



# Endorsed School Newsletter

Volume 6 Issue 1 - March 2023

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

## From the CEO Margaret Erickson

*Greetings Colleagues,*

*Spring has come, and with it changes, growth and opportunities abound. Students are getting ready to graduate and begin their journeys as professional nurses. Thank you for providing them with a foundation and roots in Holistic nursing and health, and a safe haven to learn, reflect, grow, and be. These students are our hope for the future of nursing. They are grounded in our past; the essence of nursing, and educated in the skills, knowledge, values, and attitudes needed to deal with the challenges in today's healthcare. With support of the generations of nurses*

*who have come before them we can change healthcare to a vision and promise of one of health promotion, wellness, and wellbeing. Thank you for all you do to facilitate, nurture, and nourish our next generation of nurses.*

*Wishing you a spring full of success, harmony, joy, and time to pause and be. Warmest wishes for health, happiness, and well-being,*

*Margaret*



Image by Gerhard from Pixabay

**Thank you to  
all the Endorsed  
Schools who  
submitted  
articles to our  
Endorsed School  
E-Newsletter.**

## Florida Atlantic University's Christine E. Lynn College of Nursing Celebrates Continued AHNCC Endorsement

On February 1, 2023, Florida Atlantic University's Christine E. Lynn College of Nursing received continued endorsement from the American Holistic Nurses Credentialing Corporation for our BSN, MSN, DNP and PhD programs. With this endorsement, we celebrate the tradition of advancing holistic nursing throughout our education programs. As the only college with all academic degree levels endorsed by AHNCC, we are committed to nurturing the wholeness of person-environment through caring. Holistic values, principles, and theories are reflected in all program outcomes and integrated throughout every nursing course description, objectives and assignments.



Our building at the Boca Raton Campus was designed to reflect the College's caring philosophy and dedication to creating a holistic teaching/learning environment. The building, one of the few LEED "gold-certified" educational buildings in the United States, features feng shui principles and environmental sustainability. The College of Nursing building is designed to nurture well-being, and features spaces for self-reflection, quiet contemplation, yoga and other

modalities. The College's healing garden includes a classic circular labyrinth with a brick walking path that is wheelchair accessible.

Shirley Gordon, PhD, RN, NCSN, AHN-BC, HWNC-BC, directs the Initiative for Intentional Health (IIH) established in 2004 to promote holistic health and well-being which serves as a learning lab for Advanced Holistic MSN students, and inspires research aligned with the holistic health focus of the college. Through the IIH, we provide self-care activities open to students, faculty, staff, and the surrounding community. Recent examples include:

- Continuing Education Programs Focused on Self-Care
- Guided Tapping Sessions: Emotional Freedom Technique (EFT)
- Guided Labyrinth Walks
- Meditation room access
- Yoga sessions

The Journal of Art and Aesthetics in Nursing and Health Sciences, a fully online, peer reviewed, multimedia journal, provides a forum for sharing aesthetic expressions of caring. The journal is available free to everyone online <https://jaanhs.org/journal-issues/>.



Putting holistic caring theory into nursing practice:

Two community-based nurse-managed centers in West Palm Beach, FL deliver primary and specialty health care and wellness services from a holistic caring perspective.

- The Florida Atlantic University/Northwest Community Health Alliance (FAU/NCHA) Community Health Center is the first university center in Florida to be designated by the U.S. Health Resources and Services Administration (HRSA) as a "Federally-Qualified Health Center (FQHC) Look-Alike.

Together, the faculty and students at Florida Atlantic University's Christine E. Lynn College of Nursing continue to advance holistic nursing! If you would like to know more about our programs, please contact Dr. Shirley Gordon at [sgordon@health.fau.edu](mailto:sgordon@health.fau.edu).

## Why Become Recertified?

AHNCC has a couple of options for individuals interested in renewing their credentials: Active or Inactive recertification, and retired status.

You can view or download the [Recertification Handbook here](#).

Specific questions about recertification can be directed to [recertification@ahncc.org](mailto:recertification@ahncc.org).

Certification is a professional pathway to validate your nursing specialty knowledge, competence, and expertise. With today's healthcare focus on health promotion, wellness, and well-

being your certification provides evidence and assures consumers, employers, and other key stakeholders that you are a leader in healthcare transformation.



All AHNCC certification examinations are nationally accredited through the Accreditation Board for Specialty Nursing Certification (ABSNC) [www.nursingcertification.org](http://www.nursingcertification.org) and are recognized by ANCC as Magnet approved for institutions seeking or reapplying for Magnet status and can be found in the [ANCC DDCT click here](#).

