



AHNCC Endorsed School Newsletter

Volume 4 | Issue 1 | April 2021

In This Issue

A Letter from our CEO

Welcome

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

COVID-19 Resources

Faculty Corner

Student and Graduate
Reflections

Exciting News!

Announcements

A Letter from our CEO

Dear Colleagues,

We know that the last 16 months have 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 what needs to be done.

Last year, AHNCC moved to C-NET, for the management of our application and testing services. We have been pleased with the additional services they have been able to provide our applicants and certificants. As 2021 unfolds, and changes occur, some desired and others required, 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, APRN,
APHN-BC, SGAHN
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

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

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 continue to evolve as time passes and hope you will be part of that journey. **All** feedback is welcome.

Visit our Website

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/>

AHNCC has recently created and launched an EDISJ Committee that will focus on embracing diversity and inclusion in our certifiants and creating an environment that supports equality, inclusion and diversity throughout the AHNCC organization.

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,



Photo credit: Gwinnett County Public Schools

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/>

FACULTY CORNER



Carey S. Clark, Ph.D., RN, AHN-BC, RYT, FAAN
Pacific College of Health and Science,
Director of Nursing NY, NY

As holistic nurses, we recognize that working on the front lines during the pandemic can create trauma, and even just living through the pandemic is extremely stressful. Some of us, as nurses and healers, may have also experienced COVID-19 as an illness with “long-hauler” implications, or as the disease that left us to mourn the loss of a family member or beloved one. We

also all face new workplace and personal challenges around addressing systemic racism, AAPI violence, and growth in the anti-racism movement.

It is truly amazing to think about where we were one year ago, with the beginnings of shelter-in-place orders, compared to where we are today with masking and vaccinating. Many holistic nurses, faculty, and students may also have experienced dramatic transforms in our personal lives, and the need to relax, rest, and recover has never been greater. For me, it took an untimely ski accident and concussion before I was able to truly find the time and space needed for quiet days and reflection focused on my future, my work, and my personal goals.

We all need to practice self-care and find ways to rest, relax, recreate, and rejuvenate. Generally, this does require some effort on our part, and we should be focusing on activities that we not only enjoy, but that also support psychoneuroimmunological health. If sitting meditation seems like a chore, try walking meditation. If you don't enjoy jogging, try dancing around the house to your favorite music. Chanting is a more active form of prayer. Being of service to others and sharing our knowledge and compassion helps to keep us from experiencing the dangers of loneliness and isolation.

As we prepare to emerge from the pandemic and walk into the unknown of the new normal, we are called upon as holistic nurses and healers to be examples for the populations we serve. We heal in and with our communities. We all move through recovery together, discovering and reinventing ourselves and our care over time as we learn the lessons of life and loss. As holistic healers, we are ethically obligated to support the health and healing of vulnerable BIPOC and AAPI populations, we must strive to overcome hate in our communities, and we must educate ourselves on how to be advocates for equity in healthcare, as we put an end to systemic racism in healthcare and

in our larger communities. Our first step is to ensure we have strong self-care practices in place and supportive people around us.

