

Transcending
Wellness
through
Diversity · Equity & Inclusivity



AHNA's 44th Annual Conference

Partnering with

American Cannabis Nurses Association

REGISTRATION BROCHURE

AMERICAN Holistic Nurses ASSOCIATION

ACNA American Cannabis Nurses Association



June 3 - 8, 2024

Rochester, Minnesota – Mayo Civic Center



Conference Speakers

The purpose of this conference is for participants to embrace the concepts of inclusivity and diversity, understanding the mindset of caring for and treating all types of people, things, or ideas fairly and equally, while promoting wellness, regardless of gender, race, class, sexuality, disability, or other factors.



Keynote - History, Hope, and Well-being

This presentation will provide a journey through the social determinants of health towards a holistic understanding of well-being within the context of an evolving and diverse democracy.

Dr. Gail Christopher, D.N.

Dr. Gail Christopher is an award winning social change agent with expertise in the social determinants of health and well-being and in related public policies. She is known for her pioneering work to infuse holistic health and diversity concepts into public sector programs and policy discourse. Dr. Christopher recently retired from her role as Senior Advisor and Vice President at the W.K. Kellogg Foundation, where she was the driving force behind the America Healing Initiative and the Truth, Racial Healing and Transformation effort. Dr. Christopher also served as Kellogg's Vice President for Program Strategy and worked on place-based programming in New Orleans and New Mexico.



Endnote - Flourishing in Healthcare: Setting Intentions for Individual, Team and System Resilience

This presentation will provide insight into the importance of building resilience at the individual, team, and system levels; the key factors that are encompassed within each level; and evidence based methods for engendering a flourishing healthcare environment.

Sherry Chesak, PhD, MS, RN

Sherry Chesak is a Clinical Professor at the University of Minnesota and a Nurse Scientist at Mayo Clinic. Her program of research is centered on care for the caregiver and she investigates interventions aimed at engendering resilience among both professional and family caregivers of patients with complex health needs. Dr. Chesak is the inaugural director of the Center for Flourishing Health Care Communities at the University of Minnesota and is certified as a mindfulness meditation teacher and as a Resilience Trainer by the Global Resilience and Inner Transformation Institute.

Holistic Nursing Core Values

Core Value 1. ***Holistic Philosophies, Theories, and Ethics***
Core Value 2. ***Holistic Nurse Self-Reflection, Self-Development and Self-Care***
Core Value 3. ***Holistic Caring Process***
Core Value 4. ***Holistic Communication, Therapeutic Relationship, Healing Environments, and Cultural Care***
Core Value 5. ***Holistic Education and Research***

Learner Outcomes

1. Define how sound ethical nursing research, education and philosophies support and guide cultures toward being more holistic and nurturing of each other and inclusive of all diverse populations. (CV#1 & #5)
2. Critique how the application of our holistic values and beliefs creates a more healing environment both locally and globally through our holistic self-reflection, communication and therapeutic relationships. (CV#2 & #4)
3. Discuss ways that rebirthing of our holistic values through therapeutic communication, self-development and the holistic caring process assists our clients in promoting their health and well-being amongst diverse populations. (CV#2, #3 & #4)
4. Explain how the transformation of nursing research and theories and their application, related to the care of diverse cultures, promotes healing and well-being in underserved populations. (CV#5)
5. Analyze opportunities for holistic nurses to lead the charge/transformation by integrating principles of social justice, and cultural care in nursing and healthcare policy needed in today's healthcare environment. (CV#4 & #5)
6. Identify specific aspects of the caring process necessary to the inclusion of diverse populations in which individual holistic nurses can make a difference. (CV#3 & #4)
7. Describe creative approaches to facilitate interprofessional and interracial collaboration and mentorship in holistic nursing and healthcare. (CV#4)
8. Describe how the practice or application of the holistic self can be a transformative instrument of renewal for individuals, cultures, and environments in developing a healthy global society. (CV#2)

Conference Planning

Registration Types:

Monday & Tuesday Pre-Conference Registration:
Includes admission to workshop(s), lunch and CNE hours for the day(s) you have registered.

Full Conference Registration:
Includes admission to all programs** from Wednesday through Saturday, breakfast (1), Lunch (2), Friday evening awards banquet, closing ceremony, beverage, snack breaks and CNE hours for the day(s)/event(s) you attend.

One Day Registration:

Available for Wednesday, Thursday, & Friday, only. Includes admission on selected day(s) to CNE programs, meals*, events**, and CNE hours. See schedule for listing of meals provided for each specific day.

Virtual Registration:

Includes admission to virtual workshops, platforms, and CNE hours. Available July 5-31, 2024.

*One-Day registration for Friday, June 7, 2024 DOES NOT include admission to the awards banquet. One-day attendees may add admission to the awards banquet for an additional $100.
**Pre-Conference, Full Conference, and One-Day registrations DO NOT include optional activities, which are only available at an additional cost.
***Poster sessions & movie CNE credits are only awarded once, regardless of number of times viewed.

Receive CNE Contact Hours Credit:

Register and fully attend all presentations, complete online evaluations, and retrieve your certificate electronically.

**The number of contact hours is subject to change. Contact hours are not awarded to presenters/co-presenters of any educational activity. Exhibitors must be paid registrants to receive contact hours. CNEs presented multiple times may only be awarded once.*

The American Holistic Nurses Association (AHNA) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the California Board of Registered Nursing.
Provider #10442

A certified status does not imply endorsement of any product/service by AHNA or ANCC. AHNA's CNE activities do not include any unanimous information about official use of a product for a purpose other than that for with it was approved by the Food and Drug Administration (FDA).

You can earn up to 40 contact hours by registering for and fully attending:*
Endorsed Pre-Conference, Monday, June 3: 7 Contact Hours
Pre-Conference, Tuesday, June 4: 7 Contact Hours
Full Conference, Wednesday, June 5 - Saturday, June 8: 26 Contact Hours

One-Day registrants can earn up to the following CNE hours:
Wednesday, June 5: 8.5 Contact Hours
Thursday, June 6: 8 Contact Hours
Friday, June 7: 8.5 Contact Hours

Virtual Attendees can earn up to 12 Contact Hours

Quick Reference Conference Planning

Airport:
Rochester International Airport
7600 Helgerson Dr SW, Rochester, MN 55902
9 miles from hotel

Conference Venue:
Mayo Civic Center
30 Civic Center Dr SE, Rochester, MN 55904
Venue & hotels connect via short walk through skyways

Hotel Information:
Kahler Grand Hotel:
20 Second Ave SW, Rochester, MN 55902
Conference Rate: $149/night + Tax*
Request AHNA Conference rate
Phone: (507) 280-6200
Online: https://tinyurl.com/4faa95va

Rochester Marriot:
101 First Ave SW, Rochester, MN 55902
Conference Rate: $165/night + Tax*
Request AHNA Conference rate
Phone: (507) 280-6000
Online: https://tinyurl.com/2uc2b6du

*Complimentary self parking for hotel guests.
This rate is available until **Friday, May 10, 2024** or until group block is sold out.

Meal Information:
Endorsed Pre-Conference:
Monday, June 3 - Lunch
Pre-Conference:
Tuesday, June 4 - Lunch
Full Conference:
Tuesday, June 4 - Exhibitor Reception
Wednesday, June 5 - AM Snack, Lunch with AHNA BOD
Thursday, June 6 - AM Snack, AHNA Action Lunch, Hospitality Hour
Friday, June 7- Breakfast, Afternoon Snack, AHNA Awards Dinner
Single Days:
Wednesday, June 5 - AM Snack, Lunch with AHNA BOD
Thursday, June 6 - AM Snack, AHNA Action Lunch, Hospitality Hour
Friday, June 7 - Breakfast, Afternoon Snack

Selected meals noted below are included in your conference fees. Vegetarian and gluten-free options will be offered; however, AHNA, and host facilities will not be responsible for fulfilling specific dietary needs. Please see "Conference Menus" for more information.

One-Day registrants may add admission to the awards banquet, Friday, June 7, for an additional $100

Schedule at a Glance

*Subject to Change

Endorsed Pre-Conference: Monday, June 3: 7 Contact Hours

7:00 AM – 8:00 AM	Endorsed Pre-Conference Registration
8:00 AM – 11:45 AM 10:00 AM – 10:15 AM - Break	Half-Day AM Pre-Conference Endorsed Programs Workshops **(3.5 Contact Hours)**
Noon – 1:30 PM	Lunch in Exhibit Hall
2:00 PM – 3:00 PM	Mayo Clinic Art Tour
1:30 PM – 5:15 PM 3:30 PM – 3:45 PM - Break	Half-Day PM Pre-Conference Endorsed Programs Workshops **(3.5 Contact Hours)**

Pre-Conference: Tuesday, June 4: 7 Contact Hours (Pre-Conf.) /1 Contact Hour (Full)

7:00 AM – 8:00 AM	Pre-Conference Registration
8:00 AM – 11:45 AM 10:00 AM – 10:15 AM - Break	Half-Day AM Pre-Conference Workshops **(3.5 Contact Hours)**
8:30 AM – 4:45 PM 10:00 AM – 10:15 AM - Break 3:30 PM – 3:45 PM - Break	Full Day Pre-Conference Workshops **(6 Contact Hours)**
Noon – 1:30 PM	Lunch provided by AHNA
2:00 PM – 3:00 PM	Mayo Clinic Art Tour
1:30 PM – 5:15 PM 3:30 PM – 3:45 PM - Break	Half-Day PM Pre-Conference Workshops **(3.5 Contact Hours)**
1:00 PM – 2:30 PM	Optional Activity – Trolley Tour $$
2:00 PM - 6:30 PM	Exhibit Registration / Set-up
5:30 PM – 6:30 PM	Sharing Circle Facilitators **(1 Contact Hour)**
5:30 PM – 6:30 PM	New Attendee Orientation
6:45 PM – 7:30 PM	Opening Ceremony
7:30 PM – 9:30 PM	Exhibit Hall Opening Reception

