



Endorsed School Newsletter

Volume 9 Issue 1 - March 2026

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

From CEO Margaret Erickson



Greetings Dear colleagues,

Our world continues to be challenged these days with differing opinions, rifts in communities and the occurrence of unprecedented events. At the same time, we experience laughter with loved ones, moments of awe, filled with beauty and joy, and unexpected blessings. Life is always about balance and seeking a state of harmony, peace and ease. This is often hard to do. Yet, as holistic nurse educators you step up during these times to help our future nurses learn to practice from a place of balance, holism, and grace. Thank you for helping our nursing students and novice nurses navigate today's world and learn to practice within a holistic paradigm. The work you are doing makes a long-standing impact on the world we live in. Remember to share that kindness and mercy

with yourself and those closest to you. Self-care is the first step in being great nurse educators. May spring rise up to greet you with abundance, new life, and well-being.

😊 Take care, stay well, and remember to make the time to breathe, pause, and be.

In appreciation, with respect, and much gratitude for who you are and all you do, ☀️

Margaret

Margaret Erickson PhD, RN, CNS, APRN, APHN-BC, SGAHN
CEO, AHNCC she/her/hers

Blossoms are the Whispers of Spring!



Image by DONGHWAN KIM 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/>.

AHNCC 2025 Accomplishments [Click Here](#)



American *Holistic Nurses* Association

46th Annual Conference

June 10-14, 2026 - Niagara Falls, NY

Engaging Mother Nature's Wisdom

Global Wellness, Building a Holistic Future Together.

In today's fast-paced, technology-driven world, many are seeking a return to balance, wellness, and deeper connection. This conference invites holistic nurses to lead the way—reconnecting with the timeless healing power of nature. By embracing Mother Nature's rhythms and restorative energy, participants will discover new paths to compassionate care, resilience, and personal renewal.

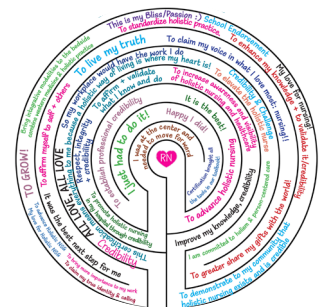
Through nature-based healing practices, holistic nutrition, Indigenous knowledge, cultural traditions, and evidence based interventions, this gathering will offer practical tools rooted in the Holistic Nursing Core Values. Attendees will explore the therapeutic roles of plants, animals, natural elements, and seasonal cycles, gaining insights into how sensory engagement and earth-centered practices can nourish mind, body, and spirit.

Together, we will cultivate a more grounded, vital, and connected future for holistic nursing and global wellness.

[Click Here to Register.](#)

AHNCC is excited to be sponsoring the labyrinth at the AHNA Conference. As you know, a labyrinth is used in many cultures as a movement meditation. By focusing on traveling the labyrinth, it offers you the focused attention needed to nurture your body, mind and spirit.

Please join us at the conference and come walk the labyrinth with AHNCC.



Planetary Health - April 21 & 24

Planetary Health is the understanding that human health and the health of Earth's natural systems are deeply interconnected. In simple terms: when the planet is sick, people get sick.

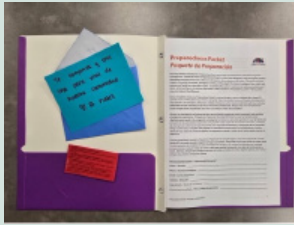
As a nurse, recognizing this connection means understanding that climate change, pollution, biodiversity loss, and ecosystem disruption directly impact the patients and communities you serve—from increased heatstroke and respiratory disease to the spread of infectious diseases and mental health crises.

[Click Here to Register!](#)

St. Catherine University Student Nurses Association Answers the Call

Written by: Margot Boisjoli and Kelly Zabel, MSN, RN

The St. Catherine College for Adults (CfA) Student Nurses Association (SNA) has been hard at work demonstrating what nursing is truly about: service, advocacy, and community care in action. The purpose of this student-led organization is “to support, empower, and unite nontraditional nursing students through community, service, and professional development.” Located in St. Paul, MN, St. Kate’s is a proponent for equity, belonging, and social justice.



