, there is a cost of \$20.00 per

participant for the CEs and supplies used during the course's experiential activities. There are no honorarium fees for the presenters.

Schools are expected to do all the publicity and marketing for the conference (using the designated program flier) as well as determine how breaks/meals will be handled. In addition, the school will determine what registration fees will be charged to attendees (faculty, students, and individuals from outside organizations and institutions). It is recommended that a discount be offered to AHNA members who attend. All registration fees collected are retained by the school (minus the \$20.00 fee per registrant noted earlier). We request that the program be widely advertised to all nursing schools, healthcare institutions and other places where nurses practice; our goal is to reach as many nurses as possible. Schools interested in bringing the course to their university may align with other schools or organizations to co-sponsor this event.

To learn further details and information about this course please feel free to contact me at ahncc@flash.net. Have a nice day.

With peace and blessings,
Margaret Erickson, PhD, RN, CNS, APHN-BC
CEO, AHNCC

Per requests from some of our endorsed schools we have had a seal created that can be used by AHNCC Endorsed schools for marketing purposes. Prior to using the seal, a designated person from the School of Nursing will need to sign the AHNCC Endorsed School Logo Letter of Agreement and return it electronically to AHNCC at ahncc@flash.net.

To access the letter please [click here](#). Upon the receipt of the *Letter of Agreement* a link will be sent to the school for the use of the seal.



UPCOMING EVENTS

Drexel University is excited to offer a two-day experientially based conference: **Exploring the Art and Science of Holistic Nursing: Transforming Nursing Practice from Novice to Expert**. The course will be held on October 27 and 28, 2018 at CNHP, 1601 Cherry Street, Philadelphia, PA 19102. Live attendance; no web cast. To learn more about the program or to register please [click here](#).

WE NEED YOUR HELP

Recently you received an email asking that you participate in a survey asking for your feedback regarding the *Foundations, Competencies, and Curricular Guidelines for Basic to Advanced Holistic Nursing, Edition One* (published October 17, 2017 (Curricular Guidelines)). If you haven't already forwarded this on to your colleagues and personally provided feedback please do so. We plan to publish edition 2 along with the Toolkits in early 2019. We need to hear from the educators who are teaching holistic nursing-based curriculums.

We are writing you as one of AHNCC's Endorsed School and Holistic Nursing's leaders to ask you and your colleagues to join us in this process. Specifically, we want you to:

1. Go to <http://www.surveymonkey.com/r/CMTFSurvey> and respond. It will

take you approximately 15 minutes to complete the survey seeking input on the Curricular Guidelines, webinars, and recommended targets for implementing academic course and certification criteria for the graduate prepared Holistic Nurses. The instructions start by offering a link to the Curricular Guidelines in case you want to refresh your mind of the content.

2. Share this letter with your faculty and encourage each of them to respond to our survey.
3. Disseminate it to others in your network(s). A set of [talking points](#) are attached to assist you in framing your discussion.
4. Send us a written letter of support that we can attach to any future communication we might have with the National Council of State Boards of Nursing.
5. Let us know how you would like to join this march forward for Holistic Nursing.

Hello, my name is Andria Entrekin. I am a master's student at Florida Atlantic University pursuing Advanced Holistic Nursing as a future nursing educator. I am seeking your valuable insight into the creation of holistic nursing curricula. I am sending this survey to all contacts listed for endorsed schools by the American Holistic Nurses Credentialing Corporation (AHNCC). I am working with Dr. Margaret Erickson of the AHNCC as my preceptor. Thank you for your time and feedback. This survey can be completed in about 3–5 minutes. Please reply within 2–3 weeks. To participate please go to:

<https://www.surveymonkey.com/r/D7GL5VD>



FACULTY CORNER

Integral-Holistic Approaches to Holistic Nursing Education

By: Carey S. Clark, PhD, RN, AHN-BC, RYT; University of Maine at Augusta



While University of Maine at Augusta only recently received AHNCC endorsement as a holistic nursing program, we have embraced holistic nursing concepts since the inception of our RN–BSN program in 2010. We used Barbara Dossey’s Theory of Integral Nursing (TIN) and Jean Watson’s Human Caring Theory to create an eclectic guiding framework upon which to build our curriculum.

An important aspect of TIN is that reflection and focusing on the inner healing journey will better prepare us to meet others and create a sustainable caring–healing nursing presence. Therefore, all of our core nursing classes focus on valuing reflective processes, and self–care exploration is also included in the majority of the courses. Students earn points for reflecting on their self–care as they learn the basics of psychoneuroimmunology, stress management, and how to create a practice where Watson’s Caritas Processes can be applied. We use the holistic nursing handbook in all of our core courses, so students are continually focusing on acquiring the skills needed to practice holistically.

In addition to the core classes, we offer several unique upper level electives that support students’ healing journey and influence how they practice nursing. We offer a 3 credit Hands on Healing Reiki class, where students are not only attuned to Reiki, but they also share Reiki with each other and with patients at the local oncology center. They are required to delve into the science and body of evidence around Reiki for specific health issues in completing both their weekly discussions and their academic papers.

One of our students' favorite elective classes is Integrative Yoga for Individuals and Healthcare Professionals. We believe this is the only 3 credit undergraduate nursing classes in the nation that focuses specifically on yoga as a healing modality. Students do yoga face-to-face, and every week they delve into both the science and evidence-base around yoga's effectiveness. They explore the philosophy of yoga as well. Students practice yoga on their own, and they are required to teach yogic breath (pranayama) or basic poses to patients, colleagues, or loved ones. Every week the students complete both evidence-based discussions and reflective journals related to their own healing journey and yogic concepts. The course culminates in students writing an academic paper focusing on the body of evidence around yoga in relation to healing from a specific disease process.