Day 3 – Full Conference Wednesday, June 5: 8.5 Contact Hours (Full) / 8.5 Contact Hours (Single)

7:00 AM – 9:15 AM	Full and One-Day Registrations
8:00 AM – 8:00 PM	Exhibits Open
8:15 AM – 9:15 AM	Crones & Sages Meeting
8:00 AM – 9:00 AM	Self-Guided Poster Viewings **(2 Contact Hours)**
8:30 AM – 9:30 AM	Light Refreshments & Snacks in Exhibit Hall
9:30 AM – 10:45 AM	Keynote Address: Dr. Gail Christopher, D.N. **(1 Contact Hour)**
11:15 AM – 12:15 PM	Workshop Block A **(1 Contact Hour)**
12:30 PM – 2:15PM	Dialogue to Action Lunch with the AHNA Board of Directors (Lunch served 12:30 PM - 1:30 PM)
2:00 PM – 3:00 PM	Mayo Clinic Art Tour
2:30 PM – 4:00 PM	Workshop Block B **(1.5 Contact Hours)**
5:15 PM – 8:15 PM	Optional Activity – CMG Squash Blossom Farm $$
4:00 PM – 5:00 PM	Opening Sharing Circles **(1 Contact Hour)**
7:00 PM – 9:30 PM	Movie Showing **(1.5 Contact Hours)**
7:00 PM – 8:00 PM	Nurturing Renewal **(1 Contact Hour)**

Day 4 - Full Conference Thursday, June 6: 8 Contact Hours (Full) / 8 Contact Hours (Single)

7:00 AM – 9:15 AM	Full and One-Day Registrations
7:00 AM - 8:00 AM	Early Morning Activities **(1 Contact Hour)**
8:00 AM - 8:00 PM	Exhibit Hall Open
8:30 AM - 9:30 AM	Light Refreshments & Snacks in Exhibit Hall
9:30 AM - 11:00 AM	Workshop Block C **(1.5 Contact Hours)**
11:00 AM – 12:45 PM	Workshop Block D **(1 Contact Hours)**
1:15 PM – 2:15 PM	AHNA in Action-Committee Gathering: A Lunch Gathering of the Heart & Mind
2:00 PM – 3:00 PM	Optional Activity – Eagle Program $$
2:00 PM – 3:00 PM	Mayo Clinic Art Tour
2:30 PM – 4:00 PM	Movie Showing **(1.5 Contact Hour)**
4:00 PM – 5:00 PM	Plenary Speaker **(1 Contact Hour)**
5:15 PM – 6:15 PM	Hospitality Hour/Leaders & Legends
6:30 PM – 8:00 PM	Drumming **(1 Contact Hour)**
8:15 PM – 9:15 PM	Nuturing Renewal **(1 Contact Hour)**

Day 5 - Full Conference Friday, June 7: 6.5 Contact Hours (Full) / 8.5 Contact Hours (Single)

7:00 AM – 9:15 AM	Full and One-Day Registrations
7:00 AM - 8:00 AM	Early Morning Activities **(1 Contact Hour)**
8:00 AM - 4:00 PM	Exhibit Hall Open
8:00 AM - 9:00 AM	Breakfast in Exhibit Hall
8:30 AM - 9:45 AM	Movie Showing **(1.5 Contact Hours)**
8:30 AM - 11:00 AM	Self-Guided Poster Viewings & Awards **(2 Contact Hours)**
11:30 AM - 1:00 PM	Workshop Block E **(1.5 Contact Hour)**
1:00 PM - 2:00 PM	Light Refreshments & Snacks in Exhibit Hall
2:45 PM - 3:45 PM	Workshop Block F **(1 Contact Hour)**
2:00 PM – 3:00 PM	Mayo Clinic Art Tour
2:30 PM – 4:00 PM	Movie Showing **(1 Contact Hour)**
4:00 PM - 5:00 PM	Optional Activity –Paddle Boat $$
4:00 PM - 5:00 PM	Sharing Circle 2 **(1 Contact Hour)**
4:00 PM - 6:00 PM	Exhibit Hall Dismantling
6:30 PM - Midnight	AHNA Awards Banquet & Entertainment

Day 6 – Full Conference Saturday, June 8: 2 Contact Hours

8:30 AM - 9:30 AM	Workshop Block G **(1 Contact Hour)**
10:00 AM - 11:00 AM	Endnote Address: Sherry Chesak, PhD, MS, RN **(1 Contact Hours)**
11:15 AM - 12:15	Closing Ceremony

Color Key:

Optional Activity/Additional Charges Apply

Food Provided by AHNA

Contact Hour Opportunities

Endorsed Pre-Conference

Monday, AM Half Day June 3, 8:00 AM – 11:45 AM (3.5 Contact Hours)

E01. Aromatic Medicine Keepers: Revitalizing Healing Practices thru Cultural Traditions and Biodiversity Awareness

Valerie Cooksley, RN, OCN, AN, CERT

Be introduced to new methodologies in partnering with local plants and cultural networks. Exploring the landscape of one's origin brings a new perspective to individualized blending for deeper healing and creating intimacy with the land and greater community. Topics include ancestral memory, heirloom plants, region-specific carriers, sensory engagement, biological heritage, cultural significance and the future of vitalist aromatherapy to empower the aroma-herbalist.

Track: Practice, Education, Research, Personal & Professional Development, Aesthetics, Nurse Coaching (B, I)

E02. Level Up! Whole-Being Coaching

Linda Bark, PhD, RN, MCC, NC-BC, NBC-HWC

Are you an experienced or a new coach ready to increase your transformative presence for your clients? Learn new core tools so you can coach from an integral, holistic, whole-being, whole-body, and consciousness perspective.

Track: Personal & Professional Development, Practice, Nurse Coaching (B, I, A)

E03. Development of Holistic Self: Maharishi Ayurveda® Self Pulse and Self-Care

Amy Ruff, BSN, RN

How can we care for others unless we care for ourselves first? Self-care enables the holistic caring process; promoting health in all populations. We will explore the effective self-care approaches of Maharishi Ayurveda including instruction in self-pulse.

Track: Practice, Personal & Professional Development (B, I)

Monday, PM Half Day June 3, 1:30 PM – 5:15 PM (3.5 Contact Hours)

E04. The Essentials of Aromatherapy Research: A Critical Workshop

Denise Joswiak, BSN, RN, HNB-BC, RA™, Certified Clinical Aromatherapist

Quality essential oil research legitimizes aromatherapy and promotes evidence-based clinical practice to improve health and health care. This workshop offers tools, resources, and support to analyze data and develop plans to collect and publish findings.

Track: Research, Personal & Professional Development, Practice (B, I, A)

E05. Transformational Wholeness Through Healing Touch

Lisa Anselme, RN, BLS, HN-BC, CHTP, CHTI

Healing Touch, a holistic, energy therapy provides a tool for compassionate service and transformative change recognizing that individuals have multiple identities that affect their experiences and values the intersectionality of these identities, which may include race, ethnicity, gender, age, religion, nationality, culture, perspective, ability, sexual orientation, and socioeconomic status, among others. Being marginalized, either directly or indirectly through societal transgenerational epigenetics, may impose constriction, wounding, and pain within the human and environmental energy fields. Through enhancing balance, clearing, and opening energetic flow, Healing Touch is useful for many health conditions and situations and can assist in alleviating suffering, creating health, healing and wholeness for self and others. In this interactive session you will learn practical evidence-based skills that you can weave within your clinical practice and self-care.

Track: Personal & Professional Development (B, I, A)

Pre-Conference

Tuesday, Full Day June 4, 8:30 AM – 4:45 PM (6 Contact Hours)

01. Expanding Our Worldviews: Building Bridges, Taking Steps Toward Cultural Humility

Margaret Erickson, PhD, RN, CNS, APRN, APHN-BC, SGAHN and James Welch, RN, HNB-BC, SGAHN

This workshop is for anyone interested in learning more about who they are and broadening their experiences and understandings of others' worldviews. The intent is to create a more open, respectful and loving global community, honoring diversity, inclusivity, and equity, one person at a time, through dialogue, self-reflective, and experiential activities.

Track: Practice, Education, Personal & Professional Development, Aesthetics (B, I, A)

02. Mindful Nursing: Integrating Hypnosis for Enhanced Patient Care

Christy Cowgill, RN, CRNA, MBA, NC-BC, BCH, CHBE

Dive into a workshop blending ancient hypnosis with modern nursing. Led by a seasoned nurse coach and board-certified hypnotist, focus on trust-building, empowerment, and comfort. Through interactive exercises, participants will hone advanced therapeutic communication skills for instant patient connection. Elevate your practice and enhance outcomes with powerful mind set tools.