***Lead and support the shift in global healthcare from a paradigm of illness to one of wellness, and well-being. Renew your credentials now.***

**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:**



AHNCC Endorsed Schools



**What is the  
Difference Between  
a Holistic Nurse and  
a Nurse Coach.**

**What is a Nurse Coach?**

Nurse coaching is a role in which the nurse interacts with intention, purpose, skills and expertise to co-create a plan of care with their client with the purpose of promoting and facilitating the client in achieving their goals.



**We invite you to create your own video one minute or so about: Why you got HN or NC certified. Why it makes a difference to you and your practice. Send videos to [connections@ahncc.org](mailto:connections@ahncc.org).**

[https://www.youtube.com/channel/UCacpjD18bdHCl4wf\\_DF3OiA](https://www.youtube.com/channel/UCacpjD18bdHCl4wf_DF3OiA)



# Summary of the March 3, 2023 Endorsed Schools Networking Call

We had a great networking call Friday March 3rd. Although only a few of us were able to attend, the dialogue and discussion was robust and filled with great ideas.

- Considerations of ways to engage more students in the certification process and increase graduates taking certification examinations.
  - o Request made that AHNCC offer live Q&A sessions to students so that they could have their questions answered which would help alleviate their anxiety and concerns regarding seeking certification. A decision was made to offer the QA sessions three times a year; in April, June, and November with the hopes that students will not be stressed about end of year exams, papers, etc. or have conflicts with NCLEX at these times.

The first QA session will be held April 11th at 7pm EST. Please share the link below with your students and encourage them to attend. **NOTE: Changed to 11th.**

Margaret Erickson is inviting you to a scheduled Zoom meeting.

**Topic:** Q&A Session for Endorsed School Students

**Time:** Apr 11, 2023 7:00 PM Eastern Standard Time (US and Canada)

Join Zoom Meeting

<https://us06web.zoom.us/j/85186653464?pwd=dHBBrRkMrSEZzbVR0ZkVwTTR6VkRaZz09>

Dial by your location

- +1 346 248 7799 US (Houston)
- +1 253 215 8782 US (Tacoma)
- +1 669 900 6833 US (San Jose)
- +1 301 715 8592 US (Washington DC)
- +1 312 626 6799 US (Chicago)
- +1 360 209 5623 US
- +1 646 558 8656 US (New York)
- +1 646 931 3860 US

Meeting ID: 851 8665 3464

Passcode: 607612

Find your local number: <https://us06web.zoom.us/j/85186653464?pwd=dHBBrRkMrSEZzbVR0ZkVwTTR6VkRaZz09>

**Next Q&A sessions will be held:**

Tuesday June 20th at 7pm EST

Thursday November 9th at 7pm EST

- Suggestion to remind students in 6-12 post-graduation survey of opportunity to become certified.
- Incorporate into curriculum value of and how to get certified.
- Timeline of Networking Calls discussed. Following suggestions made to support a respectful and inclusive, efficient dialogue:
  - o Share agenda in advance.
  - o Create a Google document with an agenda so it can be shared with all schools and schools can add to it, and questions can also be submitted. It allows better preparation and time management.
  - o Voiced importance of AHNCC attendance so can answer questions and network with faculty from endorsed Programs, in real time. Much more efficient than playing email tag.
- Suggest that Endorsed Programs partner with AHNCC and Community business or organizations to help those from undeserved, economically disadvantaged communities receive scholarships to cover the costs of certification.

**Next Endorsed Programs Networking Call will be November 10th at 1pm EST 2023.**



DREXEL UNIVERSITY  
College of  
**Nursing and  
Health Professions**

Holistic nursing practice is the science, art, and the 'creative fire' where holistic nurses uncover, recover, support and celebrate the creative self. ~Barbara Dossey

Drexel University is pleased to announce a new **Holistic Nursing Review Course** from the Complementary and Integrative Health Program to help kindle your 'creative fire'.

This self-paced course will help to prepare you for the Holistic Nursing Certification Exam. The course offers a focused study of the Scope and Standards of Holistic Nurse Practice, and builds on this foundation with specific nursing theories and essential competencies that are vital in the emerging paradigm of holistic health. Learn more about certification as a Holistic Nurse at [Certification Overview - American Holistic Nurses \(ahncc.org\)](https://www.ahncc.org).

