



Endorsed School Newsletter

Volume 5 Issue 2 - October 2022

H = Health
O = Opportunity
L = Leaders
I = Integrate
S = Scholarly
T = Together
I = Impact
C = Community

From the CEO Margaret Erickson

Greetings Colleagues,

It is hard to believe that we are moving towards the end of the year. As Fall begins, I invite you to take time to pause, be, and watch mother nature prepare for the upcoming winter months. It is a time to finish our tasks and business from the summer and earlier in the year. As we begin to move indoors both physically and emotionally, we are more home focused, reconnecting with ourselves and those we hold dear in our hearts. For all of you we hope it is time when you can seek a state of harmony and balance and most importantly engage in self-care that is needed to fill you spiritually

and emotionally. Here at AHNCC, as we prepare for the end of the year, before welcoming 2023, we are filled with gratitude for all you do to prepare nursing students to care holistically for our loved ones and other consumers.

We wish you a season of abundance, prosperity, and blessings. With great appreciation and gratitude, Margaret

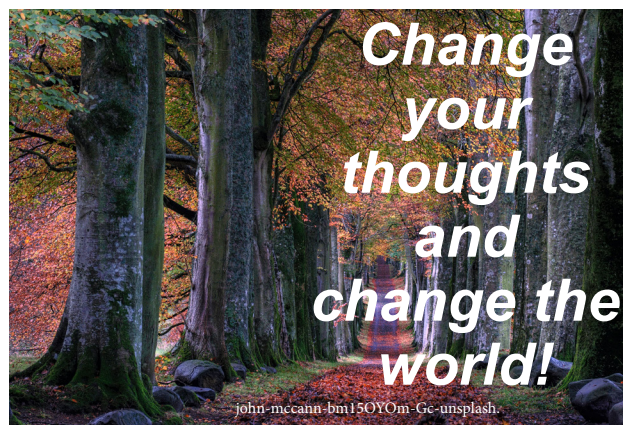


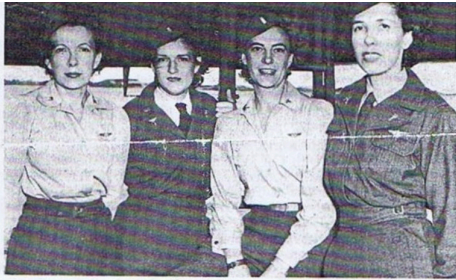
Those who are victims of natural disasters such as the hurricanes in Puerto Rico and Florida are suffering both physically and emotionally. For some of them, it may take a long time to recover. Let us open our hearts in generosity and send love and healing energy to those who have been affected.

THANK YOU

Thank you to
all the Endorsed
Schools for
submitting
articles to our
Endorsed School
E-Newsletter.

Image by Coffee Bean from Pixabay





BACK FROM THE BATTLEFRONT: These young and comely Army flying nurses, pictured above, recently returned from a flight Down Under where they cared for wounded soldiers stricken during the invasion assault on the Gilberts. Reading left to right: Lis Madeline Harris, Agnes Flaherty, Mary Esther Pratt and Eleanor Hop-pock. (BRIEF photo.)

AGNES E FLAHERTY LEADERSHIP AWARD

Dr. Shannon Gauvin, the Director of the University of Maine at Augusta (UMA) nursing program has been selected to receive the AGNES E FLAHERTY LEADERSHIP AWARD.

This award is targeted for: administrators, educators, public office holders or nominees, and health care providers in advanced practice roles.



Dr. Shannon Gauvin, DHA, MSN, RN, AHN-BC
Director of Nursing

Defining qualities include the ability to:

- Develop a work environment that fosters autonomy and creativity.
- Value and empower others. Affirm the uniqueness of each individual.
- Motivate others to work toward a common goal.
- Identify common values.
- Be committed to the profession and society.
- Think long-term and be visionary.
- Be politically astute.
- Think in terms of change and renewal.



Dr. Bobbi McCarthy,
has been appointed to
the AHNA International
Education Advisor
Committee.



