



American Holistic Nurses Credentialing Corporation

Certification...the Path to Personal Growth
and Professional Recognition

Welcome to the **American Holistic Nurses Credentialing Corporation (AHNCC)** Newsletter. We are happy you are part of our holistic nursing and nurse coaching community. Here you will find pertinent information we hope you find relevant to your professional growth. We will do everything we can to help and support you in your holistic journey. This newsletter will help you make new connections, discover CE opportunities, locate special events and find other great information.

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 | C-NET - 800-463-0786



Greetings Dear Colleagues,

As we approach the end of this year, we at AHNCC would like to thank you, our certificants, for the work you continue to do each and every day. As beacons of inspiration, healing, and hope, you are the foundation of our organization, and make a difference in the lives you touch. As you connect with loved ones this coming holiday season, we wish you all a time of peace, health, and harmony. May you be blessed with abundance and what you need as you reflect back on the year and prepare for the one that will soon be arriving.

With great gratitude, honor, and respect,

Margaret, the AHNCC Board of Directors and staff

**Happy Holidays and Seasons Greetings as you celebrate with
your loved ones and make lasting memories!**

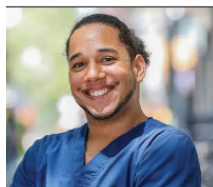


Embracing “Equality, Equity, Diversity, Inclusion, and Social Justice” for All (EEDISJ) Committee

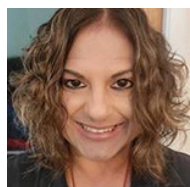


To support our mission, AHNCC advocates through the Embracing Equality, Equity, Diversity, Inclusion, and Social Justice for All Committee.

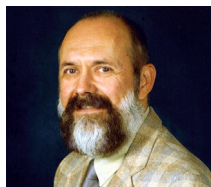
Conversation Corner - a bi-monthly conversation whose intent is to increase our worldviews and understanding of other peoples' lived experiences, perceptions, values, cultures, attitudes, etc. Through these dialogues we hope that we can all learn and grow and better care for those whom we serve. **Click each picture below for recent presentations.**



Quilvio Rodriguez



Grissel Hernandez



James Welch



Mary Turner



Helen Erickson



Ana Gutierrez
Sisneros



Anthony Orr



**Our next Conversation Corner will feature Anthony Velasco
February 13, 2024**

“When Healthcare isn’t Caring: Stigma and Health Disparities among Transgender and Gender-Diverse People”

Transgender and gender diverse (TGD) people experience clear and pervasive patterns and mistreatment and discrimination across several social domains, including access to healthcare services. According to the 2015 U.S. Transgender Survey, a landmark survey of more than 27,000 TGD adults in the U.S., 33% have reported at least one negative healthcare experience related to their gender identity. Consequently, approximately 31% of TGD people delayed or avoided medically necessary care to avoid stigma-related experiences. Nurses have a moral, ethical, and professional obligation to address these health disparities. In this presentation, Anthony Velasco will discuss, using a social justice lens, how nurses can develop culturally informed and evidence-based interventions responsive to the needs of the TGD community.



Anthony Velasco, MS, APRN, AGPCNP-BC, CNS, PHN, CMSRN, ACRN, AAHIVS (he/him, they/them) is a Ph.D. candidate in the College of Nursing at the University of Colorado Anschutz Medical Campus. He currently practices clinically at Desert AIDS Project, a federally qualified health center that provides care to underserved communities in the inland desert region

of Southern California. He led the creation of a regionally recognized gender-affirming care program, was presented with the Stonewall Humanitarian Award by the Transgender Community Coalition, and was chosen as this year's Johnson and Johnson Health Equity Scholar. His research explores the interrelationship between experience of multilevel stigma, primary care access, and social determinants of health on the health and health-related experiences of transgender and gender-diverse older adults. In each of his professional endeavors, he derives the greatest joy from building collaborative relationships with his patients and partnering with his community in creating patient-centered, culturally informed, and evidence-based interventions to improve healthcare access and create structural changes that meet the unique needs of systemically minoritized communities.



CE OPPORTUNITIES

AHNCC & GAHN, “CALLED FROM DARKNESS” FILM SERIES

LEARN MORE ABOUT VULNERABLE POPULATIONS

**Once registered, all
films in the series
will be available.**

**Watch all
six movies
for \$50!
9 Contact
Hours**

**Enjoy each
film at your
convenience.**

REGISTER HERE

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.

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.

AHNCC Fellowship Program - AHNCC and AHNA are partnering with other nursing organizations to increase inclusivity and diversity among our certificants and membership.