**Now open to learners outside of the Drexel Community. Learn more here. [Holistic Nursing: Review for Certification On Demand | College of Nursing and Health Professions | Drexel University](#)**

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

*"The Complementary and Integrative Health (CIH) Program has opened my eyes to what modern health care can be. A system that sees each person as whole, unique, and with the ability to heal from within. As a nurse, I find it exciting that I can contribute to this through my presence and connection with each person I see, and using my knowledge of complementary and conventional modalities."*-Drexel CIH student

Students, alumni and faculty from the Drexel University Complementary and Integrative Health program recently contributed to a Special Issue of the Journal of Interprofessional Education and Practice, on Self-care Strategies for Health Care Professional. This special issue is now available from Science Direct and you will find it in university libraries. Drexel contributors, along with national experts in holistic and integrative health shared the science and application of healthy lifestyle practices, stress management, and habit change in bite-size pieces. Our goal was to promote empowerment, effective coping strategies, a positive outlook, and the development of a personalized self-care toolkit. You can view the introduction here. [Introduction to Self-Care for Healthcare Professionals](#).

The CIH program is completing a one-year study on the effects of a Mindfulness Meditation Course on students mindfulness and perceived stress. We look forward to sharing the results, as a way to inform, course offerings that prepare students to better cope with the demands of a career in health care. Stay tuned for more information!

**Would you like to know more about our MS and Advanced Certificate Program in Complementary and Integrative Health! Please contact Rita Carroll, 484-354-8380 or [rmc353@drexel.edu](mailto:rmc353@drexel.edu).**

As part of her Graduate Seminar, student, Brenda Labenz, designed a wellness space for Drexel's new Health Sciences Building. Brenda collaborated with the Complementary and Integrative Health Faculty, as well as the Counseling and Creative Art Therapies Departments to create an environment and a guide for relaxing and restorative practices.



Alumni, Kris Wood, recently shared that she presented her plan for an Integrative Health Approach to Pain Management to the County Health Department Pain Coalition and Drug Abuse/ Opioid Prevention Coalition. With the opioid crisis in full bloom, she hopes to take her plan to regional decision makers to address the problem head on. A key element of this new education campaign "Did You Ask?" focuses on educating the practitioner and the patient to discuss alternative pain management options. In Kris' words, "It's all pretty awesome!"

Former CIH grad, now CIH Professor, Dixie Schexnauldre recently earned "Doctor of Health Science" credentials from Drexel's CNHP after a successful defense of her Scholarly Project entitled "A Descriptive Exploratory Study of Layered Access Disparities: Enumerating and Describing the Impact of Interpreters Trained in Delivery of Syncretic Yogic Concepts in American Sign Language". As a long-time ASL (American Sign Language) interpreter, yoga



teacher, and GODA (Grandchild of Deaf Adults), Dr. Dixie shared key findings from the project built around the intersection of her passions.

The Complementary and Integrative Health Program has begun a Guest Lecture Series to bring leading experts in holistic and integrative health to students.



Dr. Robert Wicks, author of numerous books on resilience, including the bestselling, "Riding the Dragon", spoke with students, faculty and alumni about "Enhancing Resilience: Preventing and Limiting Secondary Stress for Health Care Professionals. Future offerings in this series include "Strategies from Health and Wellness Coaching", and "Reiki Self-Care for Health Professionals".

Professor Mary Beth Kealy is creating a pilot study to explore the benefits of using reflexology during chemotherapy to decrease the incidence of peripheral neuropathy. This idea was inspired by a conversation with one of the Cancer Wellness participants who described her long-standing neuropathy. Professor Kealy suggested reflexology as a way to bring back some feeling. She is currently seeing 20 clients each week and so many describe the improvements. We look forward to learning more about her investigation of this complementary therapy!





DREXEL UNIVERSITY

College of

Nursing and  
Health Professions

## Can Reiki Help to Solve our Health Care Crisis? By Rita Cola Carroll

**Now appearing in the March/April issue of Energy Magazine, the  
Journal of the Healing Touch Professionals**

As I sat down to write this article, it was my intention to share strategies for integrating Energy Medicine into clinical practice. We have seen an expansion in the use of complementary energy modalities for health conditions, not necessarily as recommended by medical professionals, but often as a type of self-care that people choose independently. There has been a corresponding increase in the use of Energy Medicine within acute care settings, with hospitals using Energy modalities as part of an integrative model of care (Lipinski et al., 2020). For example, the DuPont Children's Hospital has a Healing Touch team that supports children with serious medical challenges, and a suburban Philadelphia hospital offers Reiki to post-surgery patients who are having pain that is not effectively managed by more conventional methods. I thought my dive into this topic would yield more studies of high-quality research regarding the delivery and effectiveness of energy modalities. And it did, but, I recently had the opportunity to speak with two women who have studied and practiced Reiki for decades, and my interest moved in a very different direction.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Suzanne McMurray and Marissa Winters, both health care professionals well credentialed in their own medical fields, shared their passion for using Energy modalities, particularly Reiki, as the cornerstone for self-care practices for the health care professional. Together, they lead the Center for Conscious Care Giving (CCCCG), a non-profit with a focus on promoting individual and organizational self-care. The CCCC's philosophy is that "conscious care givers acknowledge that humans are energy beings and we are wirelessly connected and sharing energy information with others and the environment at all times. With this

understanding, all members of our conscious care giving community are trained in the energy caring healing art of Reiki. The movement towards conscious care requires a lifelong commitment to Self-Care. By reinvesting in ourselves, individually and organizationally, we are continually putting our best selves forward, creating, leading, and expanding offerings throughout our communities" (Center for Conscious Care Giving, 2022, para. 1). This idea encourages us to think about the use of Energy modalities, such as Reiki, in an expanded way.

