



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-1-800-463-0786

Good day dear Friends and Colleagues,

How did we get to the end of the year of 2025? Amazing how time flies when life is good, full of challenges, and meaning. I hope this newsletter finds you feeling contented, full of gratitude and well-being, and enjoying a life well lived. As we enter our winter season I wish for all of you, to have a place where you can find comfort, warmth, peace and quiet, and a sense of being cozy and settled. May the holidays and coming months bring you unexpected blessings, wonderful memory-making moments, and grace and kindness for yourselves, your loved ones, and others.



Thank you for all you do to make it a better world to live in. We are changing the world one person and one interaction at a time. You make a difference! ❤

Happy holidays to you all. May the New Year bring you what you need and what will fill your life with joy and satisfaction.

Hugs and warm wishes,

Margaret Erickson

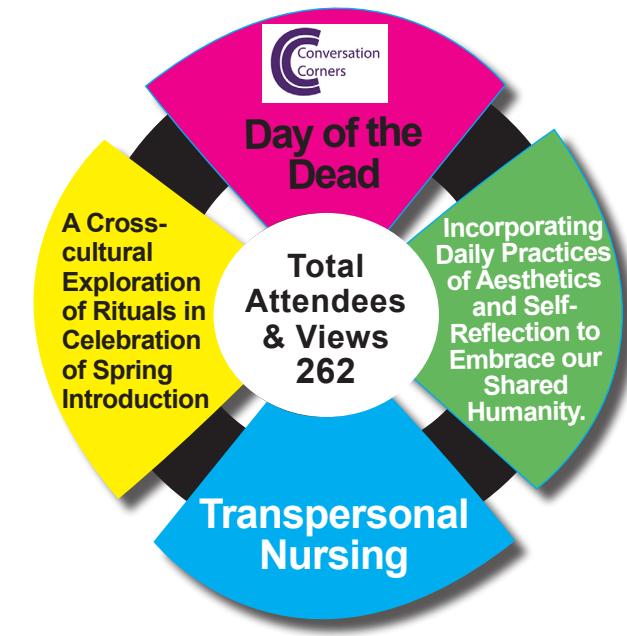
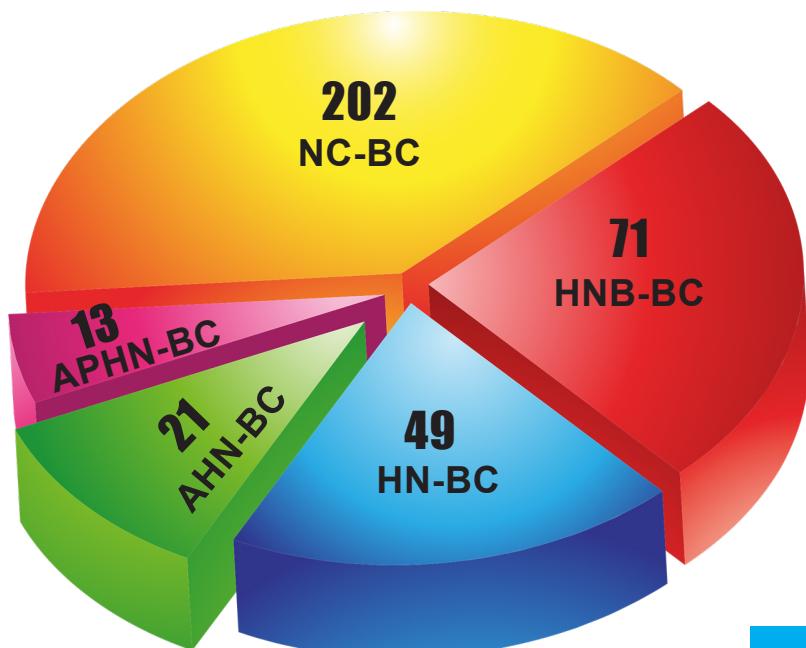


Look for our Annual Year In Review in this issue.

To support our mission and the services we offer, 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.

Year in Review 2025 (Jan-Oct)

Newly Certified Jan-Oct 2025



AHNCC Web Statistics
Through November
Views - 195,612
Active Users - 59,171
New Users - 54,523

Youtube 2025
Results through November
180,151 Impressions
19,826 views in 2025
219 New Subscribers



Social Media Statistics Through November 2025



Impressions **23,025**
Reactions **742**
Page Views **507**
Unique Visitors **261**



Views **41,075**
Reach **17,460**
Interactions **1,442**
Follows **171**



Views - **20,423**
Reach - **7,234**
Interactions - **712**
Follows - **125**

American Holistic Nurses Credentialing Corporation (AHNCC) is pleased to announce two endorsed Holistic Nurse Coaching programs.

