



Endorsed School Newsletter

Volume 6 Issue 2 - October 2023

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

From the CEO Margaret Erickson



As summer moves into fall, we begin to move indoors and inward. The school year starts up, Mother Nature shows her seasonal colors, families start to think about the upcoming holidays, and connecting and celebrating; and we reflect on the year that is growing closer to an end. As we welcome the cooler weather, colorful leaves and changing seasons, I invite everyone to pause and consider the gifts that the year has brought you so far. We at AHNCC are thankful for all of you, our certificants, who continue to move Holistic Nursing and Nurse Coaching forward. With each life you touch a difference is made and our energy and light is shared and spread. To all of you a BIG thank you for the amazing work you do.

Interest continues to grow for our Endorsed School Program. We have several new universities interested in becoming endorsed. You are part of a special group of holistic nursing colleges who advance holistic nursing, or the role of nurse coaching, through nursing education.

**Get Certified to be a Holistic
Nurse or a Nurse Coach**
ahncc.org



Image by Azeen Shahi Pixels

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



DREXEL UNIVERSITY

College of

Nursing and
Health Professions

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 Drexel [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.](#)

We are entering the third 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

Here are some highlights over the last few months:

- Each student in the Graduate Seminar course developed a Complementary and Integrative Health (CIH) program based on their assessment of organizational needs and the creation of a unique CIH initiative. This year, more than ever before, many students chose to design a program to address the health and well-being of someone in a service role...nurses, teachers, and organ donation coordinators. Other designs reflected filling in the gaps in a whole person approach for specific populations.
- We continue to make progress in our mixed methods evaluation of our Mindfulness Meditation and our Holistic Living courses. We expect to publish our findings on the impact of the Mindfulness Course shortly. With significant improvements in mindfulness and perceived stress, our analysis makes the case for embedding courses to address stress management and mindfulness in graduate nursing curricula.
- Drexel's CIH program is partnering with McMaster University's graduate nursing program for a Global Exchange. This collaboration will provide students with a unique opportunity for interactive exploration of health topics from the Canadian and American perspectives. We are looking forward to sharing more with you as this partnership evolves.
- Drexel is now offering a Holistic Nursing Certification Review course to nurses that reviews the principles and practices of Holistic Nursing.

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

Benefits of Endorsed Schools - Graduates:

- ⑤ Are prepared to practice Holistic Nursing.
- ⑤ Are eligible to sit for an AHNCC Holistic Nursing Certification examination upon successfully passing the NCLEX and graduating from the program,
- ⑤ Are eligible for a waiver of the continuing education and post-graduation practice requirements if certified within two years.
- ⑤ Pay a reduced application fee.
- ⑤ School is eligible to use the Endorsed School Seal for marketing endorsed programs.
- ⑤ Faculty of AHNCC Endorsed academic university-based nursing programs within the past 2 years have the same benefits as graduates for certification.





Shannon Gauvin Receives Meritorious Award



UMA College of Professional Studies Meritorious Award was presented to Dr. Shannon Gauvin at the Welcome Breakfast on Friday, August 25, 2023

The Meritorious Award is presented to a recipient selected by the Deans and Provost of the College. The Meritorious Award is given to an individual who, during the previous and current year, exemplifies excellence in teaching and student interactions. Also, the faculty member displays good efforts in service and/or professional development/scholarship.

Presentation made by the Provost of the University of Maine Augusta and was as follows:

Anyone who knows or has worked with Shannon knows she is amazing. She is one of the stalwarts in the UMA Nursing programs. She was hired in November, 2019 as a new Director of Nursing at UMA. She took on her role, and within a very few months, was shepherding her program through the initial stages of adaptations to the COVID pandemic. UMA continued to offer its Nursing courses throughout the pandemic and was still able to place our clinical students in facilities. Shannon's unwavering dedication to her profession and her students is admirable.

In addition to serving as the program coordinator for our Nursing program (a full-time job), she stepped in to teach at the Ellsworth Center at the last-minute last year, and has taught most every semester since her arrival. She serves on many state organizations, including on the State Board of Nursing, on the Boards of several local hospitals, a member of the American Holistic Nurses Association, and a Nurse Leader member to the Sigma Theta Tau Omicron XI at Large nursing society. Most recently she has served for the System as the Point of Contact and helped write the proposal for the Congressionally Directed Spending of \$4.5 million directed to the 4 Nursing programs within the System.