EEDISJ supports continuing education that increases our world view. For example many free CEs related to EDI can be found at [Cardea](#).

[For more information about EEDISJ click here.](#)

AHNCC By the Numbers

(prior to publication)

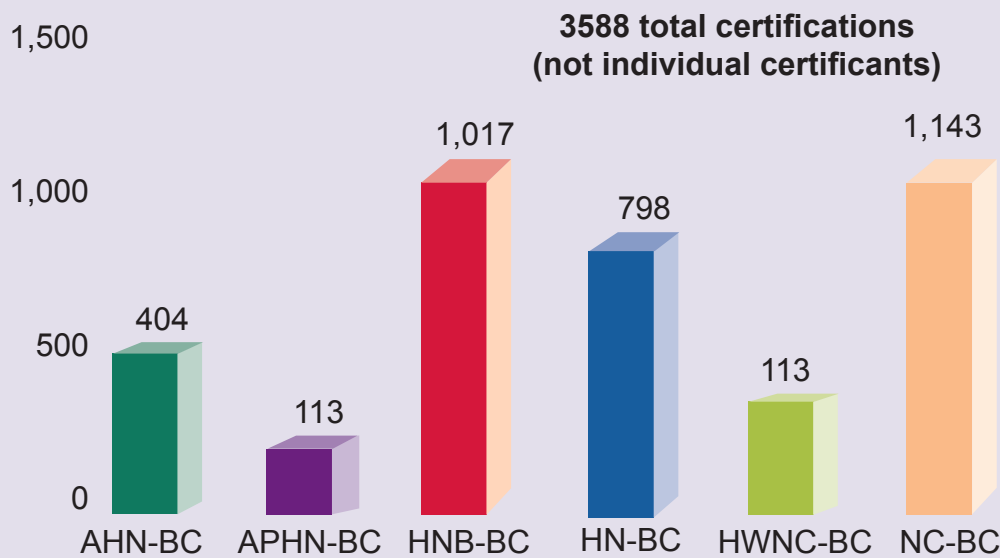


New Certificant Comparison

Jan thru Sept	2022	2023	Change
TOTAL	429	608	42%
HN-BC	50	72	44%
HNB-BC	102	121	19%
AHN-BC	17	26	53%
APHN-BC	9	11	22%
NC-BC	251	378	51%

Conversation Corner
465 attendees / views in 2023.

AHNCC Active Certificants by Type



In Last 30 Days

AHNCC Web Stats

25,809

Page Views

8,569

Sessions

6,307

Total Users

AHNCC is growing on Social Media!



Holistic Nurse Word Search

x	e	n	d	o	r	s	e	d	s	f
c	c	o	m	m	u	n	i	t	y	e
e	p	h	e	a	l	t	h	m	t	l
r	q	w	p	n	u	n	c	w	b	l
t	a	d	f	d	v	u	n	l	p	o
i	w	a	q	a	d	r	e	g	t	w
f	a	h	o	l	i	s	t	i	c	s
i	r	n	r	a	u	e	n	d	o	h
c	e	a	d	r	x	p	l	z	a	i
a	n	p	w	i	a	h	n	c	c	p
t	e	a	c	h	d	s	g	a	h	n
i	s	g	s	t	a	n	d	a	r	d
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n	v	a	l	i	d	a	t	e	l	q

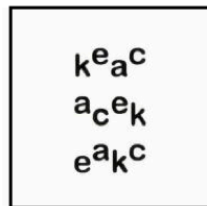
mandala, AHNA,
health, holistic,
nurse, GAHN,
coach, AHNCC,
awareness,
fellowship, endorsed
CNET, education,
certification,
standard, validate,
teach, community



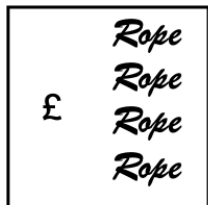
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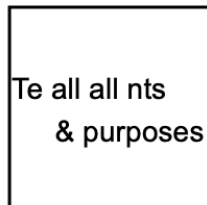
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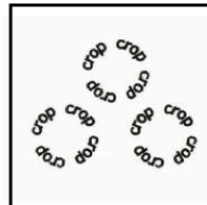
(4, 3)



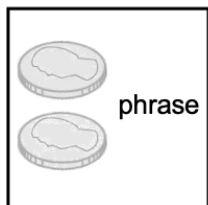
(5, 3, 3, 4)



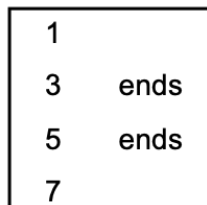
(2, 3, 7, 3, 8)