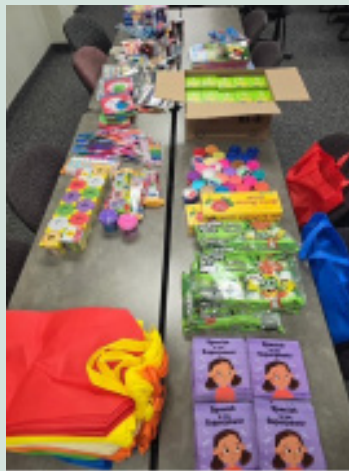
In response to recent immigration enforcement efforts impacting families across our broader community, St. Kate’s SNA has hosted two events bringing people together to support

This work reflects a holistic understanding of nursing care, recognizing that health is influenced not only by clinical treatment, but also by safety, belonging, dignity, and access to resources. As nurses, we care for the whole person – mind, body, and spirit. By addressing these essential needs, SNA embodies the full scope and heart of nursing practice.

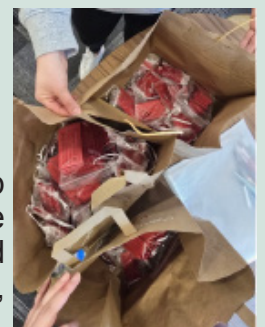
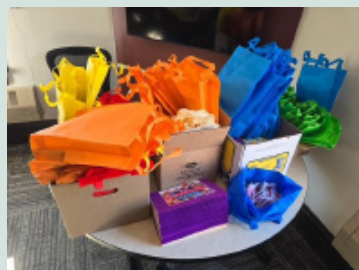
our vulnerable neighbors through hands-on service initiatives. In collaboration with St. Kate’s SMMART Clinic, the association identified specific needs and, since January, has assembled and distributed:

Rooted in the mission of the Sisters of St. Joseph of Carondelet, St. Kate’s seeks to “welcome all without distinction” and to “create an environment of equity, fairness, and respect [to] work for systemic change so Earth and all people thrive.” Through these active commitments, nursing students extend care beyond hospital walls and into the lived realities of our community members.

- Over 300 red card & whistle kits printed in Hmong, Spanish, Somali and English to promote awareness, personal safety, and empowerment
- Over 100 ‘Know Your Rights’ zines informing residents of their First Amendment rights along with information from the ACLU
- 60 children’s bags filled with thoughtfully selected items including books, arts and crafts, small toys, and snacks. Offering comfort and joy to children experiencing fear or uncertainty during challenging times
- 20 resource folders for patients at the SMMART Clinic with information and materials to help connect individuals and their families with essential services as well as a hand written card
- 1 large box of children’s toys
- Various signs with messaging of positivity and inclusivity



The association continues to demonstrate that nursing is not only a profession, it is a promise. In times of uncertainty, nursing reminds us that there is always something we can do: show up, organize, and care for one another. Together, we can keep building community-centered responses that promote healing, amplify dignity, and strengthen the fabric that connects us all.



The CfA Student Nurses Association’s initiatives have been guided by a deep commitment to caring for our community beyond the bedside. These efforts reinforce St. Kate’s pledge to welcome and serve all as reflected in the mission, vision and values that shape our university culture. We will continue to live out our call to equity, dignity, and systemic change through these efforts.

The Story of Capital's School of Nursing Comes to Life



Doris S. Edwards RN, EdD, dean of Nursing emerita, has compiled a definitive history of the School of Nursing at Capital University, an insightful chronicle tracing its founding, triumphs, and evolving role in healthcare through the decades. Richly illustrated with archival photographs and firsthand accounts, the book offers both a celebration and deep reflection on the school's legacy. Click below to unlock and read this captivating journey through time.

[Click here to read the History of the School of Nursing.](#)

What Inspires You?

This year in Nursing 110 at Capital University, students have been focusing on their own wellness by exploring what it means to value and care for themselves as they navigate early adulthood. The course has always emphasized holism and self-care, but this year students are engaging in weekly journal prompts that make self-development and self-understanding a priority. By reflecting on topics such as the difference between cynicism and optimistic skepticism, evaluating their progress on a behavior change they've chosen to pursue, or simply listing 10 things they've been grateful for in a given week, students are encouraged to recognize their emotions and reflect intentionally on their personal growth.



In one journal assignment, students selected an inspiring quote that resonated with them and explained why. This collection of quotes was then transformed into a bulletin board to share these motivating messages with the wider community.

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School of Nursing Celebrates 75 Years

Capital marked the 75th anniversary of its School of Nursing with a day of reflection, renewal, and celebration at the Franklin Park Conservatory. Alumni, students, faculty, and community partners gathered to honor the School's long-standing commitment to holistic nursing, a tradition that began with early innovators like Dr. Evelyn Barritt and has shaped generations of compassionate, whole-person caregivers.

