



AHNCC Endorsed School Newsletter

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In This Issue

A Letter from our CEO

Welcome

Endorsement from
AHNCC Supports
Students

COVID-19 Resources

Faculty Corner

Embracing Diversity,
Inclusion, Social
Justice, and Equity for
All

Student's Corner

Announcements

Happy Thanksgiving
from AHNCC!

A Letter from our CEO

Dear Colleagues,

We know that 2020 has been challenging for all of us, both personally and professionally. It has required ongoing flexibility, stretching our resources, and often working above and beyond our normal capabilities and capacities to meet these challenges and do our life work.

AHNCC, too, has experienced growing opportunities. In early 2020, we moved to C-NET, a new organization that oversees the AHNCC testing. With it has come benefits for your students and applicants wishing to sit for the AHNCC examinations. As this year begins to wind down and 2021 begins to unfold, please know that we are here to help you in any way we can. Thank you for all you do to further holistic nursing education. The work you do to educate holistic nurses makes a difference and touches so many lives 😊

Blessings,

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

American Holistic Nurses
Credentialing Corporation
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We expect that our newsletter will evolve as time passes. **All** feedback is welcome.

Visit our Website

Endorsement from AHNCC Supports Students

The school year has begun, and while so much has changed in the past year due to the Covid-19 pandemic, many things remain the same. We continue to teach, mentor, and support our students using a variety of formats. Significantly, we support students by offering a nursing program that serves them. Obtaining endorsement from AHNCC for your holistic nursing program supports students by offering the following advantages:

1. Your students can be assured your nursing program offers them what is needed to apply for AHNCC credentialing!
2. Upon graduation your students are eligible for waivers of continuing education requirements!
3. Upon graduation your students are eligible for waivers of post-graduation practice requirements!
4. Upon graduation your students will pay a reduced credentialing application fee!

Contact AHNCC at www.ahncc.org for more information.

Holistic Nurse Instructor Attributes

Holistic nursing education is the application of the principles and standards of holistic nursing and relationship-centered care to create a holistic learning environment for student-centered learning. This creates a learning environment where the student is supported as a holistic learner - as a mind-body-spirit being. The educational paradigm becomes the medium through which the concepts and skills of holistic nursing are taught and developed.

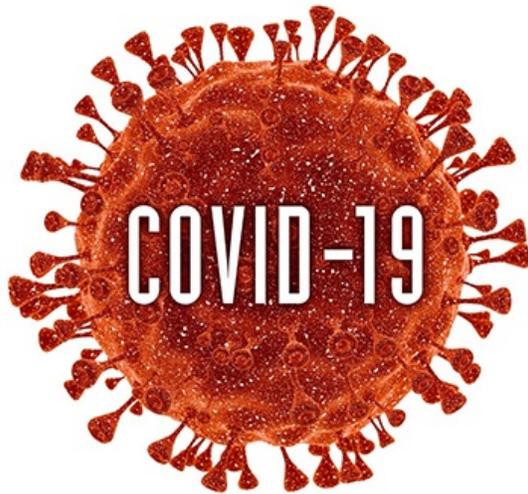
Holistic nurse instructors view the classroom setting as a holistic environment, understand the interconnectedness of students and instructor, and model unconditional acceptance and respect for others. They are non-judgmental, open, and inclusive. They meet students where they are. They demonstrate the ability to be fully present to self and others. Holistic nurse instructors demonstrate holistic communication skills to explore ideas and meanings for mutual student and teacher understanding and growth.

Holistic nurse teachers practice self-care and engage in self-reflection. Ideally, they model self-awareness as they facilitate self-reflective processes for

students through in-class activities, facilitated reflective discussions, and assignments.

This short article was developed for this newsletter by Darlene R Hess from an assignment submitted by Mara Trainor RN; Graduate Nursing Student; West Texas A & M University, Department of Nursing; Fall, 2013; (Preceptor: Darlene R Hess PhD, RN, APHN-BC, PMHNP-BC, ACC, HWNC-BC; Faculty, Northern New Mexico College)

COVID-19 Resources



AHNCC is dedicated to exploring ways to offer nurses and the public, resources that support holistic health and well-being. As the COVID-19 crisis continues to evolve, AHNCC will make regular updates to include new informational events, education, and ways we can boost our immune systems, nurture our mental, emotional, and spiritual health, and deal with our anxiety and stressors in a way that does not diminish our overall state of well-being.