Yours in Loving Kindness,
Carey

~~~~~`  
Carey S. Clark, Ph.D., RN, AHN-BC, RYT, FAAN  
Professor  
Director of Nursing  
Chair of the Medical Cannabis Program  
[cclark@pacificcollege.edu](mailto:cclark@pacificcollege.edu)

---

From Carey S. Clark, Ph.D., RN, AHN-BC, RYT, FAAN: [Self-Care, Caring, and Leadership Links for Nurses and Healers Recovering from the COVID-19 Pandemic](#)

---

## STUDENT AND GRADUATE REFLECTIONS

### Reflection on My Holistic Nursing Journey & How It Affects Who I Am Today

By Charlene Arias RN, BSN  
Graduate of Pacific College of Health and Science

Since the start of this certificate course, I have noticed a change in both my professional and personal life. I have had the opportunity to learn about myself and work on my personal growth as well as my relationships with people and everything around me. I am less guarded and have been able to connect with people on a different level. Even those who have been challenging or upsetting to my energy in the past, I have now built a stronger tolerance and resiliency for, accepting them for who they are. I find I'm less reactive and more patient. I have welcomed presence by practicing meditation and mindfulness. I have improved my listening skills and my ability to hold space for others and can sit with someone without interrupting them with comments or advice. Mindfulness has brought my attention to appreciation and understanding that everything in this world has a story. Respecting the process that brings me nourishment, shelter and love has become part of my daily gratitude.

Most importantly, I feel safe to tell my truth without fear of judgment and feel confident that my message and thoughts can be expressed without hurting others. Because of this new awareness, I feel even more empowered to assist others by helping them find a voice they may have lost or didn't know they had. I have gained new insight from the courses taught at Pacific College and using this new information to help those in need feels like a calling I am supposed to fulfill. Being a facilitator to help others is a special gift, and I am grateful to be able to do that. This process has not been easy, as I've had many personal struggles along the way, but I have been able to see a light at the end of the tunnel. I continue to look forward to another sunrise every day. I am excited for this next chapter in my life and hopeful that my nursing career will be fulfilling and satisfying.





**Quilvio Rodriguez DNP, PMHNP-BC,  
MSN, HNB-BC, BSN, RN**

I would like to take this time to reflect on ways that I incorporate my holistic nursing awareness and knowledge gained from Pacific College of Health and Science's RN-BSN Holistic Nursing program into my current practice. Currently, I am a psychiatric nurse practitioner at a public hospital in New York City working in the outpatient adult behavioral health department. The profession is unique in that we can both diagnose and treat mental illness through either psychotherapy or

medication management, and, in some cases, applying both. Therefore, we function as psychiatrists and psychologists, being trained in both disciplines. My secret weapons are use of holistic modalities coupled with my background in complementary and alternative therapies.

As holistic nurses, we are aware of the complexity and uniqueness of each person's healing journey. We help navigate treatments and are privileged to be a pitstop on their journey as we facilitate healing for our clients, all while striving to create meaningful connections through our use of presence, intention, and openness. Coming from this perspective, I sought an area of healthcare where I could go beyond the "pill as cure" treatment delivery medical paradigm. Although medications have their place in healing, they are not the only route for recovery. I am fortunate to work in a field where patients are open to my questions about finding meaning in their experience with illness/trauma, or how do you feel you can get out of your present challenge, or what is your reason for living- to be. I am pretty sure if I worked in medical-surgical or, the emergency department, these questions may get not more than a smirk or prompt dismissal from patients.

I am privileged to guide practice under the theoretical perspectives of 2 nursing theorists, including Margret Newman's Health as Expanding Consciousness and Florence Nightingale's Environmental Theory, and even some other non-nurse theorists, such as David Bohm's Implicate and Explicate Order. Newman's belief that one can continue to heal in the presence of illness is paramount in my treatment of chronic conditions like schizophrenia and bipolar disorder. Using her theory, I also attempt to help clients uncover their patterns of behavior over time. I ask questions like "Does this event remind you of something we spoke about in a previous session?", "Does your current partner treat you the way someone in your family has treated you?", or "Who is this person and are there any possible connections here?". Pattern identification can be challenging yet rewarding in that it helps clients understand their lived experiences, allowing them to take ownership and find meaning in these events.

Bohm's concept of implicate and explicate order reminds us that each moment illustrates one version of how we have explicated/demonstrated ourselves in the holographic universe. He reminds us that the choice is always in our grasp. How we wish to be in the present moment- I dare ask how will you explicate tomorrow- what version of yourself will be revealed? Practicing under this theory, I am reminded that change is always possible, growth is always possible, and most importantly we are all made of the same stuff. The "same dough" as Professor Carla Mariano taught me. What we do with the dough, how we shape our mold it is up to us, but all of the essential ingredients are the same. We can share with humanity this knowledge regardless of our perceived differences in appearance, age, gender, ethnicity, or other qualities, as we all came from the same implicate order-base ingredients.