Track: Practice, Personal & Professional Development, Nurse Coaching (B, I)

03. Aligning the Koshas with Yoga for Freedom and Peace

Alyson Ross, PhD, RN, CIYT, C-IAYT, NC-BC and Linda Bark, PhD, RN, MCC, NC-BC, NBC-HWC

The purpose is to provide participants from all backgrounds with a deep experience of accessing and aligning the koshas within - the physical, mental, emotional, and spiritual layers of "being". Participants then can utilize the yogic and coaching tools learned for self-care and to bring healing to their patients and communities.

Track: Practice, Praxis, Personal & Professional Development, Nurse Coaching (I, A)

04. Health as Expanding Consciousness

Marcie Cooper, MSN, RN, AHN-BC, HWNC-BC, GHNA, Conscious Dying Coach and Sacred Passage Doula, Heather Manus, RN, RMT, Nique Pichette, DNP, MSN, RN, Lisa Cheatham, BSN. RN and Shakira Franklyn, CNM, RN, MPH, MS, BSN, NC-BC, CHES & Ken Sobel, Esq

Utilizing Margaret Newman's theory, we explore healing with cannabis and consciousness-expanding substances. Covering national nursing guidelines for cannabis patient care, understanding cultural influences and inclusivity challenges. Gain a deeper appreciation for the intersections of consciousness and spirituality, community dynamics, implications for end-of-life and mental health patients, and legal implications. * No substances will be consumed or distributed in this workshop.

Track: Practice, Education, Research, Personal & Professional Development, Nurse Coaching (I)

Pre-Conference Continued

Tuesday, AM Half Day June 4, 8:00 AM – 11:45 AM (3.5 Contact Hours)

05. Poetry & Bibliotherapy: Exploring Holistic Wellness with Words

Shari Liesch, MSN, APNP

Writing is health supportive. Join as we explore our holistic journey through the power of words. Writing activities will include Pennebaker process, the RES (Receptive, Expressive and Symbolic) model of poetry therapy. Participants will engage in individual and group writing. Skills learned can be replicated for personal and professional use.

Track: Practice, Education, Research, Personal & Professional Development, Aesthetics, Advanced Practice, Nurse Coaching (B, I, A)

06. Art Therapy for Self-Development

Deborah Dye, DNP, MSN, RN, CNE, AHN-BC

This presentation is for anyone interested in tapping into their intuitive, unconscious being to reduce stress and anxiety, increase self-awareness, and foster a sense of well-being and peace. No previous art experience required. The focus is more about the inner experience and less on the final product.

Track: Practice, Education, Research, Personal & Professional Development, Nurse Coaching (B, I)

07. Heart-Energy Healing: Cultivating Subtle-Energy to Deepen Inclusion and Diversity

Lori Harger, RN, PMHNP-BC, Certified Hurqalya Healer and Nesrin Abu Ata MD, Certified Hurqalya Healer

The aim of this workshop is to inspire nurses with skills for renewed energy, clarity, peace and inner power with Hurqalya Heart-Energy Healing, a contemporary synthesis of ancient practices for heart development. Come feel the energy move in your heart and hands as we embrace the diversity of all life.

Track: Practice, Personal & Professional Development, Advanced Practice, Nurse Coaching (I, A)

08. Medical Cannabis Care: Holistic Coaching Approaches with Diverse Populations

Carey Cadieux, PhD, RN, AHN-BC, RYT, FAAN

This presentation was developed for holistic nurses and coaches who are interested in learning about how cannabis works in the body to support homeostasis and the healing process. Learners will learn how to employ a holistic nurse coaching process focused on supporting diverse populations' safe and effective use of medical cannabis.

Track: Practice, Education, Nurse Coaching (I)

09. Good Vibrations: Chakra Balance with Sacred Geometry, Crystals, and Sound

Dr Gail Van Kanegan, DNP, FNP-BC-R, RN, APHN-BC, EEM-AP and Barbara Evans, MS, BS, PGCE, Ed

Integrate Sacred Geometry, Sound, and Crystal energies to raise energetic vibrations and open conscious awareness to your self-healing practice. Transform lower energy vibrations and awakening your high energetic vibration for Peace, Gratitude, and Joy. Vibrational healing is the universal language for everyone, across all cultures in local and global communities.

Track: Practice, Praxis, Personal & Professional Development (I, A)

AHNA Silent Auction

AHNA is accepting donations for items to go into the AHNA Raffle and the AHNA Silent Auction. Please make sure that any item(s) donated are valued at a minimum of $25 for the raffle and $75 for the Silent Auction. All silent auction proceeds will go towards the Charlotte McGuire Holistic Nurse Endowed Scholarship Fund.

All donations, purchase of raffle tickets, and silent auction purchases are tax deductible.
The silent auction closes Friday, June 7 at 6:00 PM.

All donations can be hand delivered to the AHNA Registration desk onsite, or mailed to:

Jane Foote
85 Conner Circle SW
Rochester, MN 55902



Tuesday, PM Half Day June 4, 1:30 PM – 5:15 PM (3.5 Contact Hours)

10. Introduction to Nurse Delivered Massage Workshop

Karen Maree Pike, RN, MSN, OCN, PHN, PMGT-BC, Dip.HomSwedish Massage Technician Society for Oncology Massage (S4OM) Preferred Practitioner

A 30 to 120 second Nurse Delivered Massage (NDM) can reframe an interaction, strengthen the nurse patient relationship, improve satisfaction & outcomes for the recipient and provider, through the incorporation of easy to learn and implement techniques, anywhere, anytime, regardless of age, ethnicity, gender, presenting health, socio-economic status.

Track: Practice, Education, Personal & Professional Development Advanced Practice, Nurse Coaching (I)

11. Essential Oils in Healthcare: Professional Perspectives and Inclusive Approaches

Barb Picciano, MSN, RN, HN-BC, CCA

Embark a nuanced exploration of aromatherapy in healthcare, guided by a seasoned program leader and aromatherapy educator. This comprehensive session delves into clinical applications, historical nuances, and tools for best practices. Navigate inclusive strategies, addressing diversity, equity, and cultural sensitivity including synergistic effects. Gain insights and leave with valuable tools.

Track: Practice, Education, Personal & Professional Development (B)

12. Breakthrough Inequities in Musculoskeletal Pain Management with Self-Massage for Self-Care

Dorotha Atkins, ThD, MA, BSN, LMT

Musculoskeletal joint pain is a chronic condition, with no cure, which affects 47% of the American population. Self-massage for musculoskeletal pain is a proven patient-centered holistic process of self-empowerment and wellness. It is a transcending first step to naturally relieve joint pain that can be done any time or anywhere.

Track: Practice, Education, Personal & Professional Development, Nurse Coaching (B, I)

13. Healing Veterans with the Art of Healing Touch

JoAnne Veith RN, HN-BC, HTCP/I and Stacy Noel MSN, APRN, FNP-BC, HTCP/I

This interactive and experiential workshop highlights the application and efficacy of Healing Touch Energy Therapy with our veteran population to reduce symptoms of pain and PTSD. Novice and advanced practitioners will learn techniques to empower and affect lasting change, and tools that will support their own personal and professional development.

Track: Practice, Education, Personal & Professional Development (I)

14. Moving to Write My Journey in Race

Reva Rasmussen, BS Nursing, MA English

In this experiential workshop we will move to music while considering questions about our racial identity, then we will write. Our goal is to bypass our internal critic so we can access our beliefs and fears of who we are. The better we heal ourselves, the better we heal others

Track: Personal & Professional Development (I)

15. Reflexivity: An AntiRacist Practice toward Relational Accountability for Holistic Change

Kaija Freborg, DNP, RN, NC-BC and LaTonia Clark Chalmers, DNP, APRN, PMHNP-BC, NC-BC, RYT-200

Holistic nurses are invited to engage in critical, reflective dialogue on racism in healthcare while learning social justice practices that honor human dignity and belonging. Watson's Unitary Caring Science will be used to guide nurses towards seeing the whole field, moving beyond ego-self, and developing positionality-informed consciousness for holistic change.

Track: Education, Praxis, Personal & Professional Development (I)

Workshops, Wednesday, June 5

Workshop Block A (21 – 28) 11:15 AM – 12:15 PM (1 Contact Hour)

21. An Ethic of Belonging: Holding Space for Diverse Perspectives

Cynthia Dols Finn, DNP, MN, RN, PHN, AHN-BC, CHTP/A & Joyce Perkins, PhD, MS, MA, RN AHN-BC, CHTP, RMP-T, ACE-GI, SGAHN

This presentation shares how an ethic of belonging underpins the teaching strategies of a holistically endorsed adult BSN program. Holistic theory, ethics, practice, self-care, and self-reflection support students as they learn to nurture themselves and others in creating healing environments that embrace diversity, equanimity, and social justice.

Track: Practice, Education, Personal & Professional Development (I)

22. Eco-Healing...Be the Medicine the World Needs

Connie Grauds, MNPA, RPh

Nature is the best healer––for people, patients, and the planet. Science now proves what indigenous healers have long known as truth––deep ecology is a health-giving and profound spiritual practice. Lessons from the nature-rich Amazon Rainforest teach Holistic Nurses how to be an Eco-Healer––be the medicine the world needs.

Track: Practice, Personal & Professional Development, Nurse Coaching (B, I)

23. Implications for Holistic Nursing- Aromatherapy for the Bariatric Patient

Laura McNicholl, MS, CNS-BC, MEDSURG-BC, PMGT-BC, GERO-BC, Mary Ann Friesen, PhD, RN, CPHQ, SGAHN, and Carmen Spencer, BSN, RN, CBN

The purpose is to share components of building and applying holistic nursing theory to practice, education, and research. This will be of interest to nurses seeking strategies promote a culture of caring and of inquiry and contribute to the knowledge base on use of aromatherapy with bariatric patients.