Please visit our website at:
<https://www.ahncc.org/resources/covid-19-response/>

Photo credit: [Gwinnett County Public Schools](#)

FACULTY CORNER

St. Catherine University's Baccalaureate Degree Program:
An AHNCC Endorsed Program

Joyce B. Perkins PhD, RN, AHN-BC, CHTP; Cynthia Dols Finn DNP, RN, AHN-BC, CNE; Sonja Rivers MAN, PHN, RN; D. Michael Graham DNP, PhD, RN, APRN, CNP, PHN;
Suzanne Burke-Lehman DNP, RN, CNE; Matthew D. Byrne PhD, RN, CNE



St. Catherine University's baccalaureate nursing program was endorsed as a holistic nursing program by AHNCC in 2018. Three distinct programs of study (PoS) or sections attract students with diverse pre-nursing backgrounds, although all three sections have the same outcomes. These programs of study comprise a pre-licensure section in the College for Women (CfW), and pre-licensure and post-licensure (RN-BSN) sections in the College for Adults (CfA).

All three programs of study are robust in the incorporation of the holistic nursing core values, holistic nursing standards, self-care, self-development, and self-reflection. Holistic modalities are emphasized in class and in lab-simulation experiences. Students are able to apply these modalities in selected clinical education sites to enhance the healing environment. All three nursing programs at St. Catherine University are values based in their approach to teaching nursing students.

The CfW section is primarily made up of students who have entered college directly from high school and are earning their first baccalaureate degree as nursing majors. Classes are held during the day and courses are usually presented in person. The CfA pre-licensure section strives to meet the needs of adult learners, offering courses in a hybrid format and classes in the evenings and on weekends, with clinicals varying in days and times. Students who begin the major have diverse backgrounds and educational experiences, which contribute to a rich learning environment. The RN-BSN section provides associate degree and diploma nurses a pathway to obtain their bachelor's degree online. RN students also bring a wide variety of experiences to the classroom.

The RN-BSN section of the baccalaureate nursing program embraces the core values and standards of holistic nursing practice in that the concepts are woven throughout the curriculum. The students learn about holistic nursing theory as well as other theoretical models that exemplify the meaning and practice of holistic nursing. Holistic nursing concepts and core values are emphasized throughout the program, but specifically called out in the study of family and family systems, community health and leadership. Self-care is a focus topic in the theoretical foundations and leadership course. The students in the RN-BSN program are practicing nurses. This benefit provides the student opportunities to apply the core values and standards to real time and real world experiences.

The CfA pre-licensure program is the newest of the three programs of study. The fourth cohort was admitted fall 2020 using a holistic admission approach. The CfA pre-licensure PoS embraces a theoretical perspective of Unitary Human Caring Science (UHCS) that students learn in their first semester. Students utilize various nursing and interprofessional theories to unfold complexity dynamics through a holistic lens. Watson's Caritas Processes™ evolved to Caritas-Veritas™ (Watson, 2018; Perkins, 2020, in press) help students develop care and compassion, along with Roach's (2002) and others' nine C's of caring attributes or modes of being. The work of Newman (1994) on expanding consciousness, and on the focus of the discipline (Newman, Sime, & Corcoran-Perry, 1991; Newman, Smith, Dexheimer Pharris, & Jones, 2008) helps students articulate and sort various levels and kinds of information inclusive of objective, subjective, intersubjective, quantum, and spiritual realms. The Unitary/Transformative paradigm within which UHCS resides melds nursing's art and science into a format where science and spirit are embraced.

Within UHCS student's dwell with the holistic core values and standards. They practice meditation and other contemplative practices, along with self-care. They learn to speak the language of the various worldviews to help facilitate patient care as well as to expand their own awareness of possibility in any nursing situation. They embrace the whole of who they are through learning of the many ways of knowing (Carper, 1978; Chin and Kramer, 2015) and through direct experience in clinicals and simulation lab explorations.