Under Nightingale's guidance, I have attempted to provide a comfortable environment in my tiny office, where stories are shared with me. In my windowless office you will find a giant print of a nature photograph. The photograph illustrates a path in a forest for people to walk through and there is gentle sunlight coming through the branches of dense foliage and trees. I imagine it to be a metaphor for a journey to recovery or healing. Amidst the overcrowding of plants, grass, and trees there is still a path (a way out) and warm sunlight (hope). I do not think my patients may see it this way, but that is the impression it left on

me when I chose to get it for the office. There are also two orchid plants next to my computer, a Tibetan sound bowl I use for guided meditations and breathing exercise for anxiety, a tissue box with sustainable napkins made from discarded bamboo and tree bark, and some chairs that are not very comfortable, but are provided by the facility. I have yet to gain the courage to bring my tarot deck into the treatment plan (then I will truly be judged for my “peculiar ways” by colleagues). I believe there is a place for tarot in psychiatry as the images can promote openness and sharing of distant memories from clients. There is growing evidence in this field and I hope I can conduct my own research study one day.



Above is the photograph in my office. I continue to try to find ways to incorporate holism into my practice and have only shared a handful of ways I am able to bring these concepts into my practice. As an instructor of NR 300, I always look forward to reading how current students bridge the gap from theory to practice. Have a great rest of your semester!

---

## Exciting News!

---



### Dr. Kristen Lombard

Professor Dr. Kristen Lombard just received her AHNCC Board Certification as an Advanced Holistic Nurse (AHN-BC)! This is her second board certification. In addition to her experience as a holistic nurse, her preparation for the 150 question exam was to attend the PCHS Zoom session with Dr. Margaret Erickson in January (recorded for our benefit) where Dr. Erickson talked about the Basic and Advanced Holistic Nurse certifications, the exam, what to study, and testing strategies. Then Kristen became BFFs with Dossey & Keegan's *Holistic nursing: A handbook for practice* (2022) and the Core Curriculum for Holistic Nursing (Helming, Barrere, Avino & Shields, 2014). She read every chapter and took the practice quizzes. She also did the AHNCC Practice Test of 50 questions to help prepare. It worked! She passed and we are all so proud as Dr. Lombard adds AHN-BC initials to her growing credentials.

---

## Announcements

### Pacific College of Health and Science MSN Program Announcements

Starting this Fall of 2021, our School of Nursing is launching a 40 credit Master of Science in Nursing Education program with tentative specialty tracks for nursing education, professional development specialist, and nurse coach.

Graduates of the program will be prepared to be leaders in nursing education and nurse coaching. Here are the titles and what you could do in the roles:

- **TRACK 1: Nurse Educator** - Academia, clinical areas, and specialty education (i.e., Diabetes Nurse Educator); hospital, community, or private practice.
- **TRACK 2: Nursing Professional Development Specialists** - have knowledge and skills in adult learning principles, program development and management, transformational change, continuing education, and leadership.
  - Helps nurses develop and achieve career goals.
  - Supports clinical advancement and role transitions.
  - Change agent with individuals, groups, units, departments, organizations, systems, communities, populations.
  - Educator, consultant in private practice with individuals, groups, organizations, or within their health care setting.
  - Mentor/coach/role model
- **TRACK 3: Nurse Coach** – Coaching is about supporting transformation. Our students will learn how to work skillfully to support co-creative partnerships with individuals, organizations, or communities. The Nurse Coach may work in private practice



or use these skills as a consultant or coach within the organizations where they work.

Graduates will be eligible to sit for AHNCC or ANCC board certification in 5 areas: holistic nurse, advanced holistic nurse, nurse educator, nurse professional development specialist, and/or nurse coach.

The nursing faculty at PCHS recognize that to become holistic leaders in transforming health care, the transformation begins with us. Holistic nursing is a philosophy, a practice, way of being AND it is innovative and relationship-centered (strengthening relationships with self, colleagues, patients/families, organizations, communities, populations). It is also complexity-inspired and blends competency in traditional and non-traditional evidence-based approaches to caring and healing.

In the PCHS Nursing Program, we strive to nurture safe, respectful, creative, and thriving learning environments that inspire. Our faculty are role models and thought leaders in the holistic nursing field, and our courses are designed for professional and personal growth, where our graduates have expertise in holistic nursing and the mutually evolving process toward healing, balance, and wholeness within the self, of others and environments.

We hope this information resonates with you and that you will consider continuing your education with us! FMI, please connect with Kristen Lombard, Ph.D., RN, AHN-BC at [klombard@pacificcollege.edu](mailto:klombard@pacificcollege.edu).

Melynda Ruckels RN MSN  
Certified Patient Advocate & Cannabis Nurse Consultant  
Certified Hypnotherapist  
Holistic Nurse Educator/Mentor  
Nursing Professor American River College  
[www.melyndaruckels.com](http://www.melyndaruckels.com)  
[www.mentoringfornurses.net](http://www.mentoringfornurses.net)  
916-300-1263

---

## Please help us welcome Northern New Mexico College to AHNCC!



CONGRATULATIONS! We would like to congratulate and welcome The American Holistic Nurses Credentialing Corporation's newest AHNCC Endorsed Nursing program. Northern New Mexico College has received endorsement of its RN to BSN holistic nursing program.

---

## Holistic Nursing Handbook for Practice

Recently it has been brought to our attention that in the newest edition of



Holistic Nursing. The Handbook for Practice, the AHNA Holistic nursing competencies have been summarized and do not align exactly with the Core Competencies found in the AHNCC Core Essentials documents.

**To help students prepare for the AHNCC national certification examination please refer them to these specific documents. The AHNCC Core Competencies found in the Core Essentials documents (links are below) are the number one (#1) primary reference to be used by students or faculty preparing for the examinations.**

The *AHNCC Core Competencies* can be found in the *Core Essentials* documents on the AHNCC website, at [ahncc.org](https://www.ahncc.org/wp-content/uploads/2018/01/2017-BASIC-HN-CORE-ESSENTIALS-Final.pdf), at <https://www.ahncc.org/wp-content/uploads/2018/01/2017-BASIC-HN-CORE-ESSENTIALS-Final.pdf> and document at <https://www.ahncc.org/wp-content/uploads/2018/01/2017-ADVANCED-CORE-ESSENTIALS-DOCUMENT-Final.pdf>.

---

## Certificants in Action (CiA) Announcement



AHNCC would like to recognize the work you are doing and all you have accomplished with a new opportunity and service. An opportunity to blow your horn, highlight your achievements and successes, and promote your activities and businesses. Our intent is to serve you by featuring our AHNCC certificants in action.

Do you have an accomplishment or an amazing story you would like to share? Do you have an upcoming event that you need help publicizing? If so, we'd love it if you would send us your exciting news!

The AHNCC Marketing Team encourages you to share your stories with the holistic nursing and nurse coach community and help you get the recognition you deserve. We are looking for:

- Certificant stories
- How your holistic nursing/nurse coach education and certification made a difference for you and your client
- Holistic Nursing or Nurse Coach employment opportunities
- Honors or awards
- Published books or articles
- Professional Presentations
- Business openings

- Community projects (involving certificants)
- Student accomplishments (current certificants or Endorsed School students)
- Elected positions or appointments
- And, more!

Blog entries should be no more than 300 words in length. Use existing [CiA News Blog](#) entries for examples. You may:

- Include a photo, logo, or other graphic
- Include links to web pages
- Include a longer document that can be uploaded and linked to. (submit as Word or pdf)

Items should be submitted to [info@ahncc.org](mailto:info@ahncc.org). Please submit them formatted as you would like them to appear. They will be reviewed, and appropriately published on AHNCC communication sites such as our calendar, CiA News Blog, and social media accounts.

Additionally, if you are AHNCC certified and are a founder/co-founder or owner/co-owner of a business and have a business or business website you would like listed, please contact us with your request and permission to print. See [CiA Business](#) for examples and additional instructions.

Thank you for your willingness to participate. We look forward to hearing from you and sharing your stories. Thank you for making it a better world to live in. You make a difference in the lives you touch!

---

## Information about the use of the AHNCC ES Seal by Endorsed Schools

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](mailto:ahncc@flash.net). To access the letter please go to: <https://www.ahncc.org/wp-content/uploads/2018/05/AHNCC-Endorsed-School-Logo-Agreement.docx>. Upon the receipt of the Letter of Agreement a link will be sent to you.

---

## Upcoming conference free and open to all!

Boozhoo,

The Niganawenimaanaanig Indigenous Nursing Program at Bemidji State University invites you to a special zoom event on May 11<sup>th</sup> (9a-4pm), as we host our second Indigenous Nursing Conference!

Our conference will feature a packed lineup of phenomenal Indigenous speakers and **we have waived all conference registration costs!** While topics will be geared towards those working and serving in healthcare and other interdisciplinary human service fields, we believe that *everyone* will come away with new and relevant information.

Please see our registration form [here](#) and feel free to forward this information to all of your contacts. We look forward to sharing the day with you!

Miigwech,  
Matt

---

**QUALIFIED? ✓ VERIFIED? ✓**  
**GET BOARD CERTIFIED.**



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

The benefits include:

- Exams are offered year around
- 90-day testing window beginning upon notification of eligibility to test
- Immediate notification of test results upon exam completion

For more information, please contact AHNCC at 785-267-0943 or C-NET at 201-217-9083.

**APPLY  
TODAY**

"Miracles start to happen when  
you give as much energy to your  
dreams as you do to your fears"

Anon



JB HOLISTIC HEALTH

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

STAY CONNECTED

