



AHNCC Endorsed School Newsletter

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American Holistic Nurses
Credentialing Corporation
811 Linden Loop
Cedar Park, TX 78613

A Letter from our CEO

Greetings Colleagues,

Below you will find the fourth issue of the AHNCC Endorsed School newsletter. Our goal is to facilitate networking and build connections among our colleagues at the Endorsed Schools, as well as keep you updated on what is going on at AHNCC.

We invite you to read the newsletter through and we welcome any feedback or comments you may have. We also invite you to submit materials for our next edition. Please share it with your colleagues and students. Thank you for the important work you are doing to further holistic nursing education and practice.

Have a great day.

Warmly,

Margaret Erickson PhD, RN, CNS, APHN-BC
CEO, AHNCC

WELCOME

Welcome to the 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

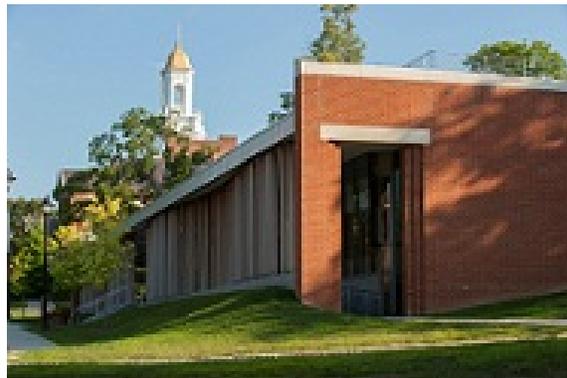
ANNOUNCEMENTS

AHNCC will be working with a new testing management company. More details are provided below.

Please help us welcome The University of Connecticut to AHNCC!

CONGRATULATIONS! We would like to congratulate and welcome The American Holistic Nurses Credentialing Corporation's newest Endorsed Nursing program.

The University of Connecticut has received endorsement of its Holistic Nursing Graduate Certificate Program.



EMPLOYEE SPOTLIGHT

Talysha Hickerson

With over a decade of experience in customer service and administration, Talysha enjoys fostering relationships and building connections. She has a background in Public Health and enjoys the challenge of marketing in a digital world. Talysha joined AHNCC in September 2019 as the Coordinator of Credentialing Services and Community Engagement and recently earned her Bachelor's in Social Media

Marketing.

Talysha is available to answer questions on certification and can be reached by phone at 785-267-0943 or via email at info@ahncc.org.

HOLISTIC HAPPENINGS



AHNA 40th Annual Conference

Holistic Nurses: Weaving Traditions to Create Solutions & Find Balance

Where: Albuquerque, NM

When: June 1-6, 2020

Link: <https://www.ahna.org/Events/Annual-Conference>

Registration opens January 15th.

Join us for the AHNCC Endorsed School's meeting. We hope to see you there!

FACULTY CORNER

Colleen Delaney PhD, RN, AHN-BC, HWNC-BC
Associate Research Professor
Director, Holistic Nursing Graduate Certificate Program
University of Connecticut

The development of a holistic nursing certificate program for graduate students has been on my mind and in my heart for many years. I believe holistic care is the key to transforming the current health care environment. I am grateful to have the opportunity to educate nurses who will participate as transformational leaders in helping change the healthcare paradigm from one of illness and disease to health promotion, wellness, and well-being. The University of Connecticut's program is designed for Registered Nurses with a bachelor's degree or higher interested in integrating holistic principles and evidence-based approaches in their professional practice.



Students learn about the state of the science in holistic care and the latest research on the efficacy and safety of a variety of complementary and integrative health approaches. It has been a joy to develop and teach this

program and contribute to the advancement of holistic nursing.

For more information about our program, please visit our website:
<https://holistic.nursing.uconn.edu/>

STUDENT'S CORNER

UConn Online Certificate Programs: Holistic Nursing

Student Story: Alicia Clendennin, Holistic Nursing Online Graduate Certificate Program, Summer 2017

“The program was absolutely wonderful. I think the world of the Dr. Colleen Delaney, director of the program, and the guest professors. I was a little worried at first since I had not been in school since the 1990's. I thought I would be lost in the shuffle, since UConn is such a large school. But it turned out that I truly felt like I was the only student in the entire university! That's how one-on-one the courses were.” - Alicia Clendennin



Alicia Clendennin knows firsthand the importance of combining holistic modalities with traditional medicine. Her younger son, Morgan, was born with spina bifida and hydrocephalus. Then when Morgan was 12, her older son, Conner, was in a freak accident, leaving him paralyzed between his waist and chest. His spinal cord was 85 percent compressed and close to being severed. Both of her sons received craniosacral therapy, a gentle hands-on approach that is used to release restrictions in any tissue influencing the craniosacral system (the membranes and fluid that surround, protect and nourish the brain and spinal cord).