Shannon earned her A.S. at the Central Maine Medical Center School of Nursing, her B.S., at University of Southern Maine, her M.S., at the University of Phoenix, and her Ph.D. through the University of Phoenix. She is also a board certified Advanced Holistic Nurse.

For all her achievements and her dedication to her profession, UMA awards the 2023 Meritorious Achievement award for the College of Professional Studies to Dr. Shannon Gauvin.



Five Nursing faculty from the University of Maine Augusta achieved their Certified Nurse Educator (CNE) certification. Those faculty achieving this honor include Dr. Jen Lakey, Dr. Lisa Heald, Professor Erin Voisine, Dr. Vickie Ireland and Dr. Erin Bellaire.



The University of Maine Augusta is pleased to announce Dr. Vickie Ireland's achievement of her AHN-BC (Advanced Holistic Nurse - Board Certification).

The University of Maine Augusta is pleased to announce that one of our Spring 2022 graduates was honored as the recipient of the DAISY® Award:

CONGRATULATIONS!

Northern Light Eastern Maine Medical Center

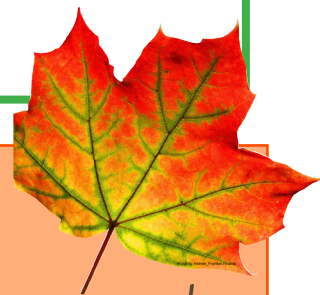


We're excited to celebrate Cassidy G., RN, Inpatient Pediatrics at Northern Light Eastern Maine Medical Center, our newest DAISY Award honoree! Cassidy's commitment to patient-centered care is remarkable. Her approach to tailored care showcases her dedication to her patients, as does her active engagement with families, always ensuring their needs are met without a second thought. In Cassidy's world, the phrases "above and beyond" and "part of the job" are interchangeable, but we all know that her level of dedication and compassion stands out as extraordinary. Kudos to you, Cassidy, for this incredibly well-deserved recognition! Your work ethic and heartfelt compassion serve as a guiding light for us all.

The Autumn

*"Go, sit upon the lofty hill, And turn your eyes around,
Where waving woods and waters wild Do hymn an autumn sound.
The summer sun is faint on them— The summer flowers depart
— Sit still— as all transform'd to stone, Except your musing heart."*

Elizabeth Barrett Browning



Holistic Nursing in a Liberal Arts Environment

The practice is growing organically, with the continued intermittent educational components and faculty development added as fertilizer. However, it is also sustained by the liberal arts environment that we live in.

In the midst of Viking Days, the annual tradition of homecoming at Augustana University, we find it a good time to stop and reflect. Reflect on the Norwegian heritage of the university and its rich liberal arts tradition. The sustaining underpinnings of an environment with rich, unapologetic education that integrates the humanities into one's way of knowing and being is incredibly valuable in this profession.

Kooken & Kerr (2018) note in their article on nursing education combining a liberal arts education that students identify the benefits of critical thinking, communication, and global thinking among a myriad of other skills and benefits of knowing self and others, essential skills in the nursing profession.

Our nursing program finds that holistic nursing grows organically in the environment. Adding a more intentional addition of the AHNCC endorsement to the curriculum has given rise to the inclusion of the principles and practices discussed, not as an addition to what we do as nurses but more about who we are and how we practice.

As an example, it is becoming increasingly common among students and faculty to see in writing and hear in conversation about the importance of being mindfully present with our patients and one another.

In recent semesters, students in the Research and EBP course have been developing EBP projects focusing on the well-being of nurses in practice that reflect the practice principle of intention for well-being and the highest good. We see frequent projects based on non-pharmacologic pain control and managing anxiety with integrative methods.

Students ask that we begin classes and testing with some deep breathing. Recently, a graduating class requested that their pinning ceremony end with one last breathing exercise so their families could participate. We are now hearing back from our graduates that they are working towards their holistic certification and the value they see in practice.



The practice is growing organically, with the continued intermittent educational components and faculty development added as fertilizer. However, it is also sustained by the liberal arts environment that we live in.

Respectfully submitted,
Ranae Aukerman, DNP, APRN, NNP-BC, AHN-BC

Kooken, W.C., Kerr, N.(2018). Blending the liberal arts and nursing: Creating a portrait for the 21st century. Journal of Professional Nursing, 34(1), 60–64. doi.org/10.1016/j.profnurs.2017.07.002

GAHN Vision

GAHN envisions Global communities that embrace praxes of holistic health, wellness, and social justice.