Vickie A. Ireland, PhD, MSN, RN, CNE, CEN
Assistant Professor of Nursing

Vickie A. Ireland's article, "Emotional Intelligence Competencies in Undergraduate Nursing Education: A Descriptive Qualitative Study", was accepted for publication in Nurse Education Today.

This topic is very relevant to holistic nursing as Emotional Intelligence has recently emerged as part of the 2021 AACN BSN Essentials, and there is very little in the literature about how to best incorporate these skills into the program of study. Holistic nurses use their communication skills to enhance the development of a trusting, healing relationship with their clients, and fostering emotional intelligence in nursing education can support the role of nurse as healer!

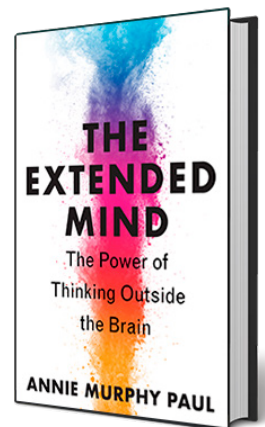


Our nursing programs here at Augustana University, both BSN and accelerated are now officially one year since receiving our endorsement through AHNCC. What an honor to be in good company of nursing schools and programs that have chosen to make holistic care a visible part of who we are.

We have continued faculty development in holistic nursing with the goal of continuing to grow together, keeping it at the heart of our curriculum. The students receive

an introductory module on the concepts and principles in their first introductory nursing course. It's wonderful to see the principles and concepts continue to be integrally imbedded throughout the rest of the curriculum. It has become an increasingly consistent part of how our students talk about the care they deliver as well as how they care for themselves, with intentional, mindful presence.

Augustana University is a liberal arts school, and we believe whole heartedly that this supports the holistic concepts we incorporate in the nursing courses of their education. Recently an assignment from a Religion, Medicine & Ethics course offered at our university was shared with our nursing faculty, entitled, "A Nurses' Guide to The Extended Mind", written by two nursing majors. (The Extended Mind, a novel written by Annie Murphy Paul). The students incorporated the concepts of holistic nursing, stressing the vital role of nursing in the healthcare system, now more than ever recognizing the whole person, and vital role of being fully present with the patients we serve.



Our first cohort graduated from our AHNCC accredited program in May. A good number have expressed plans to test for certification as Holistic Nurses. As we share with them as faculty, there is no specialty area of nursing that is not positively influenced by bringing this meaningful component to practice, and sharing your certification brings it forward in your professional practice.

Wishing you Wellbeing, from Augustana University

Come check us out!



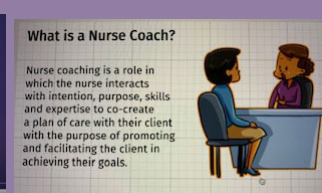
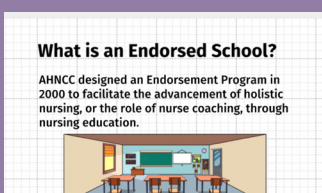
AHNCC has their own Youtube channel.

Here you will find an abundant array of videos that will answer all your questions. You can also watch videos by our colleagues and friends on their holistic paths.

We hope you are enjoying some of our Doodly videos. It's a fun cartoon with a message.

Check out some of our videos on our youtube channel below:

https://www.youtube.com/channel/UCacpjD18bdHCl4wf_DF3OiA



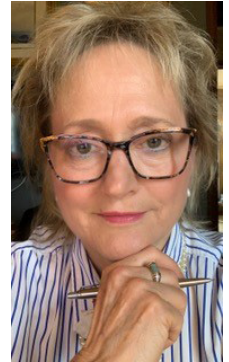
We welcome you to create your own video one minute or so about: Why you got HN or NC certified. Why it makes a difference too you and your practice. Send videos to connections@ahncc.org.