Track: Practice, Education, Research, Praxis, Personal & Professional Development (I)

24. Promoting Self-Care Management in Healthcare Using Mobile Meditation Apps

Cathy Tierney, Ed.D, RN, Tiffany Hunt, EdD, RN, Liane Connelly, PhD, RN, NEA-BC, and Wendy Ramaekers, MSN, RN

Have you noticed your students or staff feeling stressed, but aren't sure how to help them? Creating a culture of well-being thru the promotion of self-care may be the answer. This presentation will provide you with practical ideas for the implementation of self-care strategies and promotion of well-being.

Track: Practice, Education, Research, Personal & Professional Development (I)

25. Improving LGBTQIA+ Patient Care in a University Setting

Christina Jordan, MSN, RN, CCAP, HNB-BC

This program was developed to improve the care of LGBTQIA+ patients. The information is applicable to providers, nurses, educators, and allied health providers and covers vocabulary, assessment, and creating a welcoming environment for the LGBTQIA+ patient.

Track: Practice, Education, Personal & Professional Development (I)

26. Songwriting as a Reflective and Holistic Practice

Jane Foote, EdD, MSN, RN

This session will explore songwriting as a way to reflect, connect and renew as well as positively impact healing for patients with a variety of conditions. Original acoustic music will connect and inspire participants to explore their own stories and creativity, facilitating personal and professional growth.

Track: Personal & Professional Development (B, I, A)

27. Holistic Physical Assessment: A New Framework for Nursing Practice

Olof Indridadottir, DNP, AHN-BC, CRRN Reiki Master, Bowenwork Practitioner and Nisco Madden, DNP, AHN-BC, PHN

Standard physical assessment is task-oriented and based on medical framework, lacking emphasis on the whole-person and neglecting a least-to-most invasive assessment process. The presentation introduces a new method to perform physical assessment and is developed for nursing practice and nursing education.

Track: Practice, Education (B, I)

28. What is the Endocannabinoid System?

Nicole Foss, MSN, MBA, RN & Nicole Ryan, RN

Describing the functions of the endocannabinoid system (ECS) and how to upregulate will be explored in this session. Maintaining homeostasis by the ECS system will be described as well as the endogenous human body cannabinoid system.

Track: Cannabis Nursing (B, I, A)

Workshop Block B (31 – 38) 2:30 PM – 4:00 PM (1.5 Contact Hours)

31. Think Differently: How to Build Trusting Relationships and Environments for Real and Lasting Change

Angela Gray

Environments of trust support healing for patients, nurses, and families. During this session, we will learn communication skills to build trust. We will gain awareness of personal styles and how they can clash or thrive. We will examine simple steps that support the mission to embody well-being and advocate for holistic care.

Track: Personal & Professional Development, Nurse Coaching (A)

32. Changing Minds, Changing Lives and the Power of Writing Together

Cynthia Peterson, PhD, RN, NE-BC, CCRN-K & Genevieve Chandler, PhD, RN, CRRN

Changing Minds, Changing Lives is a nurse-created, nurse-led well-being and resilience program that focuses on the ABCs of resilience: active coping, building on strengths, and cultivating connections to access needed resources. This interactive workshop is for nurses, educators, or leaders interested in embedding well-being programs into their organizations.

Track: Education, Research, Personal & Professional Development, Nurse Coaching (B, I)

33. Embodied Nursing- How to Find your Ground, Move from Center and Embody Healing Presence

Alison Shaw RN, HNB-BC, CBHS

The purpose of this workshop is to enhance equanimity, resilience and effectiveness in holistic nursing practice and life by learning to identify and release energetic body mind postures adopted unconsciously under stress, and to learn techniques for embodying postures of wholeness, intentionality and healing presence in clinical practice, relationship and self-care.

Track: Practice, Personal & Professional Development, Advanced Practice, Nurse Coaching (B, I, A)

34. Exploring Equity, Inclusivity and Diversity within Holistic Advanced Practice Nursing

Mary Enzman Hines, PhD, APRN, CNS, CPNP-PC, APHN-BC, SGAHN and Teresa Mahoney Fadely, MSN, RN, AHN-BC, ACNP-BC, HWNC-BC, SGAHN

This presentation is for holistic advance practice nurses who are wanting to increase their knowledge of how equality, diversity and inclusivity inform and challenge the way care is provided for vulnerable populations in their diverse practice settings.

Track: Practice, Education, Research, Praxis, Personal & Professional Development, Advanced Practice (A)

35. Wisdom Cards

Michelle Lisenbee, RN, BSN, HNB-BC, BCTMB and Krista Crescenzo, RN, HN-BC

Nurses are driven by caring for others. In this workshop, we will explore our soul's questions through the creation of intuitive collage as a way to create a healing environment within ourselves that naturally flows into our care of others.

Track: Practice, Praxis, Personal & Professional Development, Nurse Coaching (B)

36. Healthcare Through the Eyes of Elders

Sue Roe, DPA, MS, BSN, RN

Have you or know of an elder who has difficulty accessing and/or navigating the health care system. Learn about their challenges and help identify action steps to overcome them.

Track: Practice, Education, Advanced Practice (B, I)

37. Racial Healing Circles for Nurses

Roxane Chan, PhD, BSN, MS, AHN-BC, Linda Keilman, DNP, MSN, GNP-BC, FAANP, Mary Turner, RN, NC-BC, Debra James, BSN, RN, HNB-BC, Kaija Freborg, DNP, RN, NC-BC and LaTonia Clark Chalmers, DNP

Racial healing circles provides sacred space for nurses to engage in dialog around inclusion and equity so that we may process our past behavior and uncover unconscious biases that was often the result of misconceptions about ourselves and others. Individual racial healing circles will be led by nurses for nurses.

Track: Practice, Praxis, Aesthetics (I)

38. Every Nurse's Role in Cannabis Therapeutics: ACNA Scope and Standards of Practice

Rachel Parmelee, MSN, RN, CNE, AHN-BC & Deanna Sommers, PhD, MSN, RN, PNP-PC

This program will review the newly recognized Scope and Standards of Cannabis Nursing (2023, 1st Edition) and illuminate the competencies expected when practicing in the field. Experiential scenarios will present opportunities to learn practice setting responses for cannabis patients within the parameters of the newly recognized competencies.

Track: Cannabis Nursing (B, I, A)

Workshops, Thursday, June 6

Workshop Block C (41 – 48) 9:30 AM – 11:00 AM (1.5 Contact Hours)

41. Research Papers 1

A. Understanding Silent Moral Outrage to Empowering Women Veterans: Phenomenological-Hermeneutical Study
Elif Isik, PhD, MSN, RN
B. The Effects of Forest Bathing on Anxiety Levels in Adults
Nancyruth Leibold, EdD, RN, MSN, PHN, CNE, AHN-BC & Laura Schwarz, DNP, RN, PHN, CNE, AHN-BC
C. PART-HBLU PTSD: Anxiety Reduction Through Tapping: Healing from the Body Level Up
Andrea Skillman, BSN, HBLU certified level 6
D. La Mujer Sabia (The Wise Woman)
Caroline Ortiz, PhD, MPH, RN, NC-BC

42. Sowing PLANeTary Health: Holistic Healing Through Plant-Based Nutrition

Angela Cox, MSN, RN, AHN-BC

Explore how holistic nurses can champion planetary health, diversity, and inclusivity via promotion and consumption of whole food plant-based diets. Gain essential knowledge and tools to implement positive change in both your personal life and client interactions, fostering well-being for a more equitable world.

Track: Practice, Education, Praxis, Nurse Coaching (I)

43. Mindfulness as a Therapeutic Engagement Tool to Decrease Violence Risk

William Brooke, BSN RN PMHN-BC HN-BC and Susanlee Wisotzkey, RN, PhD, HNB-BC, NE-BC, CIMHP, PLNC

This presentation teaches the theoretical foundations and practical applications of how mindfulness can be utilized in nursing to build therapeutic relationships and decrease workplace violence. Mindfulness can improve emotional regulation, empathy, compassion and communication. This presentation will introduce a new mindfulness modality to integrate into daily personal and nursing practice.

Track: Praxis, Personal & Professional Development (I)

44. Getting Published: Strategies for Holistic Nurses to Navigate the Process

LeeAnn Hawkins, PhD, RN, FNP-C, MaryAnn Friesen PhD, RN, CPHQ, SGAHN and Heidi Honegger Rogers, DNP, FNP-C APHN-BC, FNA,P

You have a beautiful story to tell, something significant from your holistic nursing journey that will benefit so many! Come learn how to create a publishable manuscript and navigate the professional publication process: select a journal, prepare, submit, and revise a manuscript. Your questions are welcome during this panel discussion.

Track: Education, Research, Praxis, Personal & Professional Development, Advanced Practice (I, A)

45. Diverse Models of Health to Advance Inclusivity and Healing

Angelica Walton, DNP, RN, CCRN, RYT

This presentation was developed for nurses seeking to deepen their theoretical knowledge on diverse philosophies of health and enhance their perspective of environmental relationships. This presentation will offer practices of partnership mirrored by nature-based systems as an innovative framework for more inclusive learning, practice, and leadership in nursing.

Track: Practice, Education, Personal & Professional Development (I)

46. Incorporating Social Justice for an Inclusive Approach

Paige Riggins

This presentation is for beginner and intermediate practitioners who are looking to begin or revitalize their social justice and cultural care practices. It is a participant-centered session that builds on the expertise in the room to create a collective understanding of social justice and cultural care for liberation.