Holistic Nursing Praxes is the integration of Holistic Nursing knowledge, skills and values needed to affect a sense of wellbeing in individuals, groups and communities.

Social justice is the distribution of wealth, opportunities, and privileges needed to eradicate health disparities and promote safe and healthy communities.



Emphasizing Caring & Healing Holistic Nursing Scholarship In our Inaugural Congress



GAHN CONGRESS

OCTOBER 28, 2023

Join us for our **INAUGURAL GAHN CONGRESS** to explore pace-setting scholarship unique to Holistic Nursing.



Mary Enzman Hines
PhD, APRN, CNS,
CPNP-PC, APHN-
BC, SGAHN



Christopher Johns,
PhD, HSGAHN



Marlaine Smith,
PhD, RN, AHN-BC,
HWNC-BC, HS-
GAHN, FAAN



Danny Willis, DNS,
RN, PMHCNS-BC,
HSGAHN, FAAN



Richard Cowling,
PhD, AHN-BC,
ANEF, FAAN,
SGAHN

[Register here](#)

GAHN Third Monday Dialogues

February-May, October-November 2023.

Discussion focused on Holistic Nursing Scholarship: The foundation, attributes, and characteristics. All interested are welcome to join us.

[Click here for more information on GAHN Third Monday Dialogues](#)



GAHN is expanding opportunities for those who wish to support and promote the vision and mission of GAHN.

GAHN Associates who wish to share the vision of **GAHN**, by supporting and promoting the activities needed to actualize **GAHN's** Mission will be welcomed.

Our goal is to highlight scholarship unique to Holistic Nursing and necessary for practice and education.

associates



If interested, learn more by clicking the URL below. **THE GLOBAL ACADEMY OF HOLISTIC NURSING** <https://www.gahnscholars.org> | ed@gahnscholars.org

Endorsed School Networking Gathering

**Share
your accomplishments and
challenges, and much
more.**



**Nov 10th
1:00 pm EST
12 Noon CST
11:00 am MST
10:00 am PST**

**This call is open to all
faculty who teach at AHNCC
Endorsed Schools. They do not
need to register in advance and
will receive a reminder email
the day before the call with the
link attached. They are invited
to bring questions, concerns, or
networking ideas to the faculty
gathering.**

**Mark your
calendars to
join us for the
second
Endorsed
Schools
Network
Gathering.**

**These
gatherings allow
time for faculty from AHNCC
endorsed programs or those wishing
to seek AHNCC endorsement
to network with
other schools.**

**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.**

**A Zoom invite
to the gathering will be sent to the
contact persons for all AHNCC
Endorsed Schools, the day
before we meet.**

Zoom link for Network Gathering
<https://us06web.zoom.us/j/89542856126?pwd=Y1orU-jRUS2doUnNveE9jcndQU3VMQT09>



Ilwad Salex is a new intern for AHNCC. She comes from the Center for Community Work and Learning at St. Catherine's University. She is currently obtaining her Masters in Public Health policy. Graduates from this program provide leadership in facilitating individual and community health and wellbeing and make a positive impact on the community through policy and legislation. She has previous experience managing social media for different organizations, departments, and more. Ilwad also works as a student worker at the Minnesota Department of Health. Ilwad has a grey cat named Nesty who she loves sharing pictures of. She is excited to work with AHNCC on social media projects this year! Welcome Ilwad Salex.

A Special Gift to You!

Musical Mindfulness presented by AHNCC

AHNCC is offering a **FREE** opportunity to experience a drumming session and a singing bowls session. We are offering several virtual gatherings to accommodate your busy schedules.



Bring your drums to this fun session!

Singing Bowls Session 2 click here

October 15 - 7:00 p.m. EST

Drumming Session 2 click here

October 24 - 8:00 p.m. EST

**Join us for these
FREE Musical Events!**



Image by Antoni Shkraba Pixabay

Check out some of our newest videos on our Youtube Channel.



SUBSCRIBE

**CLICK
HERE**

**Advocacy Activities,
Programs, and Resources**

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.



Embracing Equality,
Equity, Diversity, Inclusion,
Belonging, and Social Justice
for All provides information to
support that transformation.

**Do I Have to Attend A
Specific Nurse Coach
Program to Apply for the
Nurse Coach Test?**

Do I Have to Attend
a Specific Nurse
Coach Program
to Apply for the
Nurse Coach Test?



**What Continuing Education
Can I Use Toward My
AHNCC Certification or
Recertification?**

What Continuing Education Can
I Use Toward My AHNCC Certification
or Recertification?