The AHNCC endorsed Psychiatric Mental Health Nurse Practitioner Program at the Milwaukee School of Engineering School of Nursing graduated its first cohort of 11 APRNs in May 2022, and the second cohort of 15 students is slated to graduate in May 2023. One of the most surprising outcomes of administering the first cohort was that we learned from prominent healthcare institutions who hired a number of the graduates that they had hired them because of their “integrative and holistic” training and that the companies no longer hire psychiatric mental health APRNs who only prescribe psychotropic medications. They stated that they were excited about our program and were hiring MSOE graduates because they provide nurse-psychotherapy, group therapy, and consultation liaison services in addition to medication management when indicated. It was great news to find that the market is supporting our vision to restore all psychiatric mental health APRN roles in American nursing.

Dr Martha Libster, Visiting Professor and Director of Academic Clinical Partnership Design at MSOE, is a Psychiatric Clinical Nurse Specialist with 23 years’ experience in practice and workforce development and 18 years in higher education. She is the designer of the integrative holistic PMHNP program and innovative APRN Behavioral Health Clinical Supervision model. Dr. Libster is joined in teaching the first two cohorts by a faculty of national experts: Leslie Evers, Dana Murphy Parker, Dr. Janet Somlyay, Danielle Arends, Dr. Marisa Beffel, Dr. Beth Bonham, and Dr. Mary Elaine Southard. They have launched the program which blends the best of Psychiatric Clinical Nurse Specialist and Nurse Practitioner philosophies.



Dr. Martha Libster

The foundational theories and skill sets used in the formation of the graduate students in the program are: Modeling and Role Modeling, Adaptation Model, Solution Focused Therapy, Existentialism, Relational Ethics, and Health Culture Diplomacy. The education program goals related to belonging, sustainable and mindful advanced nursing practice, precision Self-care, and communication expertise are being met and exceeded as we move to phase 2 of our development of new pedagogies to be used in behavioral health workforce development of APRNs and RNs. Phase 2 also includes apprenticeships for graduates of the program to teach alongside faculty experts in specially chosen areas of the curriculum.

Dr. Libster’s newest publications highlighting the Elements of Care® and TINA Models used in teaching the MSOE program core and specialty courses are:

Precision Nursing Science: Integrative Holistic Nursing with the Elements of Care. Paperback ISBN-13: 979-8986080109 [EPub Download and Faculty Textbook Resources Available](#)

Precision Self-care for Nurses: The Elements of Care® Program for Beating Burnout. Paperback ISBN-13: 979-8986080116 [EPub Download Available](#)

The Tao of integrative nursing assessment (TINA): An East-West model for precision, complementarity, and inclusion in relationship-centered care. Holistic Nursing Practice, January 2023 (in Press).



Drew Velasco is an FNP, PMHNP and passed the APHN-BC exam in September. She has a thriving private practice in Kenosha Wisconsin and was just voted Kenosha’s general practitioner best in health and wellness!

Wellness Wednesdays

Western Michigan University Bronson School of Nursing is proud to be a Holistically Endorsed School since 2001. Our nursing program is one of nine departments within the College of Health and Human Services (CHHS) at WMU who share a common emphasis on holistic practice education. The mission and philosophy of both the university and the College of Health and Human Services support and are congruent with our holistic-centered curriculum.



Faculty are not only passionate about teaching holistic nursing, they are invested in incorporating it into their own work and personal lives. In addition to threading the holistic values and standards throughout the program, we continue to grow our commitment to holistic nursing by offering Wellness Wednesdays once a month to our students, faculty and other disciplines in the College of Health and Human Services building. The purpose of Wellness Wednesdays is to introduce different holistic modalities and offer the opportunity to experience them. We are privileged to have a beautiful facility that provides us with a Wellness Laboratory room. The large room offers a lovely soft nature mural, natural light as well as soft dimming lights and it is free of noise and distractions which create the perfect room to relax and immerse yourself into the modality experience being offered. Although the College offers yoga on a regular basis, the Bronson School of Nursing wanted to offer the opportunity to learn and experience additional holistic modalities from professionals in the community. We have offered Sound Therapy, Massage Therapy, Forest Bathing (outside), Pet Therapy (during final exams) and Reiki. We have received positive feedback from both students and faculty. Attendance is taken and we send out an email which contains a QR code that directs the attendees to an evaluation link making it an efficient evaluation process. The presenters have volunteered their time to share expertise in their specific modality.