St. Catherine University nursing faculty in the pre-licensure CfA have developed a clinical evaluation tool which helps students identify within any particular nursing situation the choice of focus of attention and intention for that interaction of nurse and patient. In a mutual process, the nurse and patient call forth the most important focus of the moment. The clinical evaluation tool is structured such that the core values of holistic nursing are the first quality that students identify in each nursing situation. After identifying a core value expressed in the student nurse-patient interaction, students then identify a caritas process, a caring attribute, a holistic standard, as well as address which paradigm, or level of information is the primary focus of the interaction. Thus, student's learn care and compassion alongside their clinical skills and patient interactions. Students also learn to meditate, reflect and build resilience through self-care practices and holistic modalities. These practices allow an inner knowing to support student engagement on all levels.

St. Catherine University Nursing Department as a whole recently went through the Accreditation Commission for Education in Nursing (ACEN) endorsement process for all of its programs, at all levels of education. Faculty engaged in the "holistic" accreditation self-study process used the mnemonic H.O.L.I.S.T.I.C., inspired by the AHNCC endorsement of the BDP.

H = Humor

O = Opportunity

L = Leaders

I = Integrate

S = Story

T = Together

I = Impact

C = Community

Use of the mnemonic took faculty, as a whole, through engagement in the

accreditation self-evaluation process. The idea of caritas was translated into *communitas*, and an “ethic of belonging” (Watson, 2008) was instilled, where the few released the process to a new organizational form and structure, and a new adventure in the realm of holistic nursing at St. Catherine University. We are so grateful for the efforts of the many in the emergence of a new way for us to navigate, trusting in each other and the emerging dynamics that take us to new ways of being, doing, and becoming in holistic nursing.

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Embracing Diversity, Inclusion, Social Justice, and Equity for All



Photo credit: [Freepik](#)

AHNCC advocates for processes, legislation, and healthcare transformation that is in alignment with a paradigm shift towards one of health promotion, wellness, and well-being. Our “Embracing Diversity, Inclusion, Social Justice, and Equity for All” page provides information to support that transformation. Embracing these changes and recommendations, AHNCC has assumed responsibility in the social transformation of healthcare in support of our mission, values and the services we offer.

Please visit our website at:
<https://www.ahncc.org/resources/embracing-diversity/>

STUDENT'S CORNER



Cassandra Khouri, RN, BSN

“To me, being a holistic nurse means treating the patient as a whole, listening to their story and honoring their strengths and weaknesses that best benefit their health throughout the nursing process. As a holistic nurse, I understand my self-care practices directly affect the care I provide my patients. Resilience training throughout the nursing program has prepared me to be successful in stressful situations, reduce the likelihood of burnout, support my co-workers, and continuously learn about myself. All of which ultimately create a medium to care for my patients optimally. I am glad I chose St. Catherine University’s Holistic nursing program, as it prepared me to be a well-rounded, competent nurse. I believe having a Holistic background gave me an edge to achieve my dream career as an emergency room nurse at Duke University Hospital. I was one of the selected applicants for Duke University Hospital’s emergency department two-year new graduate nurse residency program”. - Cassandra Khouri



“When "i" is replaced with "we", even illness becomes wellness.”

-Malcolm X

Announcements

Interested in becoming a Board-Certified Nurse Coach?

Did you know AHNCC provides a credentialing process for professional nurse coaches?

The Professional Nurse Coach is a registered nurse who integrates coaching competencies to facilitate a process of change or development for the purpose of achievement of client goals. The change process is grounded in an awareness that effective change evolves from within before it can be manifested and sustained externally. The Nurse Coach partners with the client using principles and modalities that integrate

body-mind-emotion-spirit-environment (Hess, et al. (2013).

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See <https://www.ahncc.org/certification/holistic-nurse-coach/> for eligibility criteria.

AHNCC is accepting applications and are testing for the Holistic Nursing and Nurse Coaching examination. Limited testing sites are also now available.

The benefits include:

- Exams will be offered year around;
- 90-day testing window beginning upon notification of eligibility to test
- Immediate notification of test results after completing the examination.

If you have questions about the process, please call AHNCC at 785-267-0943 or C-NET at 201-217-9083.



**REACH
HIGHER**

GET BOARD CERTIFIED TODAY!

Happy Thanksgiving from AHNCC!



What is Thanksgiving? Thanksgiving is the refreshing rain, the morning sun, the cheerful birds, the colorful rainbow, the serene lake, the beautiful stars, the bright moon and the people who love us. But more than all of that Thanksgiving is you!
Have a lovely day.

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STAY CONNECTED