As Alicia recalls: “When Morgan was a baby and toddler, craniosacral therapy played a huge role in the success of his development—he even did track during high school, although he did still need braces. He is also a ski instructor in the Berkshires and a mechanical engineer, which is so amazing considering he was expected to live his life in a wheelchair and be mentally disabled,” she says and adds: “Conner also had this special type of therapy while he was recovering at Boston Children’s Hospital. I showed his orthopedic surgeon and neurologist photos of Conner leaping hurdles at the steeplechase in New York City just a year after the accident. They couldn’t believe it—they had told me he would be lucky to even walk again.”

Thankfully, Alicia is a nurse—she had received her Masters of Science in Nursing in 1989—and had the skills to care for Morgan, then Conner after his accident. During the time her sons were growing up, she also worked as an Administrator with Interim HealthCare of Eastern Connecticut in Norwich, a position she held from 1997-2017. Then in 2014, with her interest in Holistic Medicine steadily increasing, she decided to become an independent

distributor for Young Living Essentials Oils. She also got certified in Raindrop Massage Therapy, which combines gentle massage and essential oils. “That was it! I was sold on Holistic Medicine hook, line, and sinker! It really turned out to be the perfect fit for me, with lots of opportunities to learn about all kinds of new holistic modalities,” she says.

One-on-one

At the prompting of a friend, Alicia decided to investigate the opportunities to get more formal training in Holistic Nursing. She did an online search and the University of Connecticut’s (UConn) Holistic Nursing Online Graduate Certificate came right up. The first class was starting within two weeks, so Alicia immediately reached out to explore how to enroll into the program.

“The program was absolutely wonderful. *I think the world of the Dr. Colleen Delaney, director of the program, and the guest professors,*” says Alicia. “I was a little worried at first since I had not been in school since the 1990s. I thought I would be lost in the shuffle, since UConn is a large school. But it turned out that I truly felt like I was the only student in the entire university! That’s how one-on-one the courses were. I also loved being in the program with younger students. We all had different levels of experience and areas of expertise. It was so great to share that and learn from each other. And I really appreciated that when the professors asked for feedback, they listened and responded by making changes as necessary.”

For the last course (NURS 5003), Alicia was required to do a practicum. She talked with Dr. Colleen Delaney and told her she wanted to do something completely new. Dr. Delaney suggested she go for a nurse coach certification. “I went into the nurse coaching program with great reluctance because I was already doing the Holistic Nursing program *and* working full time. But I decided to take Dr. Delaney up on her advice and enrolled in Wisdom of the Whole, which she ended up taking with me. I was able to earn the required clinical hours for both certificate programs at the same time by working at the Center for Hospice Care in Norwich, as well as at Interim Healthcare. I am so grateful that Colleen encouraged me. I cherish the skills I acquired. Having gone through the two programs changed my entire life.”

Ending up at the Center for Hospice Care

Alicia had been thinking about retiring from her job at Interim Health when the facility closed two years ago and devote more time to developing her essential oils business. But a temporary position opened up unexpectedly at the Center for Hospice Care. It was a position that was supposed to last nine months while the Center merged with Hartford Healthcare, but Alicia is still there today. “I have agreed to stay on until the end of 2019, then become a contractor with the Center. I’ve used my nurse coach skills during the negotiation process and continue to use them as we become integrated with Hartford Healthcare. We also started using aroma therapies with some of our patients for whom other treatments weren’t working. So, I am able to apply the skills I acquired during the Holistic Nursing certificate program on a daily basis.”

In conclusion, Alicia says, “If you are older like I was, don’t let the online platform hold you back. The professors were so attentive to my needs as an individual, I felt like I was the only student they had.”



with "we", even illness becomes wellness.”

“When "i" is replaced

— Malcolm X

Future Testing Dates

AHNCC is in the process of moving to a different testing management organization and because of that there are many changes occurring as we make the transition. As we prepare, we look to offer the exam in April 2020. Details regarding exam dates and the new application process will be available in January. With this new vendor, we will be offering some things that will be much better for our candidates.

As soon as we start testing:

- exams will be offered year-round;
- people will have a three month session upon notification of eligibility to test versus 2 weeks;
- applicants will receive immediate notification of test results after completing the examination;
- there will be no deadlines as the test will be offered year around versus twice a year.

We hope you will encourage your students to take advantage of this wonderful opportunity. Please remind them that they have two (2) years from their graduation date to take advantage of this opportunity. Please 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.

Happy Holidays from AHNCC!



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STAY CONNECTED