Drexel University is offering an MS in Complementary and Integrative Health

This evidence-based program provides health care professionals with the tools to assess, guide, and evaluate patients by merging complementary and integrative health practices into the framework of conventional clinical practice. Coursework explores topics such as phytomedicine, functional nutrition, and mind/body modalities, providing a solid foundation in core competencies, as well as a theoretical basis for applying these practices. On completion of the Advanced Holistic Practice and Nurse Coaching Certification program students are eligible to sit for the Board Certification Holistic Nurse and Nurse Coaching examinations with AHNCC.

Drexel University's online MS in Complementary and Integrative

Health (CIH) program offers a unique opportunity for students to simultaneously pursue a Health & Well-Being Coach Training Certificate through a collaborative partnership with Duke University.

This innovative pathway allows students to earn a master's degree from Drexel while completing Duke University's nationally recognized Health & Wellness Coach Training (DHWCT) program. The certificate earned through the DHWCT program may be applied toward the nine elective credits required for the MS in CIH degree.

The integrated curriculum equips students with the knowledge, skills and hands-on experience needed to empower others in making sustainable lifestyle changes to improve overall health and wellness. Upon completion of the DHWCT program and required coaching hours, graduates are eligible to sit for the NBHWC national certification exam.

Students who complete both programs will graduate with dual credentials:

- [MS in Complementary and Integrative Health from Drexel University](#)
- [Certificate in Health & Well-Being Coaching from Duke University](#)

Florida Atlantic University is offering Advanced Holistic Practice and Nurse Coaching Graduate Certificate

The Advanced Holistic Practice and Nurse Coaching certificate, grounded in caring, is a 12-credit graduate certificate that advances knowledge of the contemporary views of healing and holistic nursing practice. The certificate is available for non-degree-seeking students. The course content places emphasis on developing a reflective holistic practice that integrates the principles of nurse coaching and an awareness of holistic healing modalities that promote health and well-being of persons, such as mind-body practices, manipulative body practices and energy-based healing. The practicum experience requires students to evaluate holistic healthcare practices in a selected clinical setting,

to identify and evaluate the patient population, their health needs and recommend holistic interventions that are meaningful to the population served. The nurse coaching content emphasizes the holistic process, self-development, the nurse coaching core values, skills and competencies. Students using the holistic and caring principles demonstrate coaching competencies and skills to promote a process of change that helps clients reach their full potential. Application for the certificate may be made upon the satisfactory completion of the four courses with a minimum grade of "C."

On completion of the Advanced Holistic Practice and Nurse Coaching Certification program, students are eligible to sit for the Board Certification Holistic and Nurse Coaching examinations.

AHNCC offers a discount for those attending an Endorsed School or those with a AHNCC certification in Holistic Nursing.

For more information on our endorsed Nurse Coaching programs, please email info@ahncc.org or go to <https://www.ahncc.org/school-endorsement-program/current-endorsed-nursing-programs/>.

(Minimum of 12 credits required)

Announcing the 2025 Class of Fellows of the Academy of Diversity Leaders in Nursing

Silver Spring, MD – The Academy of Diversity Leaders in Nursing (ADLN) proudly announces the induction of its 2025 class of Fellows. These distinguished nurse leaders have demonstrated excellence in advancing justice, equity, diversity, and inclusion (JEDI) through their contributions in education, research, practice, policy, and administration.

Distinguished ADLN Fellows

This group of Fellows consists of individuals who have created innovative JEDI initiatives in nursing and transformed nursing education, research, practice, policy or administration.

Congratulations Grissel, Former AHNCC Board Member



Grissel Hernandez,
PhD, MPH, RN, HNB-BC®, NPD-BC, SGahn

The 2025 Fellows represent a powerful collective dedicated to shaping the future of nursing and healthcare by ensuring all voices are heard and valued.

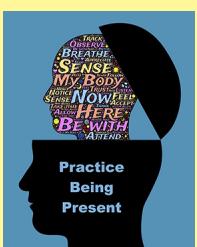
Different types of relaxation techniques

Progressive Relaxation: Also called progressive muscle relaxation, this technique involves tensing different muscles in your body and then releasing the tension.

Autogenic Training: Through a series of mental exercises involving relaxation and ideas you suggest to yourself (autosuggestion), your mind focuses on your body's experience of relaxation.