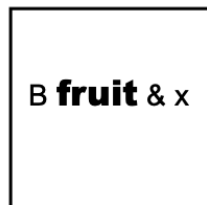
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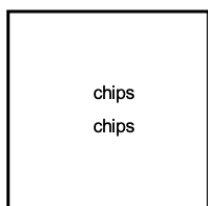
(2, 4, 1, 6)



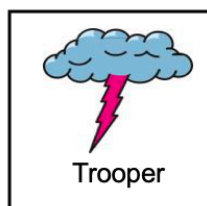
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(2, 8, 3, 8)



(10)

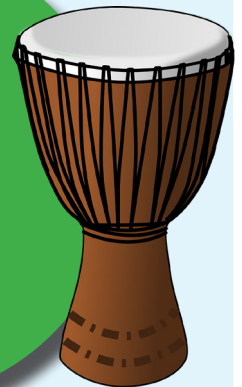


(12)



(5, 4, 3)

A Special Gift for You!



Musical Mindfulness presented by AHNCC

AHNCC offered FREE drumming and singing bowls sessions this fall and now you can enjoy them on the recorded link below. Thank you to our facilitators Jackie Stevenson and Sue Corbett for their wonderful musical sessions. Everyone enjoyed them and relaxed to the sounds.

**Enjoy these relaxing FREE Virtual Events on
our Youtube Channel Click Here!**



Global Academy of Holistic Nursing

GAHN Third Monday Dialogues

Attendance can be used for obtaining continuing competency hours. 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 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.



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



For more information on the [Associate Membership click here.](#)

To apply for Associate membership [click here.](#)



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 connection to holism in an environment primed with energy and the support of fellow healers.

[Click Here for more information.](#)



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.



Transactional
Dementia
Intelligence™

Take Your Dementia Care Next Level.

The International Caregivers Association, LLC (ICA) is the leading force in creating and delivering the first business model of

dementia care to reduce burnout and turnover of healthcare workers, support family caregivers, and increase the ROI. The groundbreaking Transactional Dementia Intelligence(sm) business model of dementia care (TDI Model) is changing the course of dementia care forever and replacing the obsolete dementia care models in use today. Dr. Ethelle Lord is the founding president of the ICA whose life purpose is to challenge and dispel the subjective prejudicial bias, stigma and stereotype that is unjustly affecting the lives of persons living with dementia and their families. Dr. Lord considers dementia a gift, a gift that has yet to be unwrapped. Let the unwrapping begin by globally adopting the TDI Model. Be proactive and take the first step to not only remain viable, but to survive in the business of dementia care. For more information, visit www.InternationalCaregiversAssociation.com today.



Image by Gerd Altmann from Pixabay



AHNCC launched their very own TikTok account this month. We share relevant information on community and holistic health. Check out our TikTok account at AHNCC Holistic. Click here.



Image by Pixabay

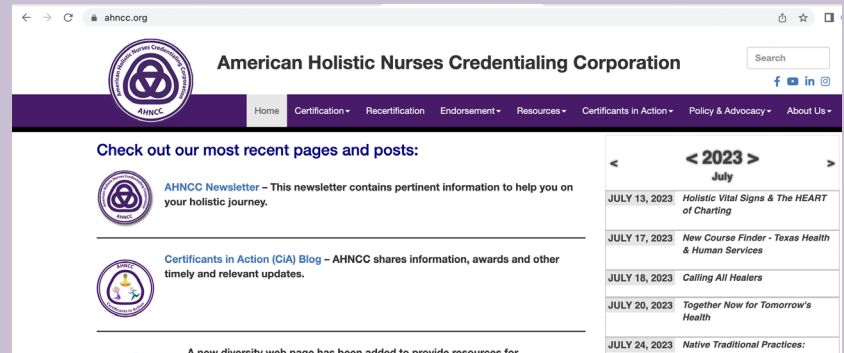
1. Beat around the bush
2. Ingrown toenail
3. Cake mix
4. Money for old rope
5. To all intents and purposes
6. Crop Circles
7. To coin a phrase
8. Odds and ends
9. Be fruitful and multiply
10. Microchips
11. Stormtrooper
12. World wide web

Answers:

Looking for More CE Opportunities?



AHNCC's website and social media sites give you many options for CE's, continuing competencies and different events for certification and recertification. Check out our website for upcoming CE and holistic opportunities. Go to [AHNCC.org](https://ahncc.org).