GAHN Congress



AHNCC has their own Youtube channel.

We need all of our Holistic Nurses and Nurse Coaches to subscribe to our channel. There are many benefits to having an active channel with a large number of subscribers. Please click on the link to the left; watch a video; and click on the **subscribe** button at the end of a video. We hope you are enjoying some of our Doodly videos. It's a fun cartoon with a message.

Use our handle - youtube.com/@holisticRNcertified

Please Help!



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 to you and your practice. Send videos to connections@ahncc.org.

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.

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 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.



**AHNA's 44th
Annual Conference**
June 3 - 8, 2024

Rochester, Minnesota



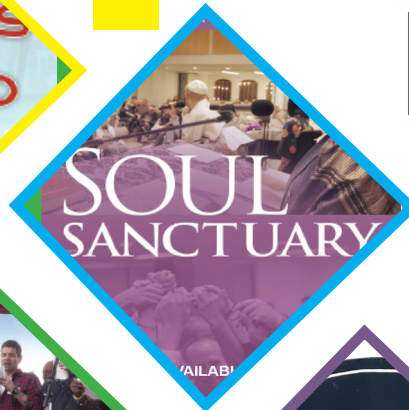
The AHNA Annual Conference offers 6 days of top-notch continuing professional development, leading keynote speakers, networking with fellow holistic nurses, an exhibit hall filled with vendors offering the latest products and services to complement your daily practice, and time to nurture yourself and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

[Click Here for more information.](#)

AHNCC & GAHN, "CALLED FROM DARKNESS" FILM SERIES

JOURNEYS OF HEALING, RESTORATION, AND RECONCILIATION: MARGINALIZED POPULATIONS DEALING WITH ADDICTION RECOVERY.

Once you have registered, you will be able to view all of the films in the series.



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.

TESTIMONIALS

Donna C:
So inspiring, informative and a blessing to us all. Thank you Paul for bringing the people and the practices to us tonight.

Santa C: A wonderful and insightful and thought-provoking film and conversation. I believe the belief that one has and is raised with, being a conqueror for example, guides them to be strong, and with a higher mission for the greater good.

Rachel B: The last question in the film was powerful - it shouldn't be easier to find opioid than a job. Is addressing poverty and economic opportunities a big part of treatment?

Teresa S: Music, singing, dance and art I've noticed are common instruments used to build community and create an atmosphere for trust and authenticity to emerge. it's accepted in all situations of spirituality and religious communities

Mo W:
ABSOLUTELY FANTASTIC!!!
Very touching! The film featured many healers demonstrating creative ways of spiritual healing.

REGISTER HERE!

Watch each film and listen to the dialogue led by an expert facilitator to better understand the communities highlighted. The movie and dialogue are 1.5 hours long and offer 1.5 CNEs for attendance.

This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Qualified Verified

Get Certified

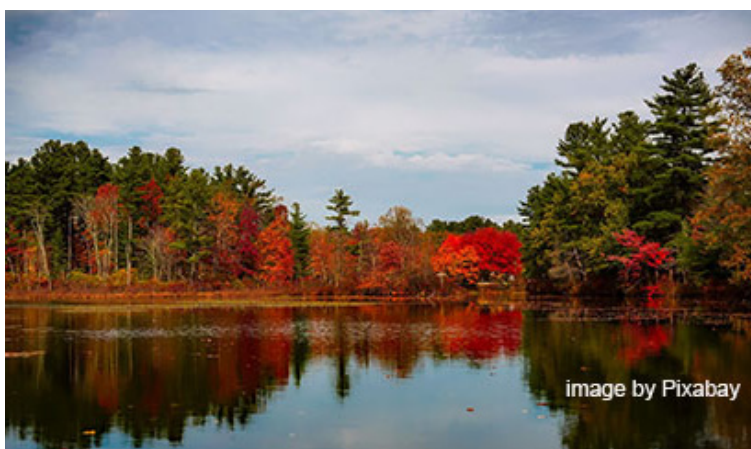


AHNCC is accepting applications and testing for the Holistic Nursing and Nurse Coaching examinations. Limited testing sites are available.

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. 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

[Conversation Corners \(CC\)](#), a new initiative by the Equality, Equity, Diversity, Inclusion, and Social Justice (EEDISJ) Committee has recently been implemented. Helen Erickson spoke on, Relations Among Reflexivity and Another's Worldview: A MRM Perspective.

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

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