



# Endorsed School Newsletter

Volume 8 Issue 2 - September 2025

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

## From CEO Margaret Erickson



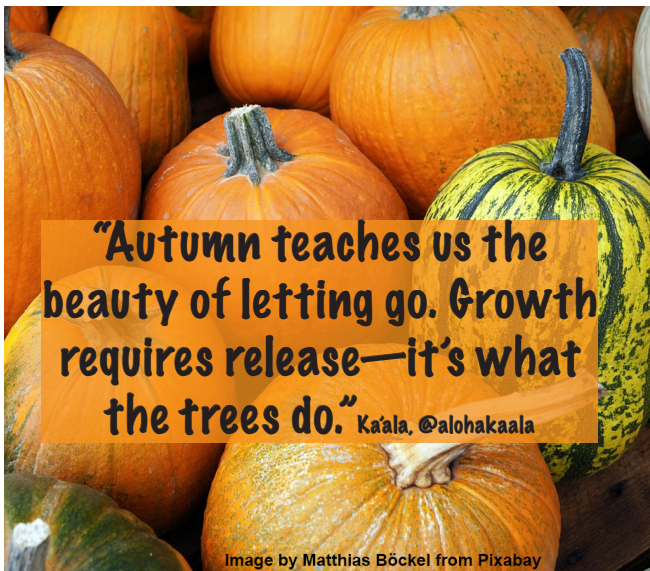
*"When the power of love overcomes  
the love of power the world will  
know peace." - Jimi Hendrix.*

*Greetings Dear Colleagues,*

*As you begin a new semester, may your Fall be filled with inquisitive and excited students, productivity, a sense of accomplishment for all you do and the time to not only care for those minds and souls you are entrusted with but also yourselves. The work you do is sacred and makes a difference in all the lives you and your student's touch. Thank you for doing this hard and vital work. You are helping change healthcare one word, one action, and one student at a time. Wishing you a healthy and happy Autumn. Take care of yourselves. ✨🍂✨*

*Blessings to you and yours,*

*Margaret*



**"Autumn teaches us the  
beauty of letting go. Growth  
requires release—it's what  
the trees do." Ka'ala, @alohakaala**

Image by Matthias Böckel from Pixabay

Please NOTE: The term "AHNCC Endorsed School" means that the school has one or more AHNCC Endorsed Programs. It doesn't mean that all of the school's programs are endorsed.

Only graduates and faculty of the endorsed programs receive the benefits for AHNCC certification. Please be careful how you promote the endorsement on your website if you have nursing programs that are not AHNCC endorsed. The endorsed programs are listed on the certificate that was sent to you, or you can look at <https://www.ahncc.org/school-endorsement-program/current-endorsed-nursing-programs/>.



## Drexel and Duke Universities Partner to Offer Innovative MS Program

We are so pleased to announce a groundbreaking new partnership between Drexel University and Duke University's Health and Well-Being Coaching program! This collaboration offers Drexel students an unparalleled pathway to earn an MS in Complementary and Integrative Health (CIH) alongside a Certificate in Health and Well-being Coaching from Duke University.

After completing the Health and Well-being Certificate program, students are prepared to engage in the practice coaching sessions required to apply for [Health and Wellness Coach Certification](#) through the National Board for Health and Wellness Coaching. This unique, interdisciplinary program provides students with the knowledge, skills, and hands-on experience necessary to empower others to make lasting lifestyle changes for optimal health and well-being.

Graduates of this innovative program will earn dual credentials—a Master's degree from Drexel in Complementary and Integrative Health and a certificate from Duke University's state-of-the-art Health and Well-being Coaching program. This integrated approach ensures that our graduates possess the expertise, confidence, and practical skills needed to excel in today's dynamic health and wellness environment. For more information, visit [Integrative Health Master's Program | Drexel Online](#) or email Rita Carroll at [rmc353@drexel.edu](mailto:rmc353@drexel.edu).