Looking for more CE and continuing competencies for certification and recertification? Here are some places to look:

[Event Calendar](#)

[Professional Development and Continuing Competencies](#)

[Embracing Diversity Events](#)



READY TO CERTIFY OR RECERTIFY?

Many of you stopped by at the AHNA Conference for information on how to certify or recertify as a Holistic Nurse or Nurse Coach. It was really nice to see all your excited faces. The best thing you can do is to open our website at ahncc.org and click on the drop down menu [Certification](#) or [Recertification](#). Here is where you will find pertinent information on certification. There are handbooks, practice tests and testing links that you can use. If you need further information, we are always available to answer your questions at info@ahncc.org.

Please Help!



**SUBSCRIBE
CLICK
HERE**

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



Check out some of our newest videos from the AHNA Conference.

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

10 Tips to Create Meaning in Nursing and Nurse Coaching

Thank you Holly Kapusinski, MSN, RN, NC-BC, CPNP-PC, APRN for sharing this great article. <https://www.lifecycplebalance.llc>

Tip 1: The Importance of Planning Time Off

Plan for time on your calendar not to work, whether that is at home or work. Creating space on your calendar for all family obligations is important and so is time not to work.

Tip 2: Social Media Sabbatical

Consider taking a sabbatical including a social media sabbatical. Disconnecting from the daily news cycles, social platforms, and daily media habits, puts some space between what is happening in the world and yourself. It can be like a pause or a breath.

Tip 3: Setting Career Goals for Holistic Growth

Grab a cup of herbal tea, a pen and paper, and spend some time reviewing what your career goals are in the next year, five years, and ten years. Does it include an advanced degree or a certification that will enhance your well-being, knowledge, and experience?

Tip 4: Community and Family Engagement

Would you like to dive deeper into how working with families and communities might be enriching to you?

Tip 5: Moving Beyond the “Carrot and Stick”

Consider walking away from the “carrot and stick” mentality by developing your inner resources, such as learning about meditation or yoga.

Tip 6: Aligning Work with Personal Values

Reflect on what you value in your life and how you might bring more of what you value into your life. Perhaps it is introducing more creative work or picking up a hobby you have not done in a while.

Tip 7: Social Engagements for Emotional Well-being

How are you bringing more enjoyment into your life through social engagements? Is there time in your life for social relationships? If not, what can you do today to start? Perhaps there is a friendship you have let burn out or you would like to have more communication with people you connect with?

Tip 8: The Power of Volunteer Work

What volunteer work would bring more satisfaction into your life? Do you like talking with others? Is there a skill or a talent you have forgotten about because you don't use it in your professional work? Where could an organization use those talents?

Tip 9: Shifting to a Meaningful Mindset

Shift from a consumption mindset to a meaningful mindset. Have you let go of spiritual or religious practices that were enriching? What brings you hope? What activities do you find yourself drawn to when life gets difficult? Nourishing your spirit and finding activities to fill you up are important to life satisfaction.

Tip 10: The Transformative Power of Gratitude

Lastly, gratitude! Find at least one experience or person you are grateful for each day. Recall the things you are grateful for each day either at the beginning or the end of the day. If you struggle to find the words to fill your cup, consider learning how to use hypnosis! The way we speak to ourselves, and others, does matter and either creates health or disease in the mind, body, and spirit.

reminder

For contact information changes or any important information about your program-i.e. name change. Log in directly to make changes or contact info@ahncc.org.

Certificant Responsibilities Reminder

All AHNCC certificant are reminded that you have certain responsibilities for maintaining your AHNCC certification. For information on Certificant Responsibilities, go to <https://www.ahncc.org/recertification/>.

To verify your current status, go to: <https://www.ahncc.org/certification/verification-of-active-certification/>.

If you have any questions, contact us at info@ahncc.org.

IF YOU UNSUBSCRIBE....

If you unsubscribe from our emails, this is what will happen. If you are either active or inactive you will still get emails from us relevant to your certification, such as reminder notices for renewal. You will no longer receive information about AHNCC sponsored events, newsletters and other information that may be of interest to the majority of certificant. We try to limit what we send.



NOTE: "We have ended Late and Inactive fees. You will now go to Inactive status for three years before expiration.

[See details](#)



AHNCC would like to recognize the work you are doing and all you have accomplished with a new opportunity and service. An opportunity to blow your horn, highlight your achievements and successes, and promote your activities and businesses. Our intent is to serve you by featuring our AHNCC [Certificant in Action \(CIA\)](#).

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

Items should be submitted to info@ahncc.org. Please submit them formatted as you would like them to appear.

<https://www.ahncc.org>

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