Track: Personal & Professional Development (I)

47. Healing Veterans with the Art of Healing Touch

JoAnne Veith, RN, HN-BC, HTCP/I and Stacy Noel, MSN, APRN, FNP-BC, HTCP/I

This interactive and experiential workshop highlights the application and efficacy of Healing Touch Energy Therapy with our veteran population to reduce symptoms of pain and PTSD. Novice and advanced practitioners will learn techniques to empower and affect lasting change, and tools that will support their own personal and professional development.

Track: Practice, Education, Personal & Professional Development (I)

48. Integrating Cannabis into Your Holistic Practice: Starting Tomorrow

Tanya Scott, DNP, MHR, RN, NEA-BC, CPHIMS & Shannon King, RN

Being able to explain important aspects about implications for working with patients who consume cannabis will be the program focus. This will include treatment conditions, methods of use, expected patient response and when adjustments are warranted to implement.

Track: Cannabis Nursing (B, I, A)

Workshop Block D (51 – 57) 11:15 AM – 12:45 PM (1.5 Contact Hours)

51. Transforming Patient Care: The Holistic Approach to Food and Body

Tiffany North, RN, BSN, Certified Intuitive Eating Professional

This workshop is designed to offer a holistic, non-stigmatizing, inclusive alternative to the harms of dieting. Participants will be guided through the challenges of the current paradigm, supported to redefine successful outcomes, and given an alternative framework for working with clients leading to greater overall well-being.

Track: Practice, Education, Personal & Professional Development, Nurse Coaching (B)

52. Looking Forward, Not Back...Holistic Nurses' Framework for Belonging and Inclusivity

Linda Thomas, PhD, APRN, FNP-C, AHN-BC, NPD-BC, CCRN-K, CHTP/I, HTAP

This presentation aims to look to the future, and address identified social injustices through holistic actions that will begin the healing process. It will look at different holistic approaches to addressing these issues as we move forward to providing a better, healing healthcare environment.

Track: Practice, Education, Praxis, Personal & Professional Development, Advanced Practice, Nurse Coaching (B, I)

53. Aligning the Yoga Koshas for Transformation and Unity

Alyson Ross, PhD, RN, NC-BC,CIYT, C-IAYT

The purpose is to provide participants from all backgrounds with an introduction to and understanding of the koshas within - the physical, mental, emotional, and spiritual layers of "being". Participants then can utilize these yogic tools for self-care and to bring healing to their patients and communities.

Track: Practice, Praxis, Personal & Professional Development, Nurse Coaching (B, I, A)

54. Being a Good Ancestor, Transforming Holistic Nursing for the Future

Heidi Honegger Rogers, DNP, FNP-C, APHN-BC, FNAP, Jenifer Prather, MPH, RN, PhD(c), Leslie LaPointe, MSN,APRN,CPNP,CHSE, HSMI, Laurie Laugeman, BSN, RN, HNB-BC, HWNC-BC and Susie Johnsen, MSN, BSN, NTMNC

Holistic Nursing has an intuitive understanding that human health is intimately intertwined with the health of all our ecological systems. Being a good ancestor in nursing is the practice of leveraging our own positionality and leadership now and showing up for the work of the Great Transition.

Track: Practice, Education, Research, Praxis, Personal & Professional Development, Advanced Practice, Nurse Coaching (I)

55. Journaling for Grief: Connecting to the Body, Emotions and Culture

Rebecca Servoss, NC-BC, RNC-NIC and Roshni Kavate, RN

Grief care is intrinsic to our growth as humans and as caregivers. This workshop utilizes journaling as an access point to unmasking grief and exploring it within a framework that centers the griever within their culture and lineage, accessing their somatic and sensory wisdom as tools for transformation.

Track: Practice, Praxis, Personal & Professional Development, Nurse Coaching (B, I)

56. Transcending Wellness with Aromatic Diversity: An Introduction to Aromatherapy

Dawn L. Langley-Brady, PhD, RN, AHN-BC, CHPN, CCA

This presentation aims to introduce aromatherapy, essential oils' diverse backgrounds, research, and safety. The overarching goal of this presentation is to impart a basic understanding of aromatherapy, its use in supporting wellness, and global outreach projects including 9-11, homeless veterans, and Standing Rock. Attendees will create a personal aromastick.

Track: Education, Research, Personal & Professional Development (B)

57. Planting Seeds of Hope Using the CIINDE Approach

Janessa DeCoste, MN, RN, NC-BC, CCHNC-C, SGAHN, ANCC AP-PD; Kim Derkach, RN, BScN, NC-BC, HN-BC, CCHNC-C, SGAHN & Sherry Hole, MN, BN, RN, Nurse Educator, SGAHN, WWCC, HWNC-BC, RIHC

In this workshop, participants embark on a transformative journey, reflecting on holistic values through guided imagery and seed planting. They nurture the CIINDE Approach values symbolically—Caring, Inclusivity, Innovation, Non-Judgment, Diversity, and Equity (CIINDE) Approach. Expect a deeper grasp of holistic nursing principles for fostering healing environments within all populations.

Track: Personal & Professional Development (B, I)

58. Cannabis HealthCare Consumer Safety Tips

Deanna Sommers, PhD, MSN, RN, PNP-PC & Sherri Mack, RN, BSN

The safety of cannabis consumption and the legal aspects that nurses need to be familiar with will be explained. The brain development aspects for the pediatric consumer will be reviewed along with the medical use versus misuse implications, especially focused on dosing strategies. Clients with mental health medications and THC dosing guidance for anxiety, depression and PTSD will be covered.

Track: Cannabis Nursing (B, I, A)

Workshops, Friday, June 7

Workshop Block E (61 – 68) 11:30 AM – 1:00 PM (1.5 Contact Hours)

61. Research Papers 2

A. Hidden Hunger: Food Insecurity and First-Generation College Students
Kala Mayer, PhD, MPH, RN, CNE, MCHES, NBC-HWC
B. Exploring the Perceived Value of Holistic Certification Among Staff Nurses
Cidalia Vital, PhD, RN, CNL, CRRN; Patricia Faron, BSN, RN, CPAN, HN-BC & Cynthia Peterson, PhD, RN, NE-BC, CCRN-K
C. Stress Management of New Graduate Nurses
Dr. John Balcuk, DNP, MSN, RN, NE-BC, NPD-BC
D. Students' Perception of Nurse Coach Interventions
Jutara Srivali Teal, DNP, MTOM, RN, L.Ac., NC-BC

62. Heart-Energy Healing: Celebrating Diversity in your Heart

Lori Harger, RN, PMHNP-BC, Certified Hurqalya Healer

The aim of this workshop is to inspire nurses with practical skills for renewed energy, clarity, peace and inner power with Hurqalya Heart-Energy Healing, a contemporary synthesis of ancient practices for heart development. Within our energized hearts we discover innate healing connections and we embrace the diversity of all life.

Track: Practice, Personal & Professional Development, Advanced Practice, Nurse Coaching (I, A)

63. Lymphatic Techniques & Essential Oils: Accessible Well-Being for Anyone

Barb Picciano, MSN, RN, HN-BC, CCA

Discover the lymphatic system's manual access and anti-inflammatory techniques in this interactive presentation. Grounded in research, learn self-care strategies and protocols, including essential oil and non-oil methods with an emphasis on safety and empowering attendees to enhance lymphatic drainage for personal and shared wellness.

Track: Practice, Education, Personal & Professional Development, Nurse Coaching (B, I, A)

64. Family Wellness: During-Life & After-Life Healing

Mary Jo Bulbrook, BSN, RN, MEd, EdD, CEMP/S/I, CIH/S/I, HTP/I

Intuitive care has always been a component in nursing. Explore expanding intuition to a multi-dimensional empowerment model (MEM) involving congruent spiritual communication (CSC) between clients and caregivers. Dr. Bulbrook evolved this innovative approach through her work in multiple countries educating nurses, other professionals and family members, to become family wellness partners (FWP) honoring different culture traditions.

Track: Practice, Education, Research, Personal & Professional Development, Advanced Practice (B, I)

65. Building Competencies in Structural Racism: Nurturing Caring Capacity

LaTonia Clark Chalmers, DNP, APRN, PMHNP-BC, NC-BC, RYT-200 & Kaija Freborg, DNP, RN, NC-BC

This presentation invites holistic nurses and nursing students to 1) explore whole-health and well-being relating to structural racism; 2) examine nursing practices that undermine caring and healing; 3) deepen understanding on how racial trauma is embodied; and 4) build somatic self-care practices and social justice skills.

Track: Practice, Education, Praxis, Personal & Professional Development, Advanced Practice (I)

66. Transcending From the Physical Body Image to the Human Field Image of Potentiality

Wyona M. Freysteinson, PhD, MN, RN, FAAN

The mirror-viewing experience for individuals who are disfigured, disabled, or have an overwise changed body is often uncomfortable, traumatic, and unspoken. The holistic nurse can gently guide individuals into knowingly participating in supportive mirror practices to transcend the physical body image to the pandimensional human field image of actualized potentiality.

Track: Practice, Research, Praxis (B, I)

67. Silent Resonance: Mastering the Art of Unconscious Communication

Christy Cowgill, RN, CRNA, MBA, NC-BC, BCH, CHBE

In this session, nurses will explore the secret language of verbal and non-verbal cues, delving into the hypnotic art of communication. These new insights will enhance your ability to gain instant connections, foster better patient experiences, and reveal practical ways you can up-level the therapeutic powers within the spoken word.