The event culminated in a Leadership Panel exploring the theme "Rooted in Purpose – Connected by Care – Leading the Future of Nursing." Panelists reflected on how Capital's pioneering approach, grounded in mind, body, spirit, and community, continues to guide nursing education and practice today.



CapitalUniversity

From its early adoption of holistic frameworks in the 1960s to earning national AHNCC endorsement in 2009 and celebrating a 100% NCLEX pass rate in 2024, Capital's School of Nursing has remained dedicated to educating nurses who lead with integrity and heal with heart. As the School looks ahead, its Diamond Anniversary stands as both a tribute to its legacy and a re-commitment to shaping the future of holistic nursing.

To view photos from the celebration, [click here](#).



The BIG Moment: An Endorsed Program Collaboration Supporting Nursing Well-Being



The University of Maine at Augusta (UMA) and St. Catherine University (MN) are proud to collaborate on an innovative research initiative centered on The BIG Moment (Brief Intentional Grounding), a mindfulness-based intervention developed by William Brooke, BSN, RN-BC, HN-BC, PMHN-BC of Salinas, California. This collaboration represents a partnership between two American Holistic Nurses Credentialing Corporation (AHNCC) Endorsed Schools and the creator of The BIG Moment Seven Gestures.

In 2025, our team was honored to receive the American Holistic Nurses Association (AHNA) Practice Grant to support the implementation of this work. What began as a practice initiative evolved into a two-part research study examining the impact of structured mindfulness practices on stress and burnout in nursing education.

The BIG Moment integrates seven intentional gestures rooted in both spiritual wisdom traditions and contemporary neuroscience. Drawing inspiration from Mindfulness-Based Stress Reduction (Kabat-Zinn), Native American breath traditions, anthroposophical nursing, gratitude practices, and Hildegard Peplau's therapeutic use of self, the intervention guides participants through posture awareness, inward gaze, intentional breathing, body scanning, gratitude, reflective meaning-making, and carrying healing intention into clinical encounters. Brooke (2019) conceptualizes The BIG Moment as a practical way for nurses to remain centered and present in high-stress environments, enhancing interpersonal connectivity while mitigating compassion fatigue.

Part one of the research study began in Fall 2025, when nursing faculty at the University of Maine at Augusta participated in implementing The BIG Moment within both their personal self-care practices and professional academic roles. Faculty were invited to integrate the seven gestures of Brief Intentional Grounding into classroom, clinical, and daily routines throughout the semester.



The study utilized a mixed-methods, pre/post design measuring perceived stress using the Perceived Stress Scale (PSS) and burnout using the Maslach Burnout Inventory (MBI). In addition to quantitative measures, qualitative reflections were collected to explore faculty's lived experiences of integrating brief intentional grounding into academic and clinical environments.

In Spring 2026, we are expanding this work to first-year nursing students at UMA, with St. Catherine University serving as a comparison site, as contemplative practice is already embedded within their curriculum and does not include the BIG Moment. This design allows us to examine how structured, brief mindfulness interventions influence stress trajectories in novice nursing students during professional formation.

As holistic nurse educators, we recognize that cultivating presence and resilience is not ancillary to nursing education; it is foundational. The BIG Moment offers a structured yet accessible tool that can be integrated into classroom, simulation, and clinical environments in under two minutes. By weaving together ancient contemplative traditions and modern neuroscience, this study seeks to generate evidence supporting practical, sustainable strategies that strengthen nurse well-being across the continuum of education and practice.

We are honored to contribute to the growing body of holistic nursing research and look forward to sharing outcomes with the AHNCC Endorsed School community.



Global Academy of Holistic Nursing

Upcoming GAHN Third Monday Dialogue

Join GAHN for the 2026 Third Monday Dialogues (TMD). Attendees will explore 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.

Topic: GAHN Monthly Dialogues 2026

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

Third Mon, Jan-May; October-November.

Meeting ID: [841 4332 0826](#)

Passcode: 647205

Join Zoom Monthly Meeting

<https://us06web.zoom.us/j/84143320826?pwd=eeRrKeGJViO7owZt5vQdrZhSw1lgHc.1>

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

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.



*Spring unlocks the flowers to
paint the laughing soil.*

Reginald Heber



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

March 27th 12:30-1:30 pm EST

May 29th 12:30-1:30 pm EST

QA Sessions About Certification will be offered on

Tuesday June 16th at 7pm EST

Tuesday November 10th at 7pm EST

for students graduating from an AHNCC Endorsed program.