WESTERN MICHIGAN UNIVERSITY
Bronson School of Nursing

This amazing learning opportunity was initially planned by our holistically certified faculty, however, as our passion for holistic care has grown, we now have a designated committee of faculty that are dedicated to planning our future events. We are pleased to familiarize our students with different holistic modalities that they may encounter with their patients or incorporate into their own lives to promote self-care.



Holistic Approach to Essential Oil education for self and care of others.

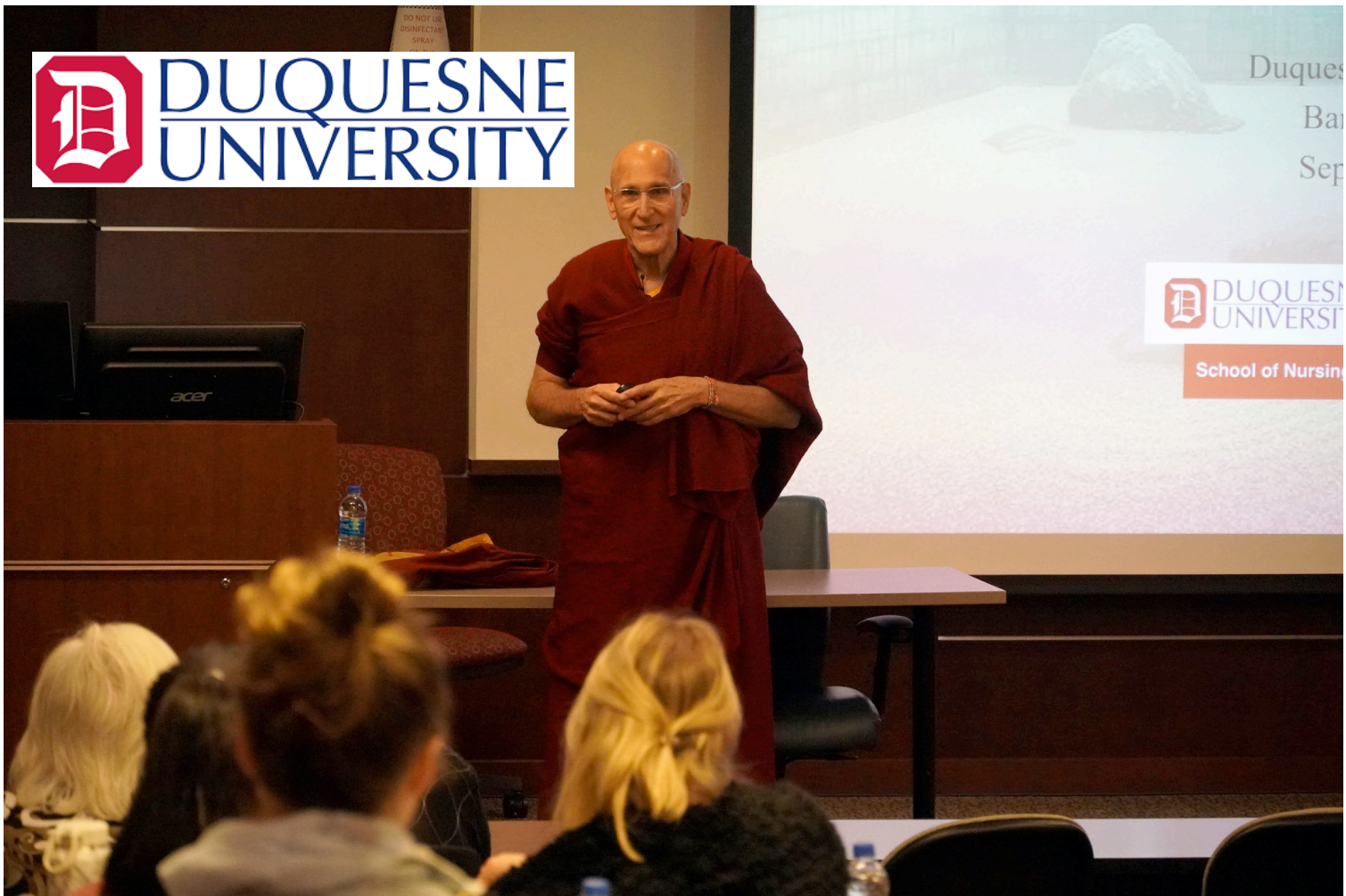
St. Catherine University BSN students obtain essential oil (EO) knowledge as an additional tool for integrating holistic care approaches for patients and self. Students receive basic education on EOs in their junior and senior years. Most hospitals within the Twin Cities metro include essential oil use within the inpatient setting, which allows students to routinely incorporate EO use into whole-patient care within the clinical setting. Assistant Professor Beth Meighan-Palanivel is a Holistic Nurse Baccalaureate Board Certified (HNB-BC), Clinical Certified Aromatherapy Practitioner (CCAP), and is in the process of becoming a Health and Wellness Nurse Coach Board Certified (HWNC-BC). Professor Meighan-Palanivel incorporates her holistic wisdom into her role as the Advising Liaison, focusing on the early identification and intervention of at-risk students. As the Advising Liaison, Professor Meighan-Palanivel infuses presence, authentic caring, essential oil knowledge, and nurse coaching strategies within the classroom, lab, simulation, and one-to-one interaction with at-risk students. The St. Catherine University BSN program graduates enter the workforce with a foundational knowledge of holistic nursing that includes integrative care approaches such as the use of EO basics, safety considerations, and self-care use.