### Student and Alumni News



Student, Nifer Shaw-Metz, was honored with the 2025 Excellence Award for Drexel's Complementary and Integrative Health program. Nifer exemplifies the expertise, innovation, and leadership cultivated in our graduate programs. An exemplary academic throughout her program, Nifer has shared her clinical insights at the 2024 CNHP Research Symposium, contributed to nationally recognized publications, and represented Drexel on

the global stage through the [CIH Global Exchange](#). Her QR-based stress management series, offering simple micro-practices, is set to promote well-being for hospital staff within her health system. Whether presenting internationally or developing solutions locally, Nifer's dedication to integrative health and the Drexel community reflects the mission and vision of the College of Nursing and Health Professions. **Congratulations, Nifer!**

After significant leadership changes at her hospital, Drexel CIH Alumna, Chiyoko Yamasaki found herself navigating how to best support new colleagues while staying true to her commitment to mindful practice. During a team-building retreat, she was invited to offer a brief 15-minute relaxation session, which quickly evolved into a full one-hour presentation. Drawing from her graduate project on mindful practice for nurses, she delivered an engaging session that addressed common myths about meditation and introduced practical techniques such as breathwork, stretching, and aromatherapy.

The response was overwhelmingly positive, marking a meaningful milestone in bringing mindfulness and self-care into her clinical setting.



This year's Seminar Projects were truly outstanding, a testament to the hard work, creativity, and dedication of both our students and faculty. The projects addressed a wide range of important topics, from targeted interventions for specific health conditions and programs supporting at-risk youth to innovative approaches like animal-assisted therapy in pediatric inpatient care. Several initiatives focused on reducing stress among health professionals and first responders, while others offered meaningful support for family caregivers. Each project demonstrates significant potential, and many are already moving toward implementation—a clear reflection of their relevance and impact. We congratulate the Drexel CIH MS graduating class and can't wait to see what they do next.

## Student Spotlight: Rose Wolfe, Oncology Nurse Navigator, Johns Hopkins HealthCare Solutions



Rose Wolfe will complete her Master's in Complementary and Integrative Health at Drexel this winter, building on her clinical expertise, holistic training, and leadership to advance her vision for person-centered integrative care. Inspired by her mother's cancer journey, Rose transitioned from a business background to oncology nursing and has since earned certifications in Healing Touch, Functional Medicine, Reiki, and Nurse Coaching. She led a grant-funded hospital pilot study integrating Healing Touch into conventional care and

has consistently demonstrated her passion for evidence-



based health practices and complementary therapies. At Drexel, she cultivated a strong

interest in research, deepening her understanding of the science behind integrative modalities and strengthening her confidence in communicating their benefits. An active member of the Academy of Oncology Nurse & Patient Navigators' Policy & Advocacy Committee, she will present at their 2025 National Conference in New Orleans on recent Medicare changes affecting cancer patients—continuing her mission to foster a more integrative, proactive approach to health.

### MS in Complementary and Integrative Health Alumni Gathering Highlights

Our recent alumni meeting was filled with inspiring updates and meaningful connections. Graduates from across the country shared how they are applying their Drexel education to advance their careers, launch new initiatives, and navigate personal and professional milestones.

Highlights included alumni stepping into new roles in palliative and hospice care, creating wellness programs for healthcare staff, building a health coaching business, and developing innovative spaces for stress reduction. Others are implementing their graduate projects in real-world settings, from guided imagery for caregivers to non-pharmacologic pain management workshops, mindfulness training, and wellness podcasts.

Throughout the stories of career growth, life transitions, and personal resilience, one message was clear. The skills and perspectives gained in the CIH program continue to guide graduates in their work, support their well-being, and inspire meaningful contributions to the field. We look forward to sharing more alumni stories in future newsletters.

Kris Wood, Alumna, shared her inaugural Podcast, "Wellness Wired with Two Docs and a Nurse". Kris and her colleagues discuss contemporary health care and some therapies and practice to complement conventional medicine.

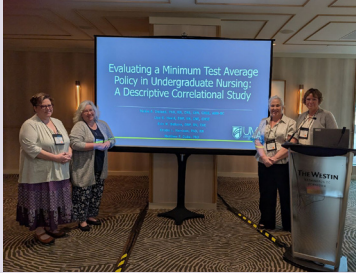
[Wellness Wired Two Docs and a Nurse Video Here](#)







Dr. Erin Bellaire, Dr. Kristie Harrison, Dr. Lisa Heald, and Dr. Vickie Ireland presented at the NLN NERC in Washington DC in April. They presented their research: Evaluating a minimum test average policy in undergraduate nursing: a descriptive correlational study.



This team of researchers along with Dr. Matt Dube, Associate Professor of Data Science, Computer Information Systems, and Applied Mathematics, conducted a study examining the impact of implementing a minimum test average policy on NCLEX pass rates. Despite a small sample size, sigmoid regression analysis revealed a positive correlation between the policy and improved pass rates, suggesting a potential benefit to student outcomes. Pictured left at NERC L to R Dr. Erin Bellaire, Dr. Vickie Ireland, Dr. Kristie Harrison and Dr. Lisa Heald.