These gatherings allow time for faculty from schools with AHNCC endorsed programs or those wishing to seek AHNCC endorsement (contact 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.

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

[Conversation Corners \(CC\)](#), is an initiative that the AHNCC Equality, Equity, Diversity, Inclusion, and Social Justice (EEDISJ) Committee implements. The intent of the Conversation Corners is to increase our worldviews and understanding of other peoples' lived experiences, perceptions, values, cultures, attitudes, etc., so we can better serve our clients. AHNCC does not endorse or support particular worldviews. Through these dialogues we hope that we can all learn and grow and better care for those whom we serve.



“Worldview and Approaches to Healing Using Wicca as an Example”

Spirituality and worldview strongly affect the theories and the practices used for healing. In this conversation corner Ivo Dominguez Jr., long time Wiccan practitioner will share his perspectives and encourage some fresh examinations of your foundational concepts.



Ivo Dominguez, Jr. is one of the founders and elders of the Assembly of the Sacred Wheel since 1978. He is the anchor author for the new twelve book Witch's Sun Sign Series. Ivo is the author of The Four Elements of the Wise, Keys to Perception, Casting Sacred Space, Practical Astrology for Witches & Pagans, and Spirit Speak. In his mundane life, he has been a computer programmer, the executive director of an AIDS/HIV service organization, a metaphysical bookstore owner, and more.

The Assembly of the Sacred Wheel is a legally recognized Wiccan non-profit religious organization based in the Mid-Atlantic region. The form of Wicca that the Assembly practices is syncretic and draws inspiration from Astrology, Qabala, the Western Magickal Tradition and the folk religions of Europe. Keepers of the Holly Chalice, the founding coven of the Assembly began its life in February of 1984. The Assembly was incorporated in the state of Delaware in 1993 and was granted 501(c)(3) status by the IRS in 1995.

The Assembly currently consists of 14 covens, they are listed here in their order of creation: Keepers of the Holly Chalice, Coven of the Rowan Star, Oak & Willow, Weavers of the Moonfire, Guardians of the Windsword, Fellowship of the Ancient White Stag, Troupe of the Starry Door, Tenders of the Earth Temple, Order of the World Tree, Grail of the Birch Moon, Coven of the Mystic Path, Archers of the Sacred Flame, Bearers of the Earth Flame, and Theophania. For more information about the covens, go to the [ASW covens page](#) and follow the links to their sites.

AHNCC certificants can receive continuing competency hours for attendance.

Please reach out to Jim Welch at jameswelch@seeliecourt.net if you are interested in speaking at a Conversation Corner.

To watch some of our previous Conversation Corners go to <https://www.ahncc.org/conversation-corner-recordings/>.

Embracing “Equality, Equity, Diversity and Social Justice” for All.



Ivo Dominguez, Jr
Elder of the Assembly
of the Sacred Wheel

March 24, 2026

6pm Eastern
5pm Central
4pm Mountain
3pm Pacific

“Worldview and Approaches to Healing Using Wicca as an Example”

Moderator: James Welch

Speaker:
Ivo Dominguez, Jr.

To register contact:
info@ahncc.org

If registered for previous events, no need to register again.

Registrants will receive a Zoom link the morning of the presentation.

AN INVITATION TO JOIN THE CONVERSATION & SUPPORT YOUR SCHOLARSHIP DISCUSSION FORUM



Time: 6:45-8:00 pm EST

GAHN Roundtables: Embodying the Wisdom of Holistic Nursing Praxes

The Global Academy of Holistic Nursing (GAHN) is pleased to invite you to a series of roundtable discussions on holistic nursing education.

Each gathering will begin with a scholar presenting what they have learned on a relevant topic, followed by discussion. Wisdom abounds in GAHN. We have much to gain by sharing our ideas, challenges, and successes.

All GAHN scholars and faculty from AHNCC endorsed schools are welcome and encouraged to attend. Your presence in these conversations will enrich and deepen a shared understanding of how principles of holism can be effectively implemented and the impact this has on student outcomes and nursing practice.

The roundtable discussions will be held on zoom the first Monday of the month, beginning in March.

Zoom link: <https://us02web.zoom.us/j/5845624948?pwd=cis4M3JHUWN4d0VY-QmlqZ2JzdnRmdz09&omn=87370888119>

April 6: Unitary Human Caring Science as a foundation for embodied holistic praxes Joyce B. Perkins PhD, and St. Catherine University faculty in the College for Adults

How can we help students embody holism in their practice? How does embodying holistic nursing shape experience and set the stage for the development of praxes/wisdom among BSN students? What does this mean for the future of professional nursing?