EO Education on;

- Plant taxonomy and chemotype
- EOs most common in clinical practice
- Clinical aromatherapy and current regulations of EO
- EO extraction methods & historical uses of EOs
- Mechanism of action of EO use
- Safety and storage considerations for EOs
- EO doses/conversations/equivalents/carrier oil use with EO
- Safety considerations for EO with animals





As an AHNCC endorsed Nursing School, Duquesne University nursing students have unique opportunities. On September 28th, students attended a Compassion and Mindfulness Workshop lead by Dr. Barry Kerzin, a personal physician to the 14th Dalai Lama.

AHNCC is excited for you to see all the wonderful information and events we have on our website.

www.ahncc.org

COME CHECK US OUT!

We have a new Endorsed School Doodly - [click here to view.](#)





The **AHNA Annual Conference** is a gathering of approximately 500+ holistic nursing professionals from across the country, with growing international attendance from Canada, Japan, China, and Jamaica. This annual event is one of the largest and most valuable conferences dedicated to bringing together nurses who share a passion for holistic healing.

The **AHNA Annual Conference** offers 6 days of top-notch continuing professional development, leading keynote speakers, networking with fellow holistic nurses, an exhibit hall filled with vendors offering the latest products and services to complement your daily practice, and time to nurture yourself and your connection to holism in an environment primed with energy and the support of fellow healers.

Poster (Research & Non-Research) and Research Papers must be submitted by Thursday, December 1, 2022 11:59 PM (PDT) [click here](#).

Endorsed Schools Network Gathering

Friday

November 4, 2022

1:00 pm EST

12:00 pm CST

11:00 am MST



Mark your calendars to join us for the first Endorsed Schools Network Gathering. These gatherings allow time for faculty from AHNCC endorsed programs or those wishing to seek AHNCC endorsement, with an opportunity to ask questions about the application/re-application process, network and learn from your colleagues about what is working and what isn't working, share accomplishments and challenges, and much more. A Zoom invite to the gathering will be sent to the contact persons for all AHNCC Endorsed Schools, the day before we meet.

The next gathering will be March 3rd, 2023.



The Drexel online, interdisciplinary Complementary and Integrative Health Graduate Program continues to promote best practices and research in holistic, complementary, and integrative health care.