Track: Practice, Personal & Professional Development, Advanced Practice, Nurse Coaching (I)

68. Cannabis Assessment for Nurses and Patients

Nicole Foss, MSN, MBA, RN & Rachel Parmelee, MSN, RN, CNE, AHN-BC

This session will explore a hands-on physical and aromatic assessment of cannabis (hemp) flowers and teach to be able to analyze cannabis flavor and experiences with an assessment tool. A certificate of analysis (COA) will be explained and the elements of it reviewed as it relates to the safety for consumption.

Track: Cannabis Nursing (B, I, A)

Workshop Block F (71 – 78) 2:45 PM – 3:45 PM (1 Contact Hour)

71. Using Chakra Energy Fields in Writing for Health

Shari Liesch, MSN, APNP

Participants will explore seven Chakra energy fields through the power of meditation, writing and connecting. Each Chakra level will be explored through meditation, sharing select poems, discussion and individual writing. Individual and collective experiences are explored as holistic energy is renewed. We will embrace our holistic diversity, equity and inclusiveness.

Track: Practice, Education, Personal & Professional Development, Aesthetics (B, I, A)

72. Legally Navigating the Holistic Nursing Scope and Standards of Practice

Terri Roberts, JD, RN

This session will describe the legal relationship between Boards of Nursing as regulatory agencies, and professional organizations as it relates to determining competencies, scope of practice and standards of practice. Holistic Nursing as a recognized specialty nursing organization has an obligation to establish the standards of practice for the specialty and how these are used by regulators will be explored to facilitate a better understanding of the nurses' legal obligations in clinical practice.

Track: Practice, Nurse Coaching (B, I)

73. The Wake Up Call: The Truth about Sleep

Pamela Rivera, RN, BSN, CMSRN, HNB-BC and Araksya McInerney, RN, BSN, MA, RN-BC, HNB-BC

Do you want insight into the power of sleep? This is a must attend presentation for anyone who is struggling with getting enough sleep. The presenters will discuss how sleep effects the well-being of nurses. Sleep hygiene and mindfulness interventions through a "better night rest initiative" will be highlighted.

Track: Practice, Education, Research (I)

74. Implementing Self-Care, Well-being, and Resilience for Nursing Faculty and Staff

Cynthia Brown, DNS, RN, AHN-BC, CNE, NBC-HWC and Christina Jordan, MSN, RN, CCAP, HNB-BC

This workshop will demonstrate the project that created an opportunity for faculty and staff to focus on self-care, well-being, and resilience in the educational environment. The structure of the project, techniques for self-care and well-being, and data from the project will be shared.

Track: Education, Personal & Professional Development, Nurse Coaching (B, I)

75. Spiritual But Not Religious: Providing Spiritual Care in a Diverse World

Clare Biedenharn, DMin, BCC

Addressing spiritual needs is essential in this time of change and growing cultural diversity. This class addresses the cultural differences and commonalities within spiritual care as a compassionate response to the marginalized population. This class provides tools for the bedside nurse as well as for those who manage a diverse workforce.

Track: Practice, Praxis, Personal & Professional Development (I)

76. Native American Drumming Circle and Vibrational Medicine

Lisa Van Getson, APRN, DNP, FNP-C, RN, APHN-BC, AHNC-BC, MAT

Vibrational medicine is a fundamental concept of many healing modalities. Increasing vibrations in the mind, body, spirit enhances the spiritual healing process. This presentation will allow the participants to experience and participate in a Native American Drumming Circle. Drumming is one way to understand the therapeutic effects of increasing vibrational healing.

Track: Practice, Education, Personal & Professional Development, Advanced Practice (B, I, A)

77. Holistic Nature of Endocannabinoid System Care

Marcie Cooper, MSN, RN, AHN-BC, HWNC-BC, GHNA, Conscious Dying Coach and Sacred Passage Doula; Heather Manus, RN, RMT, HWNC-BC; Nique Pichette, DNP, MSN, RN; Shakira Franklyn, CNM, RN, MPH, MS, BSN, NC-BC, CHES; Lisa Cheatham, BSN, RN & Ken Sobel, Esq

Explore how endocannabinoid science merges with holistic nursing through diverse, equitable, and inclusive lenses. This enlightening session promises varied perspectives, transforming patient care with groundbreaking insights.

Practice, Education, Personal & Professional Development (B)

78. Therapeutic Use of Cannabis – Case Studies

Sherri Mack, RN, BSN

Therapeutic Use of Cannabis is the use of cannabis products specifically for medicinal, wellness, and healing purposes. Therapeutic use of cannabis is personal and subjective with objective criteria being improvement in functionality in one or more of the 5 health domains: Biological, Mental, Emotional, Spiritual, Social. Historical, Legacy and current Consumer Case studies will be discussed as we move from receptor targets to multimodal & pleiotropic holistic healing.

Track: Cannabis Nursing (B, I, A)

Workshops, Saturday, June 8

Workshop Block G (81 – 88) 8:30 AM – 9:30 AM (1 Contact Hour)

81. Research Papers 3
A. Adolescents' Experiences with Asthma Behavior and Their Asthma Self-Management Behaviors
Elif Isik, PhD, MSN, RN
B. The Power of Hope: An Inclusive Look at the Impact on Bereaved Parental Coping During Children's Cancer Journeys
Ellen Johnson, DNP, RN, CNE; Sally Clemenson, DNP, RN, CNE, AHN-BC; Shantelle Smith, DNP, RN & Allyson Hopperstad, DNP, RN, PHN
C. Integrating Complementary Health Therapies in Reducing Labor Pain
Yea-Jyh Chen, PhD, RN

82. Shine On! Moving Research into Practice Addressing Vitamin D Deficiency for Improved Patient and Population Health
Beth Sanford, DNP, MSN, RN, ACN, CLC
The purpose of this presentation is a call to nursing action that highlights current vitamin D research and the impact of determinants of health on the development of vitamin D deficiency. This session will introduce a model, existing e-tools and best practices, and opportunities for practice, education, research, and health policy within the participants' sphere of influence.
Track: Practice, Education, Research, Personal & Professional Development, Advanced Practice (A)

83. The Use Of A Holistic Podcast to Improve Nursing Resilience
Caitlyn Waddell, RN, BSN, HNB-BC & Cidalia Vital, PhD, RN, CNL, CRRN
A must attend for all! Come learn a fun and innovative way to introduce holistic practice, boost nursing morale, and improve nursing resilience in your facility with the use of a holistic podcast!
Track: Practice, Education, Personal & Professional Development (B)

84. Resentment to Renewal: Harnessing Forgiveness & Therapeutic Journaling for Nurses
Christy Cowgill, RN, CRNA, MBA, NC-BC, BCH, CHBE
Experience the healing potency of forgiveness and its role in holistic health. Address unresolved emotional challenges, explore their impact on heart health, and break rumination's hold. Empower yourself with tools and diverse methods of therapeutic journaling that allow you to unlock the power of personal choice and externalizing emotions.
Track: Practice, Personal & Professional Development, Nurse Coaching (I)

85. Integrating Aromatherapy into Your Clinical Practice
Debra Reis, MSN, RN, HNC
Aromatherapy is becoming more present in healthcare settings with use by patients or nurses. Often, nurses don't realize the harm that may occur with using essential oils. This presentation will address how aromatherapy can be used safely and effectively with proper education and understanding patient concerns, beliefs, and cultural practices.
Track: Practice, Education, Personal & Professional Development (I)

86. Establishing Your Own Nursing Integrative Care Program for Your Hospital
Stacy Noel, MSN, FNP-BC, Reiki Master, HTCP/I
This presentation will guide you on how to create your unique Nursing Integrative Care program to support your caregivers and patients in your healthcare system. Incorporating and promoting holistic modalities can help everyone in their healing process. Focusing on the whole person~ mind-body-spirit.
Track: Practice, Education, Personal & Professional Development, Advanced Practice (I)

87. Rebalancing the Chakra Energy System through Food as Medicine
Lisa Van Getson, APRN, DNP, FNP-C, RN, APHN-BC, AHNC-BC, MAT
Is your Chakra Energy System out of balance? What is your energetic relationship with food? This presentation will explore how food is the medicine to help rebalance your Chakra Energy System. Living a balanced life is essential for all healers.
Tracks: Practice, Education, Praxis, Personal & Professional Development, Advanced Practice (B, I, A)

88. Healing Plant or Forbidden Drug? Historical Perspectives of Medicinal Cannabis
Nicole Ryan, RN
The historical foundations of cannabis consumption throughout early history will be explained as it relates to the pre-prohibition use. The events surrounding cannabis prohibition that have influenced current legal and societal views will be covered as well as how vulnerable populations have suffered prejudicial consequences in relation to cannabis consumption.
Track: Cannabis Nursing (B, I, A)

Virtual Conference Only

Not Being Held Simultaneously with the onsite conference
July 5 - 31, 2024

Individuals registering as a virtual attendee are eligible for a maximum of 12 contact hours. To receive contact hours virtual attendees must register, fully watch and attend online presentations, complete the online evaluations, and retrieve your certificate electronically. The workshops listed below are the virtual sessions and will be accessible online beginning ***July 5-31, 2024.*** Specific directions on accessing the recorded sessions will become available on Friday, June 28, 2024.