The benefit of both of these classes is that they provide the learners with a strong basis for students being able to bring holistic modalities to the bedside, even as they gain tools for their own healing journeys. Some of our students go on to become yoga teachers or Reiki Masters as they grow into their roles of being truly holistic nurses.

We look forward to these nurses also sitting for Holistic Board Certification upon graduation from our program!



We would love to hear about you – your faculty, learners' – your programs. To be sure, it is a time of dynamic change in education and our opportunity to support each other is so important. We would **love** to hear your stories!

In peace and loving kindness,
Deb Shields
President-Elect AHNCC Board of Directors



STUDENTS CORNER

Integrative Yoga: An RN-BSN Student Experience by Derilyn Nelson, RN

The ASN to BSN nursing program through University of Maine at Augusta requires nursing students to take electives. UMA's holistic approach to learning curriculum provides electives that support and encourage nurses to incorporate healing modalities for self-care and holistic nursing practice development. UMA's NUR 330 Integrative Yoga for Individuals and Healthcare Providers as taught by Associate Professor Carey S. Clark, PhD, RN, AHN-BC, RYT fulfilled exactly that.

This blended 7 week class accommodates the learner with online learning modules and weekly face-to-face meetings for yoga practice. The online portion provides the learner with an in-depth knowledge of the history, philosophy, and development of yoga. Furthermore, it explores

research-based evidence around the psychoneuroimmunology and stress response benefits that yoga and meditation practice provides. The face-to-face meetings allow the student to gain perspective through demonstration of various types of yoga. Yoga sessions begin with Gentle Yoga, progress to Hatha Yoga, and the course ends with a combination of Yin Yoga and Yoga Nidra. This course has also provided me with the opportunity to reflect on self-care and how I can best enhance my nursing practice.

For me, the choice of choosing this class as my elective was easy. I first chose yoga because I wanted to learn more about the practice. The knowledge I was looking to gain was simplistic in nature: What is yoga? and What are the benefits of yoga? The knowledge I gained exceeded the simplistic and continued to the complex. As a mother of four active children ages 5, 6, 13 and 15, I have often lost myself. I continuously put others' needs before my own; my kids, my husband, my friends, my work...the list continues. I have discovered this often makes me angry, and resentful, and sometimes I take this out on my family, which is not fair, they should be getting the best me, the happy fun me! As I progressed through the class, I not only gained knowledge about yoga, but also about myself: I have begun to peel back the unhealthy layers that have been hiding my true self. I have begun to reflect, become more aware, and breathe. I have started to work on myself one day at a time with no judgement, just the expectation to be better and to do better. I am not sure if I chose the class or the class chose me, but either way, I am thankful.

This course provided me with a wealth of knowledge that far exceeded my expectations. The knowledge that I have gained surrounding yoga and the insights I have discovered about myself are invaluable. As a medical-surgical nurse in a small coastal hospital, I hope to incorporate yoga into my practice through supporting patients with breathing, meditation, and gentle yoga techniques. I feel these techniques should be a first line defense for patients suffering from stressors. In addition, I plan to continue practicing yoga and work on revealing the best me. This class has made me realize that I need to put my self-care first, so I can give my best self to others.



**“Problems are not stop signs,
they are guidelines.”
Robert H. Schuller**



**“It always seems impossible
until it is done.”
Nelson Mandela**

Future Testing Dates

We hope you will encourage your students to take advantage of this wonderful opportunity. Please remind them about the test dates and make sure they receive the letter that was sent for the graduates. You may also share this newsletter with them if you choose to do so.

AHNCC Certification Exam Schedule

Applications are accepted year-round, but if you want to be sure to sit for an examination, please have your applications in by the below deadlines. Exams are administered by the Professional Testing Corporation. For more information: www.ptcny.com/clients/ahncc/

TYPE OF CERTIFICATION	(STEP 1) APPLICATION DEADLINE	(STEP 2) TEST REGISTRATION DEADLINE	TESTING PERIOD
HOLISTIC NURSING CERTIFICATION EXAMINATION (HN-BC)			
Fall, 2018	September 1, 2018	September 30, 2018	November 3-17, 2018
Spring 2019	February 1, 2019	March 4, 2019	April 6-20, 2019
Fall 2019	September 1, 2019	October 4, 2019	November 2-16, 2019
HOLISTIC BACCALAUREATE NURSING CERTIFICATION EXAMINATION (HNB-BC)			
Fall, 2018	August 1, 2018	September 1, 2018	October 6-20, 2018
Spring 2019	January 15, 2019	February 4, 2019	March 2-16, 2019
Fall 2019	August 1, 2019	September 6, 2019	October 5-19, 2019
ADVANCED HOLISTIC NURSING (AHN-BC) & ADVANCED PRACTICE HOLISTIC NURSING (APHN-BC) CERTIFICATION EXAMINATIONS			
Fall, 2018	July 1, 2018	July 31, 2018	September 8-22, 2018
Spring 2019	December 1, 2018	January 2, 2019	February 2-16, 2019
Fall 2019	July 1, 2019	August 7, 2019	September 7-21, 2019
TYPE OF CERTIFICATION	APPLICATION DEADLINE		TESTING PERIOD
NURSE COACH CERTIFICATION EXAMINATION (NC-BC or HWNC-BC)			
Fall 2018	September 30, 2018		November 3-17, 2018
Spring 2019	February 15, 2019		April 6 - 20, 2019
Fall 2019	September 30, 2019		November 2 - 16, 2019

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STAY CONNECTED