In recent years, we have seen that our health care work force has faced escalating stress, creating a higher risk for burnout, unhealthy coping behaviors, anxiety, and depression (Rosenthal et al., 2021). They are overwhelmed, and this persistent stress depletes internal resources, including one's energy, focus and sense of connection. The pandemic has compounded the existing care-giving burden with heightened workplace demands, as well as limited staffing and financial resources (Carroll, 2022). Health care professionals are actively seeking alternative positions and careers in a self-preservation effort. Winters and McMurray see an opportunity to change the narrative and invest in health care workers, by setting a priority of protecting that investment, valuing their self-care, and providing the time, training, resources, and culture for it.

[Click here for the full article.](#) This article was shared with permission from Rita Cola Carroll.  
Please contact Rita Carroll at [rmc353@drexel.edu](mailto:rmc353@drexel.edu) for more information.





## Duquesne University School of Nursing

### Greater than the sum of its parts: Duquesne creates a holistic educational experience

The frantic pace of the 21st century has many thinking the future of healthcare lies solely in emerging medical technologies, but sometimes the best way to push a society forward is to look at its past.

Holistic principles developed more than 100 years ago serve as the foundation of nursing; however, the benefits of incorporating some of these principles become overshadowed by fast-paced, task-oriented work environments that often leave little room or time for nurses to focus on the root of a patient's condition.

A national leader in holistic nursing, Duquesne's School of Nursing is one of just 17 schools in the country to have earned an endorsement from the American Holistic Nurses Credentialing Corporation (AHNCC) and now offers a Foundations of Holistic Nursing course. In this elective course, students learn the core competencies of holistic nursing and are prepared to sit for the holistic nursing certification exam. "At Duquesne, our goal is to help students prepare for a world that is increasingly embracing holistic health care as part of a larger, integrative approach to health," states Dr. Cindy Walters, adjunct nursing faculty. "Duquesne is seen as a leader in promoting integrative health at the university level."

Walters believes today's nursing students are more open-minded with broader worldviews. "They accept conventional treatments and philosophies but are also able to see the value of care that extends beyond pills and procedures," she says. "I am encouraged by what I see, as I strongly believe this is the mindset we need to move nursing forward."

## FROM BEGINNING TO END

Duquesne's School of Nursing is **ONE OF JUST 17 SCHOOLS** in the country to have earned an endorsement from the American Holistic Nurses Credentialing Corporation

Holistic nursing can mean different things to different people, and in a way, that is the point.

The practice of holistic nursing rests on three major principals: unity, wellbeing, and the interrelationship between human beings and their environment. It advises practitioners to look beyond the physical body and to consider the entire person, including physical, emotional, spiritual, social and intellectual strength. "For understanding of the big picture, the whole is greater than the sum of the parts, is far more important than any individual detail," Walters says.



Present day holistic concepts—based on the work pioneered by Florence Nightingale in the late 19th century—can take multiple forms when assessing a patient or creating a plan of care. In Duquesne's Foundations of Holistic Nursing course, students learn to keep both a macro- and micro-view of their patient, considering everything from the person's socioeconomic background, religion, gender identity and culture to any potential energy shifts or underlying trauma that may be hiding at the root of their problems. It is only when they understand the whole person that the best course of action can be charted.

*"People think holistic nursing is more about therapies—aromatherapy, acupuncture, massage— and all of these are important to consider, but holistic nursing is so much more than modalities," Walters explains. "It is not what the nurse does when they arrive at the bedside; it is about how they arrive at the bedside. Do they recognize that a patient is not 'the appendectomy in room 4,' but a person with a name and a story? It is about being more aware of the total person. It incorporates the cultural aspects of care, ethical decision making and self-reflection."*

Want to learn more about holistic nursing and earning certification?

Contact Dr. Cindy Walters at [walters362@duq.edu](mailto:walters362@duq.edu).