Virtual Sessions:

Keynote, Plenary, Endnote

22. Eco-Healing...Be the Medicine the World Needs
Connie Grauds MNPA, RPh

32. Changing Minds, Changing Lives and the Power of Writing Together
Cynthia Peterson PhD, RN, NE-BC, CCRN-K and Genevieve Chandler PhD, RN, CRRN

42. Sowing PLANeTary Health: Holistic Healing Through Plant-Based Nutrition
Angela Cox, MSN, RN, AHN-BC

52. Looking Forward, Not Back... Holistic Nurses' Framework for Belonging and Inclusivity
Linda Thomas PhD, APRN, FNP-C, AHN-BC, NPD-BC, CCRN-K, CHTP/I, HTAP

62. Heart-Energy Healing: Celebrating Diversity in your Heart
Lori Harger RN, PMHNP-BC, Certified Hurqalya Healer

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Terri Roberts JD, RN

82. Shine On! Moving Research into Practice Addressing Vitamin D Deficiency for Improved Patient and Population Health
Beth Sanford DNP, MSN, RN, ACN, CLC

**Virtual Attendees are subject to the same cancellation policy as on-site conference attendees (pg. 12).*
See pages 7-10 for detailed workshop descriptions .
**Orders of the 2024 Conference T-shirts & Charlie Charms will be mailed directly to virtual conference attendees.*

Lodging & Traveling

Conference Venue



Mayo Civic Center
30 Civic Center Dr SE, Rochester, MN 55904
Venue & hotels connect via short walk through skyways

Hotel Information



Kahler Grand Hotel
20 Second Ave SW, Rochester, MN 55902
AHNA Conference Rate: $149 per night + tax
Phone Reservations: 1-800-533-1655 and mention AHNA Conference Rate
Online Reservations: https://tinyurl.com/4faa95va



Rochester Marriott
101 First Ave SW, Rochester, MN 55902
AHNA Conference Rate: $165 per night + tax
Phone Reservations: 1-888-236-2427 and mention AHNA Conference Rate
Online Reservations: https://tinyurl.com/2uc2b6du

Kahler Grand and Rochester Marriott guests will receive complementary parking. **Check in at hotel desk to receive free parking.**

Transportation

Rochester International Airport

7600 Helgerson Dr SW, Rochester, MN 55902

Experience Rochester will be providing shuttle transportation to and from **The Rochester International Airport** for attendees.
More information to come.

Important Notice:
AHNA does not contract room blocks for conference with third-party vendors or housing services. For your own protection, DO NOT make hotel reservations through ANY unknown hosting or travel company. ALL reservations should only be made using the phone number listed while dealing with a Kahler Grand Hotel or Rochester Marriott representative or by using the aforementioned online booking link. If you receive a call or email from any company that is not an official representative of the Kahler Grand Hotel or Rochester Marriott , contact us at conference@ahna.org or call AHNA Headquarters at (785) 234-1712.

COVID-19 Alert:
We have taken enhanced health and safety measures to protect our venue guests. However, there is an inherent risk of exposure to COVID-19 in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC, senior citizens and guests with underlying medical conditions are especially vulnerable. By entering the venue, you voluntarily assume all risks related to exposure to COVID-19, and AHNA and venue disclaims any and all liability related thereto.

Free Trial Subscriptions:
Conference attendees may receive free trial subscriptions to publications by our sponsors. By registering for the conference, you grant AHNA permission to release your contact information to the publisher managing your free subscription. To cancel your free subscription, please contact the publisher directly.

T-Shirt & Charlie Charm





All T-shirt purchases must be made when filling out the registration brochure. Conference T-shirts will **NOT** be available for purchase onsite.

*Orders of the 2024 Conference T-shirts & Charlie Charms will be mailed directly to virtual conference attendees. Physical attendees will pick up onsite at conference.

Transcending Wellness through Diversity • Equity & Inclusivity

June 3-8, 2024 • Rochester, Minnesota

AHNA AWARDS BANQUET

Celebrating Each Other

Connect with other holistic nurses as we recognise holistic nurses , enjoy a meal and entertainment.

Friday, June 7, 2024, 6:30 PM - Midnight

Available Registration Rates:

Member Rate: Individual who is a current member of the AHNA, is under the age of 62 years and may or may not be enrolled in an academic program taking less than 12 Credit Hours.
Senior Member Rate: Individual who is a current member of the Association and is at least 62 years of age or older.
Student Member Rate: Individual who is a current member of the Association, enrolled in an academic program for a minimum of six months of the annual membership period, and taking a minimum of 12 Credit Hours or more.
Non-Member Rate: Individual who is not a member of the Association, is under the age of 62 years and may or may not be enrolled in an academic program taking less than 12 Credit Hours.
Senior Non-Member Rate: Individual who is not a member of the Association and is at least 62 years of age or older.
Student Non-Member Rate: Individual who is not a member of the Association, enrolled in an academic program for a minimum of six months of the annual membership period, and taking a minimum of 12 Credit Hours or more.

Available Discounted Rates:

Early Bird Rate – Lowest rate available for those registering for conference between January 15th – February 15th.
Group Rate – Lowest rate available (equal to Early Bird Rates) for a group of five (5) or more people registering at that same time. This rate is available up to on-site registration as long as all individuals are registering together.
Please verify that you are registering under the correct rate. If you are unsure or need additional assistance during the registration process, please contact AHNA headquarters toll free at (800) 278-2462 or (785) 234-1712 (local/Canadian), or email info@ahna.org

Attendee Terms and Conditions:

Indemnification: The AHNA reserves the right to refuse conference registration if AHNA determines that the registrant would detract from the goals and/or security of the conference. The AHNA reserves the right to request that such a person attending the conference leave if AHNA determines that the registrant detracts from the goals and/or security of the conference. Photo Disclaimer: All conference attendees consent to be photographed and/or videotaped and allow use of these photographs/video recordings in AHNA marketing materials.

Registration Cancellation Policy:

Cancellations after Wednesday, May 15, 2024: For all requests received in writing, fax, or email postmarked after Wednesday, May 15, 2024, conference registration and optional activities are non-refundable – with the exception of pre-conference workshop fees. Individuals who are no-shows for optional activities will not receive a refund. Alternative options are as follows:

1. Transfer your registration to another person for a $50 processing fee.
2. Receive credit for the following year's conference.
You will be charged a $50 processing fee and will receive a letter of credit worth 50% of what you paid for general registration in 2024, which can be used toward the 2025 Conference.

Optional Activities

A1. Trolley Tour of Rochester

$45 – Tuesday, June 4, 2024 – 1:00 PM – 2:30 PM

Ride on a beautiful vintage trolley around Rochester MN. Stop at some of Rochester's historical locations including Assisi Heights, St Marys, Downtown Mayo, Historic SW and Lowertown. Trolley will pick up from Mayo Civic Center.

Limited to 30 attendees



B1. Charlie McGuire Endowed Scholarship Fundraiser Event – Squash Blossom Farm

$85 – Wednesday, June 5, 2024 – 5:15 PM - 8:15 PM

Join AHNA in celebrating Charlie McGuire our founder at the beautiful Squash Blossom Farm right outside of Rochester MN. Ticket(s) include transportation, pizza, non-alcoholic drinks, live music from Madison Parish Ensemble, dancing, and networking. Mead (wine made with honey) available for additional purchase on site.



C1. Eagle Program

$30 – Thursday, June 6, 2024 – 2:00 PM - 3:00 PM

We are proud to be home to multiple Bald Eagles and a Red-Tailed Hawk who were rescued from around the United States and rehabilitated here at the National Eagle Center. The eagle program will have live eagles to view and watch in an enclosed location in Mayo Civic Center. Their handlers will be onsite.



D1. Paddle Boat Ride

$25 – Friday, June 7, 2024 – 4:00 PM – 5:00 PM

Spend 1/2 hour paddling around the beautiful Silver Lake in a double seat deluxe electric paddleboat. Transportation will be provided to and from the lake.

Limited to 40 attendees



Menu

Selected meals noted below are included in your conference fees. Vegetarian and gluten-free options will be offered; however, AHNA, and host facilities will not be responsible for fulfilling specific dietary needs.

Dialogue to Action Lunch with AHNA Board of Directors

Wednesday 6/5 12:30 PM - 2:15 PM (Lunch Served 12:30 PM - 1:30 PM)

DL1. Apple Harvest Salad - Baby greens, grilled chicken, diced apples, dried cranberries, candied walnuts with poppyseed dressing.

DL2. Wedge Salad (VEG) - Romaine lettuce, blue cheese, cherry tomato, hard boiled egg, croutons, and creamy herb dressing.

AHNA in Action Committee Gathering Lunch

Thursday 6/6 1:15 PM - 2:15 PM (Lunch Served 1:15 PM - 2:15 PM)

ACL1. Classic Club - Turkey, ham, applewood bacon, Swiss cheese, butter lettuce, tomato, red onion, stone fruit aioli, & dijon mustard, on multi-grain bread.

ACL2. Chickpea Salad - Chickpea salad, leaf lettuce, tomato, red onion on whole grain.

Awards Banquet Dinner

Friday 6/7 (Served 6:30 PM - Midnight)

AB1. Red Wine Braised Beef Tips - Braised Beef Tips, served over sweet potato puree with red wine reduction, roasted mushrooms, and asparagus.

AB2. Roasted Portobello Stack (VEG) - Layers of meaty grilled portabella and zucchini topped with rich tomato sauce.