Guided Imagery or “Visualization”: In guided imagery, you picture objects, scenes, or events that are associated with relaxation or calmness and attempt to produce a similar feeling in your body.



Biofeedback-Assisted Relaxation: Through feedback that is usually provided by an electronic device, you learn how to recognize and manage how your body responds. The electronic device lets you see how your heart rate, blood pressure, or muscle tension changes in response to feeling stressed or relaxed.

Self-Hypnosis: In self-hypnosis programs, people learn to produce the relaxation response when prompted by a phrase or nonverbal cue (called a “suggestion”) of their own.

Breathing Exercises: For breathing exercises, you might focus on taking slow, deep breaths—also called diaphragmatic breathing.

Other complementary health practices such as massage therapy, meditation, yoga, tai chi, and qigong can produce several beneficial effects in the body, including the relaxation response; however, these practices are not discussed in this fact sheet. For more detailed information on these practices, see “Massage Therapy: What You Need To Know,” “Meditation,” “Yoga: What You Need To Know,” “Tai Chi: In Depth,” and “Qigong: What You Need To Know.”



What continuing education courses can I use to count towards the continuing education requirement to apply for Holistic Nursing or Nurse Coach Certification or Recertification?

For Holistic Nursing certification any courses that address the Holistic Nursing Standards of Practice and related Core Values are accepted for this requirement. Courses that are medically oriented such as ACLS, pharmacology, symptoms management, disease-oriented courses will not be accepted unless the applicant can explain how they directly relate to the practice of Holistic Nursing.

For example: a course that focuses on the pathophysiology, medical management of a disease or symptoms and the pharmacology would not be acceptable, because it does not build your knowledge base in holistic nursing and/or nurse coaching. For Recertification: One hundred Continuing Education or Continuing Competency Units are required. These continuing competency hours must directly relate to Holistic Nursing practice, theories (e.g., Erickson, Tomlin, & Swain; Newman; Nightingale; Leininger; Parse; Paterson & Zderd; Rogers; Dossey, and Watson), concepts (such as spirituality, connectedness, holism, presence, intuition, mind-body-spirit integration, self-care, healing, etc.), or Holistic Nursing research.

[For the full article please click here.](#)

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 and can be found at: <https://absnc.org/certification/accredited-programs>.

AHNCC Certification is the only nationally accredited certification program in Holistic Nursing and Nurse Coaching. Lead and support the shift in global healthcare from a paradigm of illness to one of wellness, and well-being. Renew your credentials now.

Continuing Competency Hour Requirements

Continuing competency is an ongoing, life-long process that includes self-assessment and self-reflection which facilitates self-awareness, self-development and reflective practice. Continuing Competency hours do not have to be official CNE's. AHNCC believes that our certificants are committed to integrate and apply their knowledge, skills, judgement, and expertise, using attitudes, values, and beliefs required to practice safely, effectively, and ethically in their designated role, patient population and/or setting. The Holistic Nurse or Nurse Coach certificant is also expected to understand, respect, and honor different cultural views, values, beliefs, and behaviors of those they serve. Recertification requirements are required to ensure that certificants are in compliance with AHNCC's continuing competency viewpoint.

[Click here for the full article.](#)



Global Academy of Holistic Nursing

Upcoming GAHN Third Monday Dialogue

GAHN's 2025 Third Monday Dialogue (TMD) started on January 20th. Attendees explored the implications of integral relations of the philosophy, art and science of holistic nursing as the framework for holistic scholarship. The TMD are open to all who are interested in Holistic Nursing Scholarship. For more information, contact info@gahnscholars.org.

Join Zoom Meeting

<https://us06web.zoom.us/j/84041274142?pwd=5yVp5gfrKL6SUldaLE6Wuaj0WJQT9I.1>

Meeting ID: 840 4127 4142

Passcode: 773860

One tap mobile - +13462487799,,84041274142#,,,*773860# US (Houston)

+17193594580,,84041274142#,,,*773860# US

Join instructions

<https://us06web.zoom.us/meetings/84041274142/invitations?signature=3ooBcfIWSkzLZyhgbzhVh-jxYhNgi2apHjRVnF21htI>

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.

For previous recordings of Third Monday Dialogues [click here](#).

Happy Holidays from AHNCC!