**"HOLISTIC NURSING IS ABOUT RECOGNIZING HOW EACH PERSON'S WORLDVIEW, KNOWLEDGE AND WORTH CAN BE USED TO HELP THEM BUILD A PLAN OF HEALTH."**

## SELF-STARTERS

Self-care is a huge part of Duquesne's holistic itinerary, stemming from the concept that the nurse is also part of the equation—part of a patient's interrelationship with their environment—and that their energy makes an impact on a patient's journey. "A simple but important aspect of nursing is just being there for the patient. But in order to do that, you have to be there for yourself first," says Lauren Schuster, RN, a 2018 BSN graduate who earned a Holistic Nurse Baccalaureate—Board Certification from AHNCC in 2020. "A nursing career is very rewarding, but it can also be overwhelming and lead to fatigue and burnout, which is why self-care is so important. We need to care for ourselves in order to fully show up and care for others."

At Duquesne, students learn to do just that. Last year, Walters introduced students to a number of self-care and holistic modalities, with a string of guest speakers who discussed topics such as yoga, meditation, Ayurvedic doshas, Qi gong, acupuncture, and ancient Chinese and Peruvian earth medicine.



Assignments and activities included participating in a yoga class, preparing a nutritious meal and journaling for self-reflection.

With the pandemic still in full swing, the Foundations of Holistic Nursing elective course was offered online—an inherently strange way to profess the intricacies of shared energies, Walters says. Still, the lessons were clearly effective.

"In the beginning, I was unfamiliar with these modalities and did not know what to expect," says

sophomore nursing student Emma Vicari, who took the holistic elective last year. "With meditation, we would meditate in every class, and I could feel myself getting more and more connected. Now I practice meditation whenever my mood necessitates it—before a test or if I just need to calm down. It helps to clear my mind."

Schuster also found the practice helpful, saying the course inspired her to incorporate meditation into her daily routine. This not only helped her in her professional life but in her personal life as well. "It helped me be a better listener," she says. "Now when I encounter a patient I try not to come to a snap judgement. When you encounter someone new, it is easy to judge almost unconsciously, 'here is what this person is all about, and here is what they need.' But you need to pay attention to what they are saying, what their body language and energy are telling you, and how you can use this information to provide the best care."

Want to learn more about holistic nursing and earning certification? Contact Dr. Cindy Walters at [walters362@duq.edu](mailto:walters362@duq.edu).



## THE HOLISTIC PHILOSOPHY

According to Margaret Erickson, chief executive officer at AHNCC, it is easier to educate a holistic nurse than a biologically focused nurse, as the concept is not a checklist of additional skills so much as a foundational philosophy, which most nurses inherently have and want to follow. Most essentially, the paradigm shift hinges on adopting a wellness and wellbeing-centric view, rather than one that focuses on illness and disease. That means learning the difference between curing—which focuses on eradicating specific symptoms or maladies—and healing, which promotes the overall harmony of mind, body and soul, regardless of whether or not a patient continues to show signs of illness. Healing can occur throughout the lifetime, even as a person is taking their last breath.



*“Holistic nursing is about recognizing how each person’s worldview, knowledge and worth can be used to help them build a plan of health,” Erickson says. “Even if it may be the last month of their life, you can help them*

spend it seeing the value and importance of their life, rather than solely focusing on making sure they do not have bed sores. Tasks need to be done but how we do them and what our care focuses on is what makes us holistic as our philosophy guides our practice.”

Erickson says the process starts before a nurse even enters a room. “It is important for them to take a moment to ground and center themselves. To create a sacred space and energy that is appropriate to bring to patients in such vulnerable positions,” she explains. “When we center ourselves and set the intent to facilitate healing, in those scared and vulnerable moments of people’s lives we practice from a holistic perspective. Focusing on their needs

*“Holistic nursing is about recognizing how each person’s worldview, knowledge and worth can be used to help them build a plan of health,” Erickson says.*

and concerns, not ours. This can help the patient open up and be honest, which is crucial for another

aspect of the nurse’s job: listening to a patient and respecting them as an authority on their own life.”

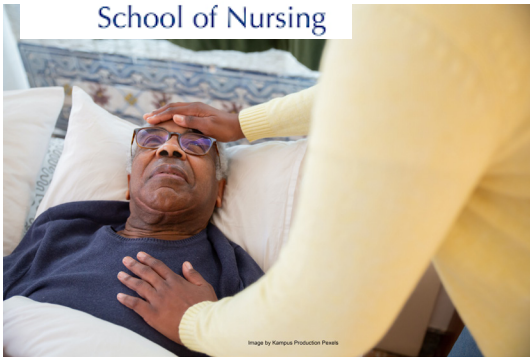
Also critical for those discussions is the intentional use of language, Erickson says. “Holistic nurses are trained to use words that soothe and encourage, rather than those that may sound condescending or cause anxiety—to say, ‘Here is something to make you more comfortable,’ rather than, ‘Here is your pain medication.’”