We have just completed the first year of our collaboration with the University of Arizona's Health and Wellness Coaching Program, and students have high praise for this hybrid experience in which students earn an MS in Complementary and Integrative Health from Drexel University and a Certification from University of Arizona's Andrew Weil Center for Integrative Medicine in Health and Wellness Coaching. [Drexel University and University of Arizona Partner for Collaborative Complementary and Integrative Health Degree and Certification | Now | Drexel University](#).

We also offer a traditional [MS in Complementary and Integrative Health | College of Nursing and Health Professions | Drexel University](#) and a [Post-Baccalaureate Certificate in Complementary and Integrative Therapies Certificate of Advanced Study in Complementary and Integrative Therapies | College of Nursing and Health Professions | Drexel University](#).

Here are some of our accomplishments over the last six months:

- Drexel's 2022 Graduate Seminar class presented their program designs on a variety of health topics, including initiatives to improve resilience and overall well-being for healthcare professionals; management of chronic conditions with a holistic, integrated approach; design of wellness spaces in various work settings; and the creation of new wellness enterprises to promote optimal health.
- Kris Wood, recent graduate of the Drexel Program and the RN Coordinator for the Wellness Coordinator for Carroll Hospital's Tevis Center for Wellness, was interviewed by the CBS Morning Show about the use of Mindfulness to improve health and well-being. [Meg and Sina talk with Kris Wood about the importance of mindfulness - CBS Baltimore \(cbsnews.com\)](#).
- Alicia Faucher, a new graduate from the Drexel Program, has taken on a research role for Eden Energy Medicine. We are excited to see the new Bioenergy research coming from this group.
- Jennifer Shaw-Metz, a current student in the Drexel Program, recently received AHNA's 2022 Charlotte McGuire Graduate Scholarship Award.
- Faculty member, Sue Kristiniak, was appointed to the Research Committee for the Alliance of International Aromatherapists, as she expands her good work in Botanical Medicines.
- Our Complementary and Integrative Health Graduate program received a renewal of our endorsement with the American Holistic Nurses Credentialing Corporation.
- We are mid-way through a study of the impact of a Mindfulness Meditation course on Perceived Stress and the Five Facets of Mindfulness with partial funding from Drexel's Dean's Innovation in Healthcare Education Grant Award. The results are promising, so far!
- And we have just begun a study to evaluate the impact of undergraduate and graduate level courses on Holistic Living on Perceived Stress, Resilience and Overall Well-Being.
- Many from the Drexel community, including students, graduates and faculty, are finishing up work on the Special Issue of the Journal of Interprofessional Education and Practice, entitled "Self-care Strategies for Health Care Professionals in These Challenging Times: How to Promote Empowerment, a Positive Outlook and Healthy Habits for Optimal Health and Well-Being of the Mind, Body and Spirit". This year long project has brought together practitioners, scholars, and researchers in the fields of holistic and integrative health to share the science and application of healthy lifestyle practices, stress management, and habit change in bite-size pieces. Our goal is to promote empowerment, effective coping strategies, a positive outlook, and the development of a personalized self-care toolkit. Watch for this Special Issue in the new year!

If you would like to learn more about Drexel's Program in Complementary and Integrative Health, contact Track Director, Rita Carroll at rmc353@drexel.edu or 484-354-8380.

Qualified
Verified

Get 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 round
- 90-day testing window beginning upon notification of eligibility to test
- Immediate notification of test results upon exam completions

**For more information, please contact:
AHNCC at 785-267-0943 or C-NET at 800-463-0786**



reminder

Please notify us if your contact person changes or any important information about your program-i.e. name change.



[Conversation Corners \(CC\)](#), a new initiative that the Equality, Equity, Diversity, Inclusion, and Social Justice (EEDISJ) Committee has recently been implemented. Dr. Grissel Hernandez, PhD, MPH, RN, HNB-BC, NPD-BC, SGAHN, spoke on, [“Engaging Heart, Mind, and Hands: A Latina Holistic Nurse Leadership Journey Guided by Watson Unitary Caring Science.”](#) [Click here for the video.](#)

Embracing “Equality, Equity, Diversity and Social Justice” for All.

**Spread
the
Word!**

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](#)