47th Annual Conference
**International Association
for Human Caring**
Hosted by Nord University, Bodø, Norway

**Bringing the Heritage of Caring
Science Theories into the Future -
Application and Development:**

- Clinical praxis
- Education and professional development
- Leadership and administration
- Theory development and basic research

Pre conference June 10, 2026:
Honoring Eriksson's Theory of Caritative Caring

Conference Information

June 11-13, 2026

JOIN US WITH NOTED SCANDANAVIAN SCHOLARS

- Dr. Herdis Alvsvåg
- Dr. Lena Wiklund Gustin
- Dr. Kari Martinsen
- Dr. Terese Bondas

As we widen the Circle of Caring Science

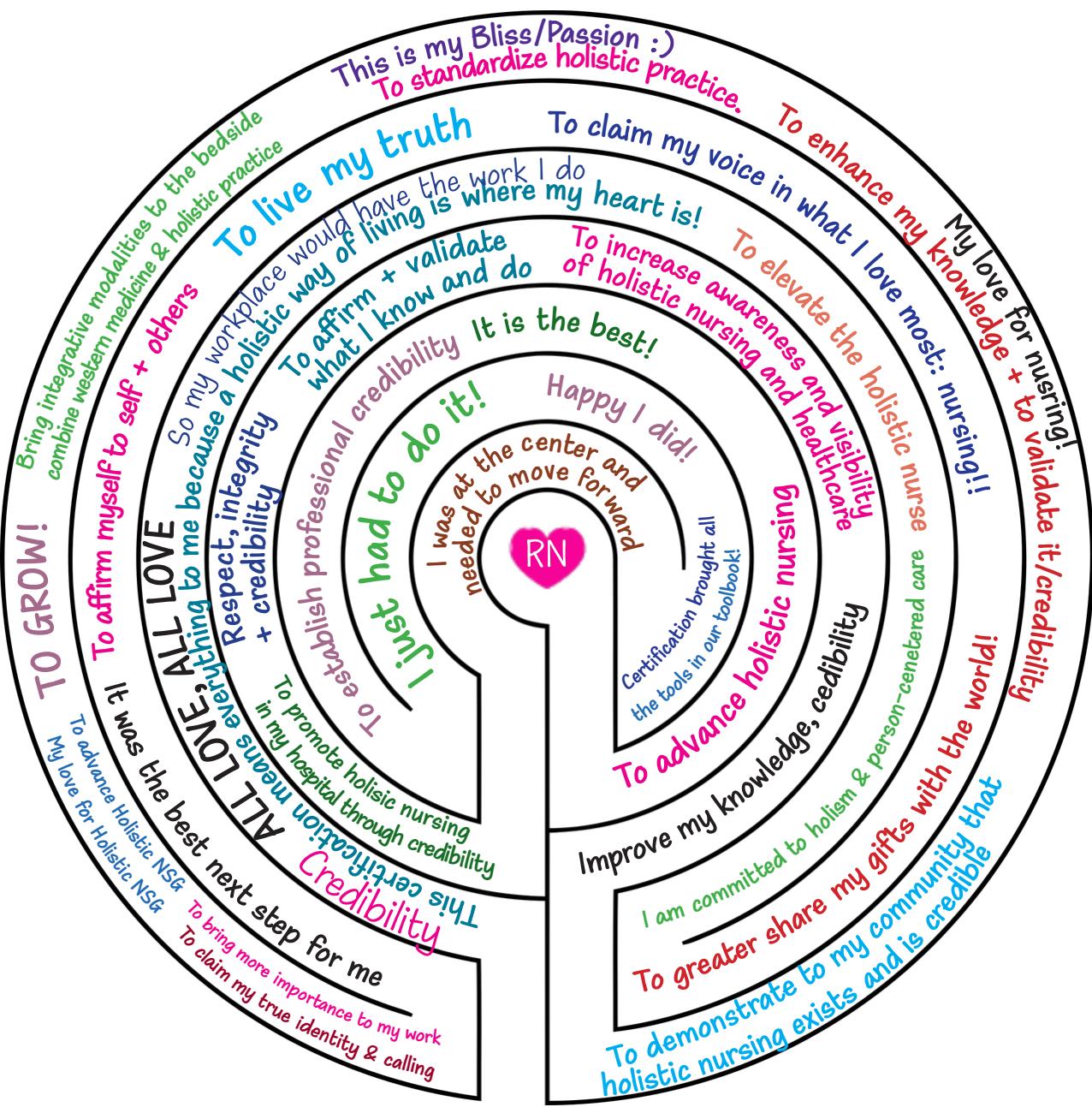
NORD University

International Association for Human Caring

visitbodo.com/en



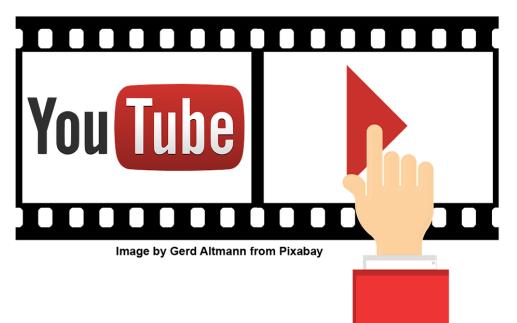
Image by Lumix Designer from Pixabay



Follow the labyrinth with your finger. Then follow the path back out. Let yourself reflect and meditate, to quiet the mind, or for spiritual reflection.

May this bring you peace and energy.

Subscribe to our Youtube Channel!



AHNCC has their own youtube channel where you can find many videos on Holistic Nursing, Nurse Coaching and full recordings of our Conversation Corners.

Our handle is: [@HolisticRNCertified](#)

AHNCC has released official statements on particular subjects that we feel matter to our constituents.

PRESS RELEASE – September 19, 2025 – The Essential Roles Played by Certified Holistic Nurses and Nurse Coaches in Healthcare Systems

Certified Holistic Nurses and Nurse Coaches promote whole-person healing—meeting physical, emotional, and spiritual needs for true wellness.

Holistic Nurses and Nurse Coaches view people holistically. They consider all aspects of a person's, emotional, mental, spiritual, psychological, and physical needs when planning their care. Nursing care is always person-centered and focuses on promoting health, wellness, and wellbeing as they help their clients heal and achieve a greater quality of life.

[Click Here for the full press release](#)

PRESS RELEASE – May 15, 2025 – Documentaries of Healing, Restoration, and Reconciliation dealing with addiction and recovery.

Called From Darkness – Nursing Organizations Support Transformational Documentary Series