Don't Forget! CNE Credits for Attending:

Drumming *(1 Contact Hour) Participate in meditation and relaxation through drumming, and experience the effects of sound and rhythms with the body, mind, and spirit.*

Sharing Circles *(1 Contact Hour each) Sharing Circles have been an AHNA tradition for many years and provide nurses with a safe and sacred space for sharing.*

Early Morning Activities – *EMA's (1 Contact Hour each) Practice and participate in meditative exercise and experience the first-hand benefits of a morning wellness routine.*

Nurturing Renewal – *LEA (1 Contact Hour each) Learn and deepen renewal practices that can be intentionally integrated into your personal and professional lives.*

Research & Non-Research Posters *(2 Contact Hour) Learn about the latest holistic nursing research as you visit our poster presentation displays. These visual exhibits are always a popular offering to our program since they can be read and studied at your leisure. See schedule for times to meet with the presenter.*

2024 Conference Registration Form

Go green and register online at www.ahna.org/Annual-Conference-Registration

Mail to: 2900 SW Plass Ct. Topeka, Kansas 66611-1980 *Email to: conference@ahna.org* *Fax to: (785) 234-1713*

ALL REGISTRATION FORMS MUST BE POSTMARKED NO LATER THAN ***Wednesday, MAY 15, 2024***.

AMERICAN Holistic Nurses ASSOCIATION

Please print clearly:

Full Name: _____ Credentials: _____

Address : _____ City: _____ State: _____ Zip: _____

Day Phone: _____ Evening Phone: _____

Email: _____ Personal email Work email

Are you an RN? Yes No Are you willing to attend training to be a Sharing Circle Facilitator? Yes No

Are you a current member of AHNA? Yes No Would you like to become a member? ☐ Standard ($125) ☐ Senior ($75) ☐ International ($135) ☐ Student Full-Time ($55) ☐ Student Part-Time ($80) ☐ New Graduate ($85)

Monday Endorsed Pre-Conference Registration

Select ONE workshop choice for EACH block

☐ *Half Day AM*	*3.5CNE*	*8:00 AM - 11:45 AM*	☐ *E01.* ☐ *E02.* ☐ *E03.*		**$165**
☐ *Half Day PM*	*3.5CNE*	*1:30 PM - 5:15 PM*	☐ *E04.* ☐ *E05.*		**$165**
☐ *AM & PM*	*7CNE*	*8:00 AM - 5:15 PM* **Choose 1 AM and 1 PM session*	☐ *E01.* ☐ *E02.* ☐ *E03.* ☐ *E04.* ☐ *E05.*		**$295**

Tuesday Pre-Conference Registration

Select ONE workshop choice for EACH block

☐ Full Day	6 CNE	*8:30 AM - 4:45 PM*	☐ *01.* ☐ *02.* ☐ *03.* ☐ *04*		**$285**
☐ Half Day AM	3.5 CNE	*8:00 AM - 11:45 AM*	☐ *05.* ☐ *06.* ☐ *07.* ☐ *08.* ☐ *09.*		**$165**
☐ Half Day PM	3.5 CNE	*1:30 PM - 5:15 PM*	☐ *10.* ☐ *11.* ☐ *12.* ☐ *13.* ☐ *14.* ☐ *15.*		**$165**
☐ AM & PM	7 CNE	*8:00 AM - 5:15 PM* **Choose 1 AM and 1 PM session*	☐ *05.* ☐ *06.* ☐ *07.* ☐ *08.* ☐ *09.* ☐ *10.* ☐ *11.* ☐ *12.* ☐ *13.* ☐ *14.* ☐ *15.*		**$295**

Virtual Conference Registration

☐ AHNA Member **$120** ☐ Non-Member **$150**

Full Conference Registration

Indicate your status and select applicable fees
Students must provide proof of status

	Early Bird *Postmarked by 2/15/24*	Regular* *Postmarked by 4/15/24*	Late* *Postmarked after 4/15/24*	ONE DAY *Wednesday 6/5/24*	ONE DAY *Thusday 6/6/24*	ONE DAY *Friday 6/7/24*
AHNA Member	☐ **$565**	☐ **$620**	☐ **$665**	☐ **$285**	☐ **$285**	☐ **$285**
Student AHNA Member *(12 hours or more)*	☐ **$455**	☐ **$510**	☐ **$570**	☐ **$235**	☐ **$235**	☐ **$235**
Senior AHNA Member *(62 years or older)*	☐ **$440**	☐ **$500**	☐ **$555**	☐ **$235**	☐ **$235**	☐ **$235**
Non-Member	☐ **$695**	☐ **$755**	☐ **$800**	☐ **$320**	☐ **$320**	☐ **$320**
Student Non-Member *(12 hours or more)*	☐ **$515**	☐ **$570**	☐ **$625**	☐ **$285**	☐ **$285**	☐ **$285**
Senior Non-Member *(62 years or older)*	☐ **$520**	☐ **$580**	☐ **$635**	☐ **$285**	☐ **$285**	☐ **$285**

**Groups of five (5) or more can register together and pay as a group to receive the early bird rate after the 2/15/24 deadline*

Workshop Selections

Circle ONE workshop choice for EACH block

Wednesday	Block A	1 CNE	11:15 AM - 12:15 PM	21	22	23	24	25	26	27	28
Wednesday	Block B	1.5 CNE	3:30 PM - 5:00 PM	31	32	33	34	35	36	37	38
Thursday	Block C	1.5 CNE	*9:30 AM - 11:00 AM*	41	42	43	44	45	46	47	48
Thursday	Block D	1.5 CNE	3:00 PM - 4:30 PM	51	52	53	54	55	56	57	58
Friday	Block E	1.5 CNE	*11:30 AM - 1:00 PM*	61	62	63	64	65	66	67	68
Friday	Block F	1 CNE	2:45 PM - 3:45 PM	71	72	73	74	75	76	77	78
Saturday	Block G	1 CNE	*8:30 AM - 9:30 AM*	81	82	83	84	85	86	87	88

Do you plan to attend the Friday awards banquet? ***Yes*** ***No*** ***(ONE DAY registrants: add $100 if yes)***

Choose Your Meals Now

***REQUIRED* TO PROCESS REGISTRATION**

CHOICES CAN NOT BE CHANGED AFTER Wednesday, MAY 15, 2024

Meal: Full conference, Wednesday, June 5-Dialogue Action Lunch
- ☐ DL1: Apple Harvest Salad
- ☐ DI2: Wedge Salad (V)
- ☐ Not Attending

Meal: Full conference, Thursday, June 6-Action Committee Lunch
- ☐ ACL1: Classic Club (Turkey & Ham)
- ☐ ACL2: Chickpea Salad (V)
- ☐ Not Attending

Meal: Full conference, Friday, June 7 AHNA Banquet (dinner)
- ☐ AB1: Red Wine Braised Beef Tips
- ☐ AB2: Roasted Portobello Stack (V)
- ☐ Not Attending

Purchase Additional Meals for Guests

CHOICES CAN NOT BE CHANGED AFTER Wednesday, MAY 15, 2024

☐ **Full Guest Meal Plan Package - $250**
Includes Exhibitor Reception, 1 breakfast, 2 lunches, beverage breaks, and Friday Awards Banquet.

Guest Name: _____

Meal: Wednesday, June 5 Dialogue Action Lunch
- ☐ DL1: Apple Harvest Salad
- ☐ DI2: Wedge Salad (V)

Meal: Thursday, June 6 Action Committee Lunch
- ☐ ACL1: Classic Club (Turkey & Ham)
- ☐ ACL2: Chickpea Salad (V)

Meal: Friday, June 7 AHNA Banquet (dinner)
- ☐ AB1: Red Wine Braised Beef Tips
- ☐ AB2: Roasted Portobello Stack (V)

☐ **Guest Awards Banquet Only - $100**
- ☐ AB1: Red Wine Braised Beef Tips
- ☐ AB2: Roasted Portobello Stack (V)

Guest Name: _____

Optional Activities Each item cost is PER PERSON

A1. Trolley Tour	*Tuesday - 6/04/24*	*1:00 PM - 2:30 PM*	*QTY:* _____	**$45**
B1. Charlie McGuire Event – Squash Blossom Farm	*Wednesday - 6/05/24*	*5:15 PM - 8:15 PM*	*QTY:* _____	**$85**
C1. Eagle Program	*Thursday - 6/06/24*	*2:00 PM - 3:00 PM*	*QTY:* _____	**$30**
D1. Paddle Boat	*Friday - 6/07/24*	*4:00 PM - 5:00 PM*	*QTY:* _____	**$25**

Merchandise/Optional Items

2024 Conference T-Shirt (S-3XL)	Size(s): _____	*QTY:* _____	**$20**
2024 Conference Charlie Charm		*QTY:* _____	**$10**

PLEASE READ AND SIGN BELOW

UNSIGNED FORMS WILL NOT BE PROCESSED

I have read, understood, and agree to the AHNA Conference Terms and Conditions and cancellation policy (p. 12).

Signature: _____

PAYMENT INFORMATION

GRAND TOTAL: _____

- ☐ Visa/Mastercard
- ☐ Discover
- ☐ American Express
- ☐ Check (make payable to AHNA)

Card Number: _____

Exp. Date: _____ CVV2 Code: _____

Name as it appears on card: _____

Billing Address (if different from above) _____

AMERICAN Holistic Nurses ASSOCIATION

American Holistic Nurses Association
2900 SW Plass Ct.
Topeka, Kansas 66611-1980

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