Such tactics have the added benefits of empowering patients and reducing their stress levels, which can have huge subsequent impacts on their morale, energy levels, and overall health and wellbeing. Yet utilizing this mode of care stems not from a nurse’s knowledge but with her or his way of being.

“We are not asking nurses to do more. We are asking them to do things differently,” Erickson says. “Using different language is an intervention. Even the way you introduce yourself—a 10-second interaction—can create a different space. And how you show up is all guided by your philosophy, which is holistic nursing.”

Erickson notes that her practice is grounded within the holistic nursing theory of Modeling and Role- Modeling. It guides her on what language to use, how to collect data—always from the patient first—and how to show up. “In general, how to be a nurse and facilitate healing and wellbeing of the client,” Erickson explains.

Want to learn more about holistic nursing and earning certification? Contact Dr. Cindy Walters at [walters362@duq.edu](mailto:walters362@duq.edu).



## HOLISTIC NURSING SCHOOL DESIGNATION

Holistic education is in addition to learning traditional nursing skills. Holistic nurses learn the same bedrock routines and procedures that all nurses must perform. The difference is how holistic nurses view those tasks—inserting a breathing tube or administering a vaccination, for example—within the broader context of the holistic philosophy. These are not so much the steps taken to “cure” a particular illness as what is needed to establish wellness and promote a fuller sense of healing, balance and harmony. “As nurses our goal is always to help people achieve a state of balance, harmony and equilibrium,” shares Erickson.

Indeed, to earn its endorsement, Duquesne was required to not only teach these practices and overarching theories—as Walters does in her holistic course—but to demonstrate the core values of holistic nursing in the school’s curriculum. The process took over a year as Walters, who spearheaded the effort to obtain this endorsement, combed through each of the school’s classes, from freshman through senior levels, to look for examples of holistic teachings in everything from lecture topics to assignments. If no trace of the core values could be found, Walters worked with the ANHCC to help weave some broader concepts into the course.

“The core values of holistic nursing are embedded at each level of the nursing curriculum,” says Walters. While earning the certification was time consuming, Walters says applying for the designation seemed like the next natural step. “While Western medicine is lauded for its quality in research, surgical procedures and biomedical

model, it has become clear that many patients desire a more holistic approach to health care—focusing on maintaining wellness and wellbeing rather than simply receiving treatment reactively.”

“The endorsement is aligned with Duquesne’s mission to care for the whole person—the mind, heart and spirit. We believe our graduates exemplify these characteristics,” shares Dr. Mary Ellen Smith Glasgow, dean of the School of Nursing.

Upon graduation, nursing school graduates are eligible to apply to be certified as holistic nurses. Schuster pursued and attained her certification in 2020. According to Schuster, embracing the concept of holistic nursing was a natural outgrowth of her education at Duquesne. “After learning more about holistic nursing and working with Dr. Walters, it just seemed that holistic nursing is what I envisioned nursing to be,” she says.

## FORGING THE FUTURE

And Schuster is not alone. The holistic nursing philosophy is experiencing a rise in popularity not just among academic institutions, but also in a growing number of hospitals and patients themselves.

Walters says studies have shown that holistic care leads to higher patient satisfaction, and that has a direct correlation to the amount of revenue hospitals receive. She points to the Cleveland Clinic’s Center for Integrative and Lifestyle Medicine as an example of where holistic nursing is making its mark, and where teams of holistic nurses openly explore treatments that are integrated into the patient’s plan of care, like meditation and massage.

In addition, many believe the wider

adoption of holistic nursing practices, with their focus on self-care, could help counteract nursing burnout—an ongoing industry problem, especially amidst the tumultuous pandemic—and curb nursing shortages around the country.



Erickson says aligned with this surge in interest was the launching of the Global Academy of Holistic Nursing earlier this year, where she and her colleagues plan to bring holistic

nursing scholarship to the forefront of a global conversation, which is focused on transforming health care to a paradigm of health, wellness, and wellbeing and well becoming.

“How you educate a nurse determines what kind of nurse you get,” she says. “If you educate them from a biological paradigm, you get a nurse who is treating disease and performing tasks that are targeted toward treating illness and disease. But if you focus on a holistic paradigm, you teach them that you will not always be able to cure a patient, but will always be able to facilitate healing.”

Want to learn more about holistic nursing and earning certification?

Contact Dr. Cindy Walters at [walters362@duq.edu](mailto:walters362@duq.edu).