**UMA graduated 55 students. 52 pre-licensure and 3 RN-BSN in the AY 2024-25**



Shannon Gauvin, PhD, RN, AHN-BC®

*“Shannon has an amazing ability to connect with students and faculty, making everyone feel heard and valued.”*

Dr. Gauvin exemplifies the criteria for this award in many ways. Her leadership has created a supportive, understanding, encouraging, & fair environment for our nursing faculty & staff. Her calm nature and cool under pressure create a truly supportive and collaborative work atmosphere. She has supported me through many trying times these last two years, and for that I am truly grateful! I appreciate her honesty and direct approach.

Shannon has an incredible impact on everyone around her. She is not just a role model for our nursing faculty and students, but she also inspires me every day to be a better educator and nurse. She brings kindness, fairness, and a holistic approach to everything she does, showing us all how to care for our students and colleagues in the most genuine way. She is always looking for creative ways to help our nursing program grow, like applying for grants to bring nursing education to rural areas of Maine. She also shares her expertise by presenting at nursing conferences and participating in research. Shannon has an amazing ability to connect with students and faculty, making everyone feel heard and valued. Her ability to balance teaching, leadership, and innovation makes her an exceptional nurse educator, and she is so deserving of this recognition



## **HNCC Updates Milwaukee School of Engineering Psychiatric Mental Health Nurse Practitioner Program (PMHNP)**

**As AY 2024-2025 completes, we have had many fortunate experiences and opportunities.**

The MOSE PMHNP continues to grow in terms of graduating students. Our program currently accepts up to 24 students, combining MSN and post-certification. For the first time, our Fall 2025 class has 24 students with a current waiting list. So, after four years, the school has been regionally recognized as a successful program where students want to receive their education, and institutions are hiring.

We attribute some of this success to our program, which is designed as a graduate holistic education program. Frequently, we receive inquiries about "what is a holistic program?" It is my pleasure to meet with students and explain what this means. We discuss how nurses have been providing this type of care since nursing's inception, and that we continue to engage and foster education that provides the creative aspects of holistic health care to meet the current needs of our patients.

Our program has adopted Dossey and Keegan's Holistic Nursing: A Handbook of Practice as one of our curriculum books, which is integrated into all appropriate courses and is part of our curriculum framework.

We are enthusiastic to be part of the holistic healing culture that will shape the outcomes of future care for patient populations.

Dr. Victoria Carlson Oehlers



## Northern New Mexico College's Holistic RN to BSN Program Prepares Katie Gregg for Dream Job

**For Katie Gregg, Northern New Mexico College's AHNCC endorsed RN to BSN Program opened doors to a type of nursing that encompasses her holistic beliefs and practices, an option she had not even been aware existed.**

**"NNMC's unique and progressive nursing program is unlike any type of nursing schooling I have ever come across, as it blends traditional and holistic principles," Gregg said. "Since all the courses have a holistic spin on conventional topics, I find the content engaging, which makes the learning process that much more enjoyable."**

Gregg initially enrolled in a conventional online RN to BSN program from her home in Hawaii when she discovered Northern and decided to switch. NNMC's program completely changed the way she pursued her degree.

"I thought I was going to be one of those people who rushed through it to get it over with, because I have work and kids and a full life," Gregg said. "But I'm doing the opposite. I'm taking one class at a time, and I find it way better than trying to cram it all in at once, because I'm able to actually engage and really feel like I'm learning."

Gregg's favorite class was one which introduces students to different integrated modalities.

"I really enjoyed that class because I use a lot of those alternative modalities on myself and it was fun to learn about them, see which ones I might want to try, experiment with them, see which ones I might want to get a certification in," Gregg said. "But every single class is great. I'm learning way more and it's way more engaging than any other college I've ever attended."

As Gregg completes her coursework in preparation for her December 2025 graduation, she chose to

do her Community and Global Health clinical with a nurse at Hawaii's Department of Education. She will be working with elementary schools to develop a pamphlet to guide parents of children with medical conditions that require accommodations

through the process of arranging that. Gregg conceived the project after trying to navigate a difficult system to make accommodations for one of her own daughters with asthma and Hashimoto's disease.