This documentary series explores the spiritual, emotional, social psychological, and physical dimensions of addiction recovery, healing and reconciliation. Each video in this six-part series, focuses on different populations suffering from addiction disorders, in the United States.

[Click Here for the full press release](#)

PRESS RELEASE – April 30, 2025 – Holistic Nursing Organizations Support American Academy of Nursing Statement Regarding HHS Budget Proposal

Nursing Organizations Underscore Urgency of Supporting Investments in Health, Research, and Workforce

This press release is written on behalf of The Global Academy of Holistic Nursing, the American Holistic Nurses Credentialing Corporation, and the American Holistic Nurses Association. It regards the reorganization and defunding of the National Institutes of Health (NIH). Our intent is to provide support for the American Academy of Nursing's press release on April 17, 2025.

[Click Here for the full press release](#)



From the Board of the American Holistic Nurses Credentialing Corporation...



May the spirit of the holidays fill your hearts with even more love and joy.

AHNCC Board

**President**

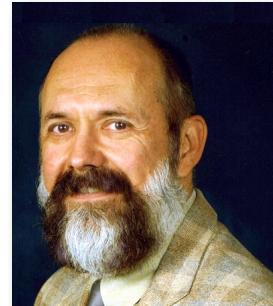
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HWNC-BC®

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PhD

**CEO**

Margaret Erickson,
PhD, RN, CNS,
APHN-BC®, SGahn



Thank you AHNCC Board members for your dedication and volunteerism toward helping AHNCC grow.

AHNCC & GAHN, "CALLED FROM DARKNESS" FILM SERIES

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

[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.

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

Enjoy each film at your convenience.

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.



Looking for
More CNE
Opportunities?



Looking for more CNE and continuing competencies for certification and recertification?

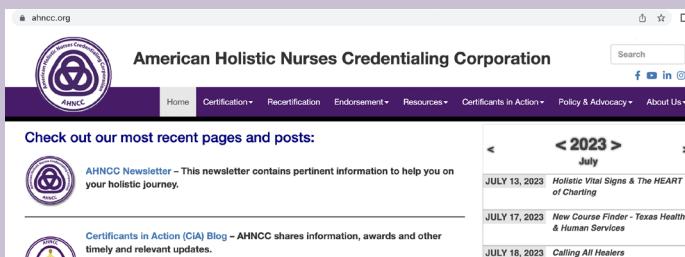
Here are some places to look:

[Event Calendar](#)

[Professional Development and Continuing Competencies](#)

[Embracing Diversity Events](#)

AHNCC's website and social media sites give you many options for CNE'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://www.ahncc.org).



<https://www.ahncc.org>

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