# Called from Darkness

A 6 Part Film Series brought to you by AHNCC, GAHN and TouchPoint Productions LLC

Sessions will be recorded for later viewing. Contact Hours will be available both live and recorded.

homelessness  
addiction  
gangs  
TRAUMA

MENTAL ILLNESS  
isolation

Comments From Nurses who Attended JustUs  
and Participated in the Facilitated Dialogue:

*"This was so fabulous and so refreshing for health care providers at all stages of their career. I am so grateful for all of you and your incredible mission in this moment to bring this to Light!!" Buddy R*

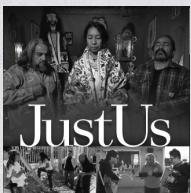
Consider gifting  
this opportunity  
to colleagues or  
friends who go the  
extra mile or may  
be interested as  
a way of saying  
Thank You for all  
you do!

*"So inspired and feeling a sense of unity and connection. The decision I made a few decades ago to be a holistic nurse was the best decision I have made in my life. This helped define my purpose and continues to motivate me toward lifelong learning and my vocational calling of being a nurse." Donna C.*

## How do we solve these community problems?

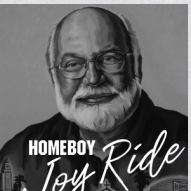
The American Holistic Nurses Credentialing Corporation (AHNCC) and the Global Academy of Holistic Nursing (GAHN) are partnering to offer a documentary series, offered by Touchpoint Productions LLC, which explores the spiritual dimensions of addiction recovery, healing and reconciliation in different marginalized populations.

Each month a film will be watched (1.5 Contact Hours per film) and then a dialogue will be facilitated by an expert working with the population. Group interaction will be encouraged and supported. Documentaries are approximately 30 minutes long and will be followed by a 60 minute dialogue among the group.



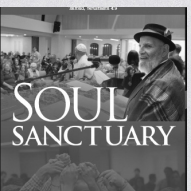
### Movie 1 - JustUs January 31, 2023

A documentary about the existential struggle of the Mestizo culture of Northern New Mexico.



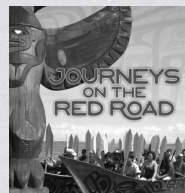
### Movie 2 - Home Boy Joyride February 28, 2023

A documentary about a youth-based gang-intervention and rehabilitation program founded in Boyle Heights, Los Angeles.



### Movie 3 - Soul Sanctuary March 28, 2023

A Jewish treatment center that approaches addiction as a spiritual malady.



### Movie 4 - Journeys on the Red Road - April 25, 2023

Substance abuse disorders in the Salish Tribes of the Pacific Northwest.



### Movie 5 - Stand Down May 30, 2023

Homeless veterans looking for a way to break through their isolation brought on by trauma, substance use disorders, or mental health problems.



### Movie 6 - Recovery Cafe June 27, 2023

A community where members who are in recovery or have mental health issues have a safe place to be and grow.

Each movie begins at 7:00 p.m. EST. For more information contact [info@ahncc.org](mailto:info@ahncc.org).

Limited Space Available! [CLICK HERE TO REGISTER!](#)

1.5 Contact Hours per movie. 9 Contact Hours for all 6 movies.

Image by Mathias Reding by Pexels.com





## ST. CATHERINE UNIVERSITY

### COMMUNITY WORK AND LEARN

Community Work and Learning (CWL) at St. Catherine University partners with organizations to “provide opportunities for students to practice critical and creative thinking, living out St. Kate’s values of social justice and leadership.

#### CWL program highlights:

- 3-month commitment (fall, spring, or summer) from the organization to work with student (can re-apply if appropriate)
- Paid (by CWL) internship
- 10-12 hours per week of work for student
- Possible to have multiple students work with one site.
- Students apply for opportunities through St. Kate’s and work with St. Kate’s HR.
- Examples of work ideas: working with student nurse on ideas to engage students from endorsed holistic nursing programs with AHNCC, working with marketing student and student nurse to enhance AHNCC social media presence and engage with younger audiences.

[Click here for more information on the Community Work and Learn Program.](#)

***AHNCC and GAHN are looking forward to sharing this experience with St. Catherine University students.***



Come join AHNCC at AHNA’s 43rd Annual Conference in Orlando, Florida. AHNCC has their own booth at this conference. Please stop by and say hello. We would love to take pictures of you and make videos on why you became a Holistic Nurse or Nurse Coach! For more information on the conference [click here](#).

Hope to see you there! Enjoy some of our pictures from last year.



# Reflective Learning Activity: Creating a Mandala to Enhance Self-Care



Holistic endorsed programs in schools of nursing integrate the teaching of holistic concepts throughout their curricula. The Mandala learning activity provides an example of how clinical instructors at Quinnipiac University, School of Nursing introduces reflective practice and self-care to junior nursing students during orientation of their first clinical rotation.