Gregg has spent the last nine year working in a rural hospital in the Kona district of the Big Island of Hawaii. One of her first class assignments was to write about her professional goals. Gregg hoped she could integrate the holistic principles she would learn in the program into her practice in

the hospital setting. She recently landed the job she had envisioned, as a med surg clinical nurse educator for that hospital.

"This is exactly what I wanted to do," Gregg said. "I felt prepared to apply with the tools and confidence this program has given me. If it was not for NNMC's program, I may not have manifested my dream job, and I am so grateful for my holistic baccalaureate education, for all the wisdom of my wonderful nursing instructors and for my personal growth in this journey."



**Learn more about Northern's RN to BSN program at**  
**<https://nnmc.edu/academics/nursing-and-health-sciences/rn-bsn/index.html>**



## "Incorporating Daily Practices of Aesthetics and Self-Reflection to Facilitate or Embrace our Shared Humanity."

Lorraine Hall and Jen Reich will be sharing their experiences with aesthetics and self-reflection as practices to connect us to our shared humanity. Together, we will explore avenues to incorporate these practices into our daily lives with self as well as with others.

- Bio - Jennifer Reich is a board-certified Nurse Coach, educator, and author/poet. She is West Coast faculty for AHNA's Integrative Healing Arts Program (IHAP). Jen is the author of eight books of poetry. She is also the author of *When Miss Bluebird Died*, a children's book about celebrating life. Jen's writing is inspired by people, animals, nature, and our shared human experience. She is a passionate explorer of the healing potential of the creative arts. She has incorporated these diverse experiences to design wellness programs and teach self-care strategies to healthcare professionals, caregivers, and students throughout the country.
- Bio - Lorraine Hall, MSN, RN-BC, AHN-BC received her BSN from Johns Hopkins and earned her MSN with a concentration in Holistic nursing from Tennessee State. Current roles: PTSD Clinical Team, Atlanta VA, committee participation American Holistic Nurses Credentialing Corporation, advisory board member for Chrysalis Empowerment and Transformation; and American Institute of Health Care Professionals Meditation Instructors and clinical nurse for the VA where she provides holistic health services for Veterans. She is an enthusiastic nurse advocate, a proponent of servant leadership and is involved with several nursing organizations. Her passions include championing wellbeing, mentoring and spirituality.



**Jennifer Reich**  
PhD, MA, RN,  
NC-BC®



**Lorraine Hall**  
MSN, RN-BC,  
AHN-BC®

**Sept 23, 2025**

**6:00 p.m. EST**

**"Incorporating  
Daily Practices of  
Aesthetics and Self-  
Reflection to Facilitate  
or Embrace our  
Shared Humanity."**

**To Register:**  
[info@ahncc.org](mailto:info@ahncc.org)



**Caroline E. Ortiz**  
PhD, MPH, RN, NC-BC®

**Oct 7, 2025**

**7:00-8:45 p.m. EST**

**"Día de los Muertos (Day  
of the Dead)"**

**To Register:**  
[info@ahncc.org](mailto:info@ahncc.org)

### **Back by Popular Demand**

## **Día de los Muertos (Day of the Dead)**

Día de los Muertos (Day of the Dead, Oct. 27-Nov. 2) is a millennia-old indigenous tradition from the Americas that has been gaining popularity in the U.S. It is often associated with face-painted skulls and a party-like atmosphere celebrating the departed souls of loved ones. However, few know about its much deeper significance rooted in a sophisticated indigenous cosmology and holistic perspective of life and death, which for many can be profoundly healing.

I invite you to more fully understand Día de los Muertos beyond the face paint and connect with its "magic" by learning to create your own ofrenda (offering) that will welcome your beloved home.

Caroline E. Ortiz is an associate professor within the Pacific College of Health and Science's Holistic Nursing Program, an adjunct senior lecturer at the California Institute of Integral Studies' Integrative Health Studies Program, and a board-certified nurse coach. She has developed holistic health programs for healthcare providers and general audiences, participated in integrative medicine research, and created a Spanish-language guided meditation library for Hay House. She is active with the National Association of Hispanic Nurses-NY Chapter and the Integrative Health Project's work internationally. Caroline is also an apprentice and researcher in Mesoamerican curanderismo (traditional medicine and healing system).

If you have already registered for a previous Conversation Corner, there is no need to register again. Attendees who stay for the entire hour dialogue will be able to receive a free continuing competency hour(s) that can be used towards their continuing competency renewal requirement.

**To watch some of our previous Conversation Corners go to**

<https://www.ahncc.org/conversation-corner-recordings/>



Based on our 'Nurses' Voices Speaker Series,' this 'Student Nurses' Voices Speaker Series' provides a global public speaking platform for Student Nurses as thought influences in our troubled world. It features 72 leading Student Nurses from all six World Health Organization (WHO) Regions—AFRO, EMRO, EURO, PAHO/AMRO, SEARO and WPRO—participating in advocacy to achieve SDG # 3 and sharing their stories of concern, compassion, and commitment to humanity's health. [Click here.](#)



## GAHN Third Monday Dialogues

### Fifth Year Celebration: Holistic Nursing Wisdom

The Curricular Guidelines will provide ways to think about the profession and relations among the philosophy and theories of holistic nursing. It will also include Curricular Themes to serve as guidelines for developing curricula that are consistent with the guidelines proposed by AACN, but go beyond to define the specialty of Holistic Nursing. Finally, it provides some direction for faculty who are revising or recreating their educational program. For more information, contact [info@gahnscholars.org](mailto:info@gahnscholars.org).

**Topic:** GAHN Monthly Dialogues 2025

**Time:** 7:00-8:00 PM Eastern Time (US and Canada)

**Third Mon, Jan-May; October-November.**

Join Zoom Meeting - <https://us06web.zoom.us/j/89783122699?pwd=ONiNvnLNEkfULkfeFWwU9uommmYxhq3.1>

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.

Facilitate the advancement of holistic nursing, or the role of nurse coaching, through nursing education.

You are invited to bring questions, concerns, or networking ideas to the faculty gathering.



Share your accomplishments and challenges, and much more.

**Shannon Gauvin - Endorsed School Committee Chair**

**Look for our next meeting in Jan, 2026 - 7-8 pm EST**

**Zoom Link:** <https://maine.zoom.us/j/85802490338>

These gatherings allow time for faculty from schools with AHNCC endorsed programs or those wishing to seek AHNCC endorsement (contact [connections@ahncc.org](mailto:connections@ahncc.org)) to network with other schools.

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

You do not need to register in advance. The school contact person will receive a reminder email the day before the call with the link attached.



# AHNCC & GAHN, "CALLED FROM DARKNESS" FILM SERIES

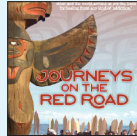
LEARN MORE ABOUT VULNERABLE POPULATIONS

## CE OPPORTUNITIES

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

Enjoy each film at your convenience.

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



**REGISTER HERE**

The American Holistic Nurses Credentialing Corporation (AHNCC) and the Global Academy of Holistic Nursing (GAHN) are partnering with 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.



“Every leaf speaks bliss to me,  
fluttering from the autumn tree” -

Emily Brontë



## AHNCC Video Collection

AHNCC has an extensive library of videos that explain some of the questions you may have. There are a variety of subject matters on holistic nursing, nurse coaching, as well as a [Community Awareness](#) page of videos. Click on the links below for some of our Video Collection.

[Why Do Health Care Providers Need Certified Holistic Nurses on Staff?](#)

[Click here for videos of each Endorsed School.](#)

[Here is Dorothea on Why She Became a Holistic Nurse.](#)

[Can I Apply for Certification Before i Graduate](#)

[What Does a Nurse Coach Do?](#)

[Taking the Exam!](#)

[Why Get Certified?](#)

[The Experience of Being Other with David Rabinowitsch](#)

Check out our Youtube Channel

<https://www.youtube.com/@HolisticRNCertified>



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.

# Qualified Verified



# Get Certified

**AHNCC is accepting applications and testing for the Holistic Nursing and Nurse Coaching examinations.**

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**

# Spread the Word!

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

[Why Get Certified?](#)

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

[What Continuing Education Can I Use?](#)

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

[How Do I Prepare for the Holistic Nurse Exam?](#)

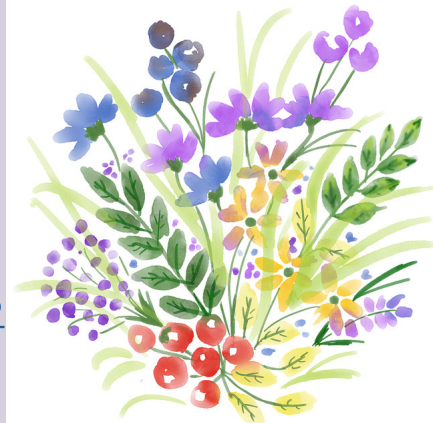


Image by Luciana Silva from Pixabay



<https://www.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