Faculty at St. Catherine's University have extensive experience applying theoretical concepts from Unitary Human Caring Science to the design and implementation of curricular strategies and processes that promote student self-awareness, deep reflection, caring presence, and the use of self as an instrument of healing. The purpose of this presentation is to share what has been learned from individual courses and curricular integration, and to describe the impact these practices have on student practice.

May 4 - Topic to be announced.

[GAHNSCHOLARS.ORG](https://www.gahnscholars.org)

Nurses' Voices Speaker Series



GAHN was honored to be invited to co-sponsor NIGH's Nurses' Voices Speaker Series, 2024-2025. Co-Directed by Dr. Deva-Marie Beck and Barbara Dossey, (Honorary Scholars of GAHN), NIGH was founded in 2006. Granted 'Special Consultative Status' with the United Nations Economic & Social Council (ECOSOC) in 2018. NIGH planned and offered a series of sessions highlighting internationally recognized leaders in healthcare and supportive organizations. Eight have been completed; recordings are available for your enrichment at: <https://www.nighvision.net>.





GAHN'S 3rd CONGRESS



PRAXIS TO PRAXES: The Wisdom of Holistic Nursing

March 28, 2026 - 10:00 am - 4:30 pm EST

Purpose: Explore wisdom as a bridge between transforming knowledge of the art and science of nursing into the inner knowing of the self as an instrument of healing gained through understanding.

Esteemed Speakers



**DAWN HAWTHORNE, PhD, RN,
AHN-BC, HWNC-BC, SGAHN**



**DANNY WILLIS, DNS, RN,
PMHCNS-BC, HSGAHN, FAAN**



**RUDOLF CYMORR KIRBY MARTINEZ,
PhD, MA, RN, LMT, CAA, CSTP, CGNC,
CNE, AHN-BC, HWNC-BC, SGAHN,
FFNMRC SI**

The Process

Presentations will address three sequential themes. Each presentation will be followed by roundtable discussion and a group debriefing session. A closing dialogue will facilitate integral learning. The sequential themes include:

- Wisdom as embodied spiritual-knowing
- Wisdom of Integral Nursing
- Wisdom as Global Nursing

**BRING YOUR STUDENTS
AND COLLEAGUES!
SHARE WITH OTHERS
SPREAD THE WORD
REGISTER NOW!**

***THE INTENT IS TO ENGAGE, EMBODY AND ADVANCE
THE PRAXES OF HOLISTIC NURSING***

**REGISTRATION
STARTS EARLY**

JANUARY

Click Here!

**MARK YOUR CALENDAR FOR AN AFFIRMING, INFORMATIVE
AND EXCITING DAY:**

MARCH 28, 2026, 10:00-4:30 EST

<https://gahncongress2026.goodclix.com>

Join us for an Affirming, Informative and Exciting Day

Registration Fees (USD)

**GAHN Member \$60 Non-Member \$99
Student/Low Income Countries \$50
Member of Affiliate Org. or AHNCC Endorsed School \$75
Group Admission for 10 or More Students \$25/Student**

Sponsors(USD)

**Gold- Donate \$500 or More
Silver - Donate \$200 - \$499
Bronze - Donate \$100 - \$199**

**SCHOLARSHIP IS THE VEHICLE; PRAXES IS THE GOAL
info@gahnscholars.org**

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.

Get Certified today!

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.

[Diversity](#)

[Why Did Chris Become a Certified Holistic Nurse?](#)

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

[Why do Healthcare Providers Need Certified Holistic Nurses on Staff](#)

[What is Self-Care and Why is it so Important?](#)

[WHAT COURSES CAN I TAKE TO MEET THE HOLISTIC NURSING CERTIFICATION CE APPLICATION REQUIREMENT](#)

[How to Stay Protected from Covid](#)

[This is Amanda on why she is a Certified Holistic Nurse.](#)

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. 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 and Nurse Coaching certifications:

Why Get Certified?

Can I Apply for Certification Before I Graduate?

What Continuing Education Can I Use?

AHNCC Nurse Coach Fellowship Program 2025

How Do I Prepare for the Holistic Nurse Exam?

Spring is proof that there is beauty in new beginnings.

Matshona Dhlwayo



Image by Pixabay



<https://www.ahncc.org>

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