**Purpose:** *To quietly focus on own health and healing; therefore, to better attend to the healing of others.*

**Assignment Guidelines:** Using the Mandala and Focusing

## Expected Outcomes for Learning Activity:

1. To provide students with an opportunity to center and focus using a reflective meditative activity in a safe learning environment. With all the constant “noise input” (IPODs, I- phones, U-Tube, etc.), the students will quietly focus on their own health and healing. This meditative activity introduces a holistic intervention to the students in a safe environment.

The “Mandala,” from the Sanskrit word meaning circle, is a ritualistic symbol used in Buddhism as a focus for meditation. Any circular geometric design can be used to focus the attention and quiet the inner dialogue. Focusing on such a harmonic symbol may serve as preparation for listening to the wisdom within. Focusing may then be used to stimulate self-awareness and emotional healing by drawing attention to physical symptoms of illness or other bodily sensations. Focusing may begin by using a physical symbol such as the Mandala or by using directed imagery. The purpose is to direct the awareness of the student to quiet internal dialogue, become aware of something peaceful and meaningful to them, and quietly reflect on this focus while drawing.

## Relevant Course Outcomes: Provider of Care

1. Demonstrate expected proficiency in the application of knowledge and performance of clinical skills related to the care of adults with complex health needs.
2. Demonstrate expected proficiency in the application of knowledge and performance of clinical skills related to health promotion & wellness.

## Directions:

1. Create and color an individual Mandala (20 min):
  - a. Prepare a large circle of heavy paper that is cut as a pie into the number of slices needed for a slice of paper for each student and for the faculty member.
  - b. Have colored pencils/crayons available for student use.
  - c. In clinical groups, sit in a circle.
  - d. Play soft music in the background to help create a peaceful environment.
  - e. Ask the students to draw a picture that depicts what they do to: decrease stress, or make them feel peaceful, or assist with connecting/helping others. A specific focus is at the discretion of the clinical faculty member.
  - f. Promote a quiet atmosphere as students focus and create their Mandalas; for those who finish early—sit quietly and respectfully while classmates finish.
2. Share/explain the meaning of the Mandala creations with the other members of the clinical group. “Slices” of the paper pie can be put together as a circle to view the integration of all members’ perspectives. (10-15 min).
3. Either submit Mandala creations to Clinical Instructors or Students may keep individual creations.

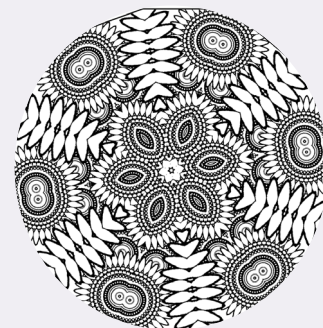


Image by Kaylin Art from Pixabay

## Selected References

Barbagallo, M. (2021). Nursing students’ perceptions and experiences of reflective practice: A qualitative meta-synthesis. *Teaching and Learning in Nursing*, 16, 24-31.  
doi.org/10.1016/j.teln.2020.07.006

Quinn, K. (2019). Something is going to happen here: The use of mandala art in enhancing reflective practice. *Advances in Nursing Science*, 42(3), E1-E19.  
doi:10.1097/ANS.0000000000000242

## Submitted by:

Teresa Twomey EdD, RN  
Chair of Undergraduate Nursing Programs  
Director of Global Nursing Experiences & Associate Professor  
School of Nursing, Quinnipiac University, CT

Cindy Barrere PhD, RN, CNS, AHN-BC, FAAN  
Chair of Faculty Development  
Director of Research & Professor  
School of Nursing, Quinnipiac University, CT

To learn more contact Cynthia Barre at [cynthia.barrere@quinnipiac.edu](mailto:cynthia.barrere@quinnipiac.edu).

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.**



Here is the AHNCC Endorsed schools seal 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 download the letter please [click here](#). Upon the receipt of the Letter of Agreement a link will be sent to the school for the use of the seal.



[Conversation Corners \(CC\)](#), a new initiative by the Equality, Equity, Diversity, Inclusion, and Social Justice (EEDISJ) Committee has recently been implemented. James Welch, spoke on, *“Correctional Nursing. Is it Public Health Nursing in an institution?”* [Click here for 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](#)

[CONNECT WITH AHNCC](#) | 811 Linden Loop | Cedar Park, TX 78613 | 785-267-0943 | [info@ahncc.org](mailto:info@ahncc.org)

For questions related to the AHNCC Application or Testing process, contact [C-NET](#) at: [info@cnetnurse.com](mailto:info@cnetnurse.com) | 800-463-0786