



# AHNCC Endorsed School Newsletter

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## In This Issue

Welcome

A Letter from our CEO

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

COVID-19 Response

Exciting News!

Announcement

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

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

## A Letter from our CEO

Dear Colleagues,



We know that our professional and personal lives, as well as life in general, continues to be challenged by experiences and opportunities that are unprecedented personally, professionally, in our communities, and globally. Despite these stressors and obstacles, as holistic nurse educators you continue to step up, making a difference in the way our future nurses are educated and learn to practice. These last 18 months have illuminated the need for healthcare that is health, wellness, and well-becoming focused. Thank you for helping our nursing students and novice nurses learn to practice within a holistic paradigm. The work you are doing will impact thousands if not tens of thousands of lives

during your graduate's life-long careers.

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 🙏

Take care, stay well, and remember to make the time to breath, pause, and be. In appreciation, with respect, and much gratitude,

Margaret Erickson PhD, RN, CNS, APRN, APHN-BC, SGAHN  
CEO, AHNCC she/her/hers

**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**

**Embracing "Equality, Equity, Diversity, Inclusion,  
and Social Justice" for All**



Photo credit: [Freepik](#)

AHNCC created and launched an EEDISJ Committee that focuses on embracing diversity and inclusion in our certificants and creating an environment that supports equality, equity, diversity, inclusion and social justice throughout the AHNCC organization.

Our "Embracing Equality, Equity, Diversity, Inclusion, and Social Justice" for All webpage provides information to support that transformation. By 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.

We invite your staff and students to use the EEDISJ page as a resource. AHNCC Chair, Deb Shields, has her students visit it and access resource(s) as part of a course assignment. On the webpage you will find various articles, interviews, upcoming events and more as we serve to strengthen the holistic nurse specialty by broadening sociocultural awareness, in order to enhance our ability to provide optimal holistic care that is inclusive to all.

To learn more, please visit: <https://www.ahncc.org/resources/embracing-diversity/>

## COVID-19 Response

# WE'RE ALL IN THIS TOGETHER.

#COVID19

AMERICAN HOLISTIC NURSES CREDENTIALING CORPORATION

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/>

## Exciting News!



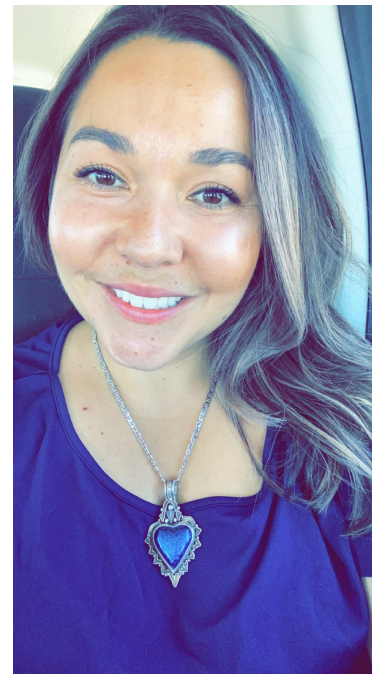


## Northern New Mexico College's innovative RN to BSN Program is open to all

*A fully online curriculum extends the reach of this distinctive holistic nursing program*

*"Studying to be a holistic nurse has been one of the most fulfilling choices I have made for myself. I have a deeper connection with my patients and their families. The Northern New Mexico College Holistic RN-BSN program is preparing me to be a caring, compassionate and giving nurse for those in my community." — Nichole Armijo, RN (pictured right)*

Northern New Mexico College's (NNMC) location in Española, N.M., the "heart of Northern New Mexico," helped to shape its distinctive holistic RN to BSN Program. NNMC is in a geographical and cultural center for natural healers and complementary and integrative practices where health care options abound. Community members continue to embrace ancient Hispanic and indigenous healing practices alongside conventional allopathic methods. This was the foundation for developing an integral holistic nursing program through NNMC's Department of Nursing and Health Sciences in 2008.



NNMC'S RN to BSN Program is New Mexico's only AHNCC endorsed holistic nursing program. While honoring a traditional nursing education, this program provides a unique



and innovative nursing curriculum based on Dr. Barbara Dossey's Theory of Integral Nursing. The foundational philosophies and core values of holistic nursing are woven through each course.

Students develop beginning skills for providing complementary and integrative modalities as they interact with practitioners in clinical settings.

"Through this curriculum, I have learned the essential elements of self-care, the dynamics necessary to create and project a healing environment, and the leadership and teamwork abilities required to build successful relationships with members of a multi-disciplinary team," said Richenda Fox, RN.

"It is through this path of authenticity and integration that I can provide my clients with methods of healing that are consistent with their specific health care needs, presented in a way that both honors and nurtures their personal/cultural belief system. I am grateful to have found this unique educational program and have grown tremendously in all aspects of my personal and professional life."

The goal is to prepare integral nurses who embrace and practice holistic, relationship-centered care that addresses individual and collective health with a focus on total patient care. The program emphasizes self-reflection, self-care and personal development for students and faculty.

"Since starting the program, through providing care for my patients I have discovered the importance of not only my patients' holistic wellbeing but my own." said Chicqueeta Whitaker, RN. "Through the education that I have received from Northern New Mexico College I have a better understanding of the importance of my own holistic wellbeing and self-care."





NNMC's RN to BSN Program offers the most affordable tuition in the State of New Mexico. It is CCNE accredited and has received endorsement from AHNCC. AHNCC awarded the RN to BSN Program the 2015 Excellence in Holistic Nursing Education Award. One hundred percent of program graduates are satisfied with the overall quality of education they received.

"Being in a holistic nursing program has broadened my perspective on health, the human condition, and what it means to be a nurse. There are many ways to care for someone, there are many interventions and alternatives that can be explored that will best suit a person's needs...A person is not just what you see in the moment, but a combination of many, intertwined factors. A holistic nurse serves as a facilitator in the journey of becoming whole," said Meghan Schroeder, RN.

"I have taken what I have learned already and have applied it to my current practice, but I have also learned to be a better person. I have learned to accept people where they are, to treat them with kindness and grace, and to view people in a new light."

A new fully online option provides greater flexibility for working nurses and extends the reach of the program beyond New Mexico.

Another innovative initiative supporting the program's holistic philosophy has been introducing elective courses that are open to all students in all departments of the college. "Mindfulness and Breath" is an introduction to the experience of mindfulness and the awareness of breath and body and the physiological benefits of mindfulness practices and its implications for mind/body health and well-being. "The Art & Science of Self-Care" guides the student to a deeper understanding and value of the art and science of self-care as the key to living a balanced and healthy life. "Herbal Therapeutics" introduces students to bioregional herbal plants and the practical use of preparing and utilizing herbs.

One outstanding feature of this program is the small class size and degree of faculty engagement and individualized student attention. The highly qualified faculty bring decades of experience in holistic health and wellness, nursing education and incorporating integrative therapies into professional practice. Their specialties include community health, emergency nursing, mental health, substance abuse treatment, holistic nutrition, rural nursing, *Curanderismo*, herbal therapeutics, therapeutic touch and aromatherapy.

"The Holistic Nursing Program at NNMC has helped me grow stronger as a nurse physically, mentally and spiritually. It has helped me to open my eyes and encompass the whole world of nursing and how beautiful caring for patients truly is. It has helped me learn

to assess what works best for patients and how I as a nurse can facilitate a plan of care to establish their goals,” said Destini Gomez, RN.

“This program has taught me how to use the full body, mind and soul and recognize alternative approaches that can be used in my everyday nursing career! I couldn’t be more grateful for all this program has taught me and how I am able to use what I have learned daily with my patients!”

To learn more about Northern New Mexico College’s RN to BSN Program, go to <https://nnmc.edu/home/academics/schools-and-departments/nursing-health/rn-to-bsn-program/>. You can view our introductory video at <https://youtu.be/T3wp25SV3g>.



Help us spread the word! Please share these video links that are all about our Endorsed Schools and Holistic Nursing certifications.

[How do I Know If I Graduated From an AHNCC Endorsed School?](#)

[Why Would I Want to Attend an AHNCC Endorsed Program?](#)

[Certification in Holistic Nursing – Introduction](#)

[Certification in Holistic Nursing – long version](#)



# Announcement

## Certificants in Action (CiA)



AHNCC would like to recognize the work you are doing and all you have accomplished with a new opportunity and service.

We encourage you to share your stories with the holistic nursing and nurse coach community and help you get the recognition you deserve. This is an opportunity to blow your horn, highlight your achievements and successes, and promote your activities and businesses. We are looking for certificant stories, honors or awards, published books or articles, student accomplishments (current certificants or Endorsed School students), etc.

Blog entries should be no more than 300 words in length. Please use existing **CiA News Blog** entries for examples. 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!

# FOLLOW US

ON OUR SOCIAL NETWORKS



AHNCC IS ON INSTAGRAM, FACEBOOK, YOUTUBE, AND LINKEDIN! BE SURE TO FOLLOW US TO BE NOTIFIED OF OUR LATEST NEWS AND HAPPENINGS AS WELL AS NURSING NEWS FROM ACROSS THE COUNTRY.

## LET'S STAY CONNECTED!



Visit our